

Pork Loin, Boneless

2-2 ½ pound boneless pork roast (some roasts may be tied)

3 cloves garlic, peeled, halved

Handful Italian (flat) parsley, washed

Olive oil to coat bottom of pan

Salt/pepper to taste

Put oil and a few garlic halves in frying pan (will need a fitted cover) large enough to hold roast, over high heat

Take roast and cut –with a sharp knife—small slits

Wrap parsley and garlic together and stuff into slit—meat will close over the opening

Place roast in pan and turn gently browning on all sides

Turn heat to medium-medium low

Cover and leave for 5-8 minutes; check pan for liquid —there should be some forming; garlic should not be burning.

Leave roast covered, for 40 minutes on low heat--check and turn occasionally so all sides get browned.

Turn heat up to medium for final 15 minutes —watch it doesn't burn

Turn off, let meat set for 10 minutes and then slice thinly

Alternate Cold Serving

*** This roast can be refrigerated for a few hours and then sliced thinly and served room temperature with sauces like honey, maple syrup and orange juice or any allowed commercial sauces such as apricot glaze or sweet and sour.