

Is There Such a Thing As a Perfect Pork Roast?

I'm a pork lover. My family has been pork lovers since before I was born. Our family prefers to serve a roast pork loin at Thanksgiving rather than a roast turkey. I have been in search of the perfect pork loin for most of my adult life.

I searched the web to find recipes and cooking tips. I was surprised to also find some interesting food products for sale such as Napa Valley natural fruit purees, sashimi tuna, American Kobe Wagyu beef and a new item to me, Kurabuta pork, also referred to as Berkshire Japanese Pork. I came to learn, this pork variety has been celebrated in Japan and around the world for many reasons, but especially for its marbling and flavor, which are its most distinctive characteristics.

American Kurobuta Pork loin is lean, with small, fine streaks of marbling that make each cut sweet, tender, and juicy. Unlike traditional white pork that can have a tendency to be bland and dry, American Kurobuta pork is much darker in color and rich in flavor. In fact, the Wall Street Journal has dubbed it "The Other Red Meat." I wasn't sure whether to opt for either a bone-in rack which includes the pork ribs, and a boneless pork loin. I decided on the boneless.

My boneless pork loin arrived within two days of ordering and came packed in a Styrofoam cooler. Cooking pork has been a hobby of mine and I decided to keep this attempt simple. Garlic, olive oil, and Kosher salt. In the oven for 45 minutes at 350 degrees and left to rest on the counter for another ten minutes while I finished up the sides and accompaniments.

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The pork roast cut like butter and the juiciness was amazing. As stated, the pork meat was slightly darker and had a complexity of flavors unlike grocery store pork. Although a little pricier than grocery store pork, this pork was worth every penny. I will definitely buy Kurobuta pork again and this time invite some friends to share in this gastronomic treat.

<http://www.efoodschoo1.com>

Authentic Jamaican Pork Roast – The Blazing Hot Roasted Pork That's Heaven on a Plate

Pork is a very popular meat in Jamaica, and after you try this Jamaican pork roast, you will see why. This pork is screaming with heat, so be forewarned. But the pork is so tender after all the roasting that it will just melt away.

Preparation of this Jamaican pork roast is thought to be influenced by the Spanish, were probably responsible for adding tomatoes to the dish. It's not absolutely necessary, but pushing the sauce through a food mill is just plain worth the work. The smooth texture is a great finishing touch to this pork dish. This is normally served with plain rice.

Ingredients:

1 3-pound boneless pork shoulder

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5 large garlic cloves, 2 finely chopped and 3 slivered
2 tablespoons vegetable oil
4 habanero chiles, seeded and chopped
1 green bell pepper, chopped coarsely
1 teaspoon dried oregano
1 teaspoon ground cumin
1 teaspoon ground pepper
1/2 teaspoon ground cinnamon
1 bay leaf
1/2 cup fresh lime juice
2 cups canned tomato puree

Directions:

Make small slits all over the pork with the tip of a paring knife. Stuff the slits with the garlic slivers, then roll the pork up and tie it with kitchen twine, if necessary. In a large skillet over medium-high heat, heat the vegetable oil. Cook the chiles, bell pepper, chopped garlic, onion, cumin, oregano, pepper, cinnamon, and bay leaf until the vegetables are soft, or about 8 minutes, and stirring frequently. Remove the skillet from the heat and stir in the lime juice.

Place the pork roast in a large bowl and pour the marinade over it. Turn the meat several times to get an even coating of marinade all over it. Cover with plastic wrap and refrigerate for at least 4 hours, turning occasionally.

Preheat the oven to 350 degrees F. Scrape off as much of the marinade as you can off the pork, and reserve in a saucepan. Place the pork in a roasting pan and roast until the interior temperature of the meat reaches 165 degrees F., or about 1 3/4 hours.

