



## Brown Sugar Brined Pork Roast

Brining is an easy way to season your meat from the inside out and ensure it remains hydrated. The meat science behind brining is hotly debated, but its utility is not; it will prevent cooking a bland, dry pork chop, and instead ensure it is tender and juicy. Despite its efficacy, you must still make sure to not overcook your meat. Always aim for an internal temperature of 145°F for pork & 155°F for a little more well done.

### INGREDIENTS

Makes 1 gallon of brine:

1 gal of Water

8 oz Kosher salt

8 oz Dark brown sugar

¼ cup whole Black peppercorn

1 Cinnamon stick

2 sprigs Rosemary, or 1 tsp dry

6 sprigs Thyme, or 1 tsp dry

3 cloves of Garlic, smashed with the side of a chef's knife

1 Center Cut, 2 3-pound Pork Loin, Boneless or Boneless

### PREPARATION

- In a large pot over medium heat, add water, salt, sugar, pepper, spices, garlic, and bring to a boil. Simmer until salt and brown sugar dissolve. Cool to room temperature and refrigerate overnight.
- In a nonreactive bowl, cover the pork with enough brine to allow it to float and brine for 8-12 hours or overnight.
- Preheat your Big Green Egg or grill to 375°F, indirect heat.
- Remove the pork from the brine and pat dry. Since it's been brined, it does not require additional seasoning.
- Roast on the grill for 15 minutes, flip and roast for 10 additional minutes or to an internal temperature of 145°F (or up to 155°F for a little more well done).
- Remove from the grill and allow to rest for 5 minutes. Slice the meat against the grain and serve.

More About Brining:

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Only use the brine when it is cold! Brine the meat under refrigeration for an appropriate time (see below) and discard the brine when you remove the meat. Pat the meat dry and it is ready to cook, requiring no additional seasoning!

**Brining times:**

- Whole Chicken 4 hours
- Pork chops (1-inch) 4 hours
- Whole Turkey 2 days
- Boneless Ham (5 pounds) 3 days