



Roast Pork Loin with Mustard White Wine Sauce

Makes: 6 servings

Prep Time: 15 minutes Cook Time: 45 minutes

Total Time: 60 minutes

Ingredients

For Seasoning the Pork:

- 3 pounds pork loin (not tenderloin)
- 2 tsp garlic powder
- 2 tsp onion powder
- 1/2 tsp smoked paprika
- 2 & 1/4 tsp kosher salt
- 1/2 tsp black pepper about 40 cracks on a pepper mill
- 2 tbsp light olive oil or avocado oil

For Roasting the Pork:

- 1 tbsp olive oil
- 1 tbsp fresh rosemary chopped (or 1 tsp dried)
- 1 tbsp fresh thyme chopped (or 1 tsp dried)
- 1 cup chicken broth

For the Pan Sauce:

- 4 tbsp unsalted butter
- 3/4 cup finely minced onion
- 1/4 tsp kosher salt
- 3 tbsp flour
- 1 cup chicken broth
- 2 tbsp white wine or more broth
- 1 tbsp grainy mustard or Dijon
- 1/2 cup heavy cream
- 1/2 tsp freshly ground black pepper
- 1 tbsp soy sauce
- Pan drippings from the skillet after roasting

Instructions

Sear the Pork:

Preheat oven to 375°F. Pat the pork until very dry. In a small bowl, mix garlic powder, onion powder, smoked paprika, salt, and pepper. Rub the mixture all over the pork.

Heat a cast iron skillet over medium-high heat for 4 minutes. Add oil and let it heat until shimmering about 30-60 seconds. Sear the pork, smooth side down, for about 4 minutes until deeply browned. Flip and sear the other side.

Roast the Pork:

Combine olive oil with rosemary and thyme, then rub it on top of the seared pork. Pour 1 cup of chicken broth into the pan around the pork (not over it). Transfer the skillet, meat fat side up, to the oven and roast until the internal temperature reaches 140°F, about 25-35 minutes. Remove pork from the pan, tent with foil, and let it rest for 15 minutes (the temperature will rise to 145°F). Pour the pan drippings into a small bowl and skim off excess fat.

Make the Pan Sauce:

In a medium saucepan, melt butter over medium heat. Add onion and salt, cooking until softened, about 5 minutes. Whisk in flour and cook, whisking constantly, for 1-2 minutes until golden brown. Slowly whisk in chicken broth and wine, stirring to prevent lumps. Stir in mustard, heavy cream, black pepper, soy sauce, and reserved pan drippings.

Simmer for 3-4 minutes until slightly thickened. Adjust seasoning with more salt and pepper if needed. If the sauce gets too thick, add a splash more broth.

Slice the pork and spoon the creamy mustard pan sauce over the top.

Chef's Notes:

Searing first locks in juices and builds a flavorful crust.

Cooking to 135°F and letting carryover cooking bring it to 145°F ensures a juicier result.

Using garlic powder instead of minced garlic prevents burning while still adding flavor.

Adding herbs after searing prevents them from burning and turning bitter.

Recipe by Foodess