While the roast is cooking, add the tomato puree to the

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marinade and bring close to a boil, before it begins sputtering, and stirring constantly. Then reduce the heat to low and simmer for about 5 minutes. Remove the bay leaf and press the sauce through a food mill, if desired. Transfer the pork to a serving platter and let it rest for about 10 minutes before slicing. Spoon the smooth sauce over the sliced pork and serve immediately.

This Jamaican roast pork dish serves 6.

Billy Bristol is the writer and editor for Spicy Cooking, a website devoted to hot spices, spicy foods, blazing cooking, the hottest cuisines around the world, and “knock-your-socks-off fiery recipes that all chile-heads and chili-head wannabes will love. Spicy Cooking will fire up taste buds and scorch your palate...Guaranteed.

Easy Recipe For Cooking a Beef Roast

When cooking a beef roast it is important to know that seasoning added to the surface of the meat before roasting will only penetrate the meat a small fraction. Large beef roasts, like beef ribs and rounds usually have mostly fat covering or bone. The reason the seasoning of a beef roast has little effect is because the fat and bones are not commonly eaten. This is why it is important to know two alternative techniques when seasoning a beef roast right before roasting.

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1. Marinate the meat or apply seasonings in advance, to give the time for flavors to penetrate.
2. Serve the beef roast with a flavorful sauce, gravy, or jus. The sauce serves as a seasoning and favoring for the meat.
3. Another way to add flavor to beef roasts is to smoke-roast them. The flavor of wood smoke in cooked meats is delicious.

When cooking beef roasts it is also important to roast them fat side up. When you roast them with the fat side up, the fat melts and runs down the sides and provides continuous basting. Also, when cooking a beef roast, it is better to cook the meat on low temperatures. This increases the tenderness in the beef roast.

ROAST RIB OF BEEF with Au Jus/Serves 20 to 25

Ingredients

- 20lb beef rib, roast ready, bone in (average size)
- 8oz Onions
- 4oz Carrots
- 4oz Celery
- 2qt Brown stock
- Salt, to taste
- Pepper, to taste

How To Put It Together

1. Place the meat fat side up in a roasting pan.
2. Use a thermometer and insert it in the center of the roast.
3. Place meat in a preheated 300 degrees F oven. Roast until rare or medium done, as desired, allowing for carryover

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cooking. Thermometer readings are, Rare: 120 degrees F, Medium: 130 degrees F. Note: the outer slices will be cooked more than the center. Roasting time will be at least 3 to 4 hours.

4. Remove the meat from the pan and let stand in a warm place 30 minutes before carving.

5. Drain off all but about 3 to 4 oz of the fat from the roasting pan. Try to keep any juices in the pan. Add the mirepoix (onions, carrots, celery) to the pan.

6. Set the pan over high heat and cook until mirepoix is brown and moisture has evaporated, leaving only fat, mirepoix, and browned drippings.

7. Pour off any excess fat.

8. Pour about 1 pt of stock into the roasting pan to deglaze it. Stir over heat until brown drippings are dissolved.

9. Pour the deglazing liquid and mirepoix into a saucepot with the remaining stock. Simmer until mirepoix is soft and liquid is reduced by about one-third.

10. Strain through a china cap lined with cheesecloth. Season to taste with salt and black pepper.

11. When serving, cut down beside the bones to free the meat, and slice the meat across the grain.

12. Serve each slice with Jus.

See the basic procedure for roasting meats and learn more roast beef recipes.

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Crockpot Brown Sugar Glazed Pork Roast

How can you save money on groceries, save time in your day, and still please the whole family? With a recipe that takes advantage of a cheaper cut of meat by cooking it all day in the crockpot, making for an easy dinner when you get home in the evening.

My oldest son LOVES pork loin, and when he saw a pork loin roast on sale in the paper, he began waving the ad in front of me. "Please, mom, please will you get this?" You'd think I never fed the boy meat, but he is a teen after all, so any meal eaten more than ten minutes before doesn't count.

