

## Brined and Smoked Center-Cut Pork Loin Roast

Brining is one of those chef's secrets that has escaped into mainstream cooking. It's a winner of a trick that ensures moist and flavorful pork or poultry. It's not recommended for red meats, however. Another secret to cooking pork today, because it's so lean, is that you want to be real careful not to overcook it. Most chefs we know like to cook their pork to an internal temperature of about 145 degrees. It'll be tender and juicy – fit for a king!

To Serve 6.

### **Pork:**

Brine, see recipe below

1 (3-4 pound) boneless, center cut pork loin roast

Olive oil

**Fredericksburg Farms East Texas Rib Rub**

**Fredericksburg Farms Peach Pecan Bar-B-Que Sauce**

### **Brine:**

1-1/2 quarts water

3/4 cup kosher salt

1/2 cup light brown sugar

1/4 cup toasted cumin seeds

1/4 cup crushed red pepper

4-1/2 quarts ice water

Make the brine first. Combine the 1-1/2 quarts of water, salt, brown sugar, roasted cumin seeds and crushed red pepper in a 3-quart saucepan over medium heat. Cook to dissolve the salt and sugar. Remove from heat and set aside to cool. Place the pork loin in a large, non-metal storage container with lid. Pour the cooled brine over the pork and add the 4-1/2 quarts of ice water to completely submerge the pork. Brine overnight, refrigerated. (If your refrigerator is not large enough to hold the container, then put it in an ice chest, surrounded by ice.) Drain the meat, and pat it dry using absorbent paper towels.

Build a fire in your smoker and let it cook down to medium heat. Combine olive oil with the **East Texas Rib Rub** to make a spreadable paste. Rub the mixture all over the pork loin, then place the meat in the smoker. Cook until the internal temperature of the pork reads 145 degrees on an instant-read thermometer, about 1-1/2 hours. During the last 30 minutes of cooking time, begin to baste the roast with the **Peach-Pecan Bar-B-Que Sauce**. Baste every 10 minutes, turning the roast each time.

When the meat is done place it on a cutting board with a juice well and baste again with the sauce. Cover loosely with foil and let the meat rest for 10 minutes before slicing. Serve with additional **Peach Pecan Bar-B-Que Sauce**.