



SLOW ROAST PORK LOIN WITH PERI PERI SAUCE

Heating Mode(s): **Convection**
Temperature(s): **250°F/120°C - 325°F/165°C**
Preparation Time: **20 minutes**
Cooking Time: **1hr 45 mins**
Servings: **6-8**

Slow roasting pork loin at a low temperature is the ideal method to ensure the meat remains tender and juicy while developing a golden crust. This recipe uses a low temperature for the first stage of cooking and a moderate temperature for the final stage, preventing moisture loss resulting in great flavor and fork tender slices.

For the Peri Peri sauce the bell peppers and onion are first broiled then pureed with the seasonings, lemon juice and vinegar. The sauce is then simmered with the bay leaves, pureed one more time and finished with more lemon juice, vinegar and olive oil. Adding five Thai chilis results in a pleasantly spicy sauce, use 2 - 3 for a less spicy sauce and add a few more if you prefer a more fiery flavor.

Ingredients

For the Pork Loin

1 3lb (1.3k) pork loin roast
2 tsp (12 g) mixed Italian seasoning
1 tsp (6 g) kosher salt
Freshly ground pepper
2 tbsp (30 ml) olive oil

For the Peri Peri Sauce

2 red bell peppers, ribs and seeds removed, halved
½ large red onion, cut into ½" slices
4 cloves garlic, chopped
5 Thai chilis, coarsely chopped
1 ½ tsp (5 g) dried oregano

Instructions

Select the Convection mode and set the temperature to 250°F/120°C.

Bring the pork loin to room temperature, rub the olive oil into the meat and season the roast with the salt, pepper and Italian seasoning. Place the pork on a rack in a shallow pan, insert the probe at an angle in this thickest part of the meat.

Place the roast in the oven and insert the probe into the probe receptacle. Close the oven door then touch the Probe symbol on the display, using the right knob change the internal temperature to 140°F/60°C then touch the Probe symbol to confirm. Set the timer for 1 hour.

1 ½ tsp (5 g) mild smoked paprika
½ cup (125 ml) lemon juice
¼ cup (125 ml) red wine vinegar
1 ½ tsp (5 g) kosher salt
1 tsp (5 g) black pepper
2 bay leaves

To Finish the Peri Peri Sauce

¼ cup (125 ml) lemon juice
¼ cup (125 ml) red wine vinegar
½ cup (250 ml) extra virgin olive oil

When the timer elapses, increase the oven temperature to 325°F/165°C. It will take approximately another 45 minutes for the roast to reach the target internal temperature at which time the oven will automatically turn off. Remove the roast and allow it to rest for 15 minutes prior to slicing.

For the Peri Peri Sauce

Heat the oven in the Broil mode to 485°F/250°C and line the blue oven baking pan with a sheet of foil shiny side down.

Cut the red peppers into sections so they lie flat and arrange the red peppers and onion on the foil. Spritz the onion with a little spray oil and slide the tray into the oven with the lip towards the door. Broil the vegetables for 8 - 10 minutes with the door closed until the vegetables are charred. Remove the vegetables from the oven and set aside to cool.

Remove the skin from the charred peppers and add the peppers and onion to the bowl of a food processor. Add the garlic, Thai chilis, seasoning, lemon juice and red wine vinegar and process until smooth. Scrape the mixture into a small saucepan, add the bay leaves and bring the mixture to a boil over medium heat. Lower the heat and simmer for 15 - 20 minutes then set aside to cool. Once cooled, remove the bay leaves, puree one more time with the additional lemon juice and red wine vinegar then add the oil in a steady stream to slightly thicken the sauce.

This recipe makes approximately 3 cups of sauce. Additional sauce can be refrigerated for up to two weeks or frozen in ice cube trays.