I realized at the store that this was a loin roast and not the pork loin that I usually buy on sale. Nonetheless, for \$ 1.78 a pound, I was willing to experiment.

Since this son is gluten-intolerant, I have to adapt many recipes to make them work for our dinner table. In an online search, I found two recipes that sounded great. I took my favorite ingredients from each, eliminated the flour, and a new family hit was created:

Crockpot Brown Sugar Glazed Pork Roast

1 pork loin roast

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1c. brown sugar
1 T. Dijon mu
2 T. apple cider vinegar
2 cloves garlic
1/2 t. chili powder
1 t. salt
1/2 t. black pepper
1/2 t. cumin
1t. cinnamon

Place the pork loin roast in a crockpot. Mix all other ingredients together in a bowl to form a thick paste. Rub it all over the roast, set the crockpot to cook for 8 hours, and you're done.

In the evening, I cooked up some rice in the rice cooker and heated some vegetables to go with it. The roast in its own juices over the rice was great, but if you like a thicker gravy, you could add some cornstarch or flour just before serving.

Yum!

Lisa Scott is a mom, chef-on-call, and a nationally certified speech pathologist. She believes in living every day intentionally and thinking through decisions with a heart after God rather than just following the crowd. She is passionate about helping people find creative solutions to life's challenges, and blogs about her experiences at <http://www.wisdompursuit.com> When not chauffeuring her three kids around town, she helps professionals with a foreign accent or regional dialect to increase the clarity of their speech. You can find her speech services at <http://www.accentuatecommunication.com>

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Basic Slow Cooker Tips and Delectable Roast Beef Recipes

There are things to consider when using a slow cooker or crock pot. There are also various roast beef recipes you can make with your slow cooker.

Slow cookers or crock pots are countertop electrical cooking appliances that maintain a low temperature for several hours. This enables cooking stew or pot roast without the need to check on it from time to time.

Amateur cooks will find it very easy to handle and maintain. All you need to do is to fill it up, and then turn it on. After several hours, dinner can be served. However, when using the slow cooker, there are some things you need to consider. It is best to get one that has a removable liner, making it very easy to clean. If you already have one with a non-removable liner, you can just use a cooking bag; then, use cooking spray on the inner liner.

Make sure you only fill your slow cooker $\frac{1}{2}$ up to $\frac{2}{3}$ full. The food will not be cooked properly if filled to the brim. However, if the liquid and food level is a bit lower, it will

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cook quickly.

You will find that the food along the bottom part of the slow cooker are moister and become cooked faster. This is because they are continuously immersed inside the simmering liquid. Since fats have a tendency to melt and cook easily when heated for a long time, resulting to an unpleasant texture, it is best to trim the excess fat formed and remove the skin from poultry.

During the last 30 minutes of cooking time, you can remove the lid and cook it on high to thicken the juices and add more flavors. It is best to cook on High during the 1st hour of cooking so that the temperature would easily reach 140 degrees, ensuring food safety. When you are almost done with your cooking, you can turn the dial to Low.

Do not place frozen foods inside your slow cooker. It should be defrosted first before cooking it. This way the temperature would easily reach 140 degrees. It also protects the appliance from being damaged.

Use cheaper cuts of meat because this requires about 8 hours of low cooking. Aside from being able to save money, they have less fat, moist and they result to more tender meats.

Ground meat should be cooked inside a skillet prior to cooking it in the slow cooker. If you will be cooking seafood in a slow cooker, this should be added in the last hour of cooking;

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otherwise, it will become overcooked and it will showcase a rubbery texture. Take note, 1 hour on high setting is actually equal to 2 hours on low setting.

Only use small amounts of Tabasco sauce and cayenne pepper because they become bitter when they are cooked for a long time. It is best to add them during the end of your cooking time.

Make sure you only add tender vegetables such as mushrooms, tomatoes and zucchini on the last 45 mins. of cooking time. This way, you will not overcook them.

Dairy products, on the other hand, must be added only during the last 30 minutes of cooking time.

Prior to storage, take out cooked food from the slow cooker or liner. Since the slow cooker's liner is composed of thick material, cooked food will not be able to cool down quickly so as to prevent the growth of bacteria.

Only stir in spices during the last hour of cooking time. If you cook this for a long time, it will lose its flavor.

Carefully follow the layering instructions. Since vegetables are not cooked as easily as meat, you need to place them in the bottom of your slow cooker.

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If you are using low temperature, do not lift the lid when you stir. This is because the heat will escape and extend the cooking time to 30 minutes more. You can check the cooking progress by spinning the cover so that the condensation would fall off, giving you a chance to look inside your slow cooker.

Here are some of the best Roast Beef Recipes you can cook with your slow cooker:

Roast Beef a la Mushroom Soup

Ingredients are 1 can of Cream of Mushroom Soup, small to medium shoulder or chuck of beef roast, 1 can of French Onion Soup, a dash of pepper and $\frac{1}{2}$ can of water (for cleaning the soup can).

Procedure:

Place the first 3 ingredients inside your slow cooker. Mix the ingredients until thoroughly blended. Sprinkle a dash of pepper. Put the settings on Low and allow cooking for the entire night. The next day, remove the meat and prepare your gravy. If your gravy seems too thin, add about 1 to 2 tsp. of cornstarch with $\frac{1}{4}$ cups of cold water. Set the cooker on high. Stir in the mixture to thicken and serve.

Roast Beef with Gravy

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Ingredients are olive oil, 3 to 3 $\frac{1}{2}$ pounds Boneless Rump Roast, 8 garlic slivers, salt and pepper. You will also need a meat thermometer. For the gravy, you will need some beef stock or red wine and corn starch.

Procedure:

One hour prior to cooking remove the roast from the refrigerator and put it in room temperature.

Using a sharp knife, you need to cut about eight small incisions around your roast. You will place one sliver of garlic on each incision. Place one tablespoon of olive oil around your roast and then sprinkle it with salt and pepper. Put your roast on the oven rack with the fatty side up and a drip pan over a rack under the roasting rack. This way, you will not be required to turn the roast.

Brown your roast at 375°F for 30 minutes. Then, put it on 225°F. It would still 2 to 3 hours to cook but if it starts to drip and is already brown externally, use your meat thermometer to check its temperature. After this, pull your roast from the oven once the temperature reaches 135 to 140°F. Place it on an aluminum foil for about 15 minutes and carve to serve.

For the gravy:

Take out the dripping pan from the oven. Place it on the stove

top while it is on medium heat. Collect the drippings, add water, beef stock or red wine. This will loosen the drippings off the pan. Then, dissolve one tablespoon of cornstarch with water and add this on the drip pan. Stir it quickly as the gravy thickens. You can also add some butter, salt and pepper. Aside from this, you can also add some fresh thyme.

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Bbq Pot Roast

Here is a great twist on a winter classic. The other day I was craving a moist, succulent and hearty beef pot roast, but I knew I wanted to get creative. Pot Roast has been around seemingly for ages and it never gets old. The key to a good pot roast is time and temperature. This recipe originated out of poverty. Many families could not afford the more lean expensive cuts of beef, so they had to settle for the more fatty and rugged cuts like the chuck and the blade roast. Making a tough cut of beef into a melt in your mouth delicacy is very simple and inexpensive. Its a wonder we only turn to this dish in the winter months.

After getting home from the store and beginning to prep my veggies and potatoes, I decided to make some slight changes to the cooking method. First, I turned the grill on high heat and let it get as hot as possible. I seasoned my meat with salt, pepper, garlic and fresh thyme. Once seasoned, I rubbed the meat with olive oil. I then placed my roast on the grill and

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seared the entire roast by browning the meat on all sides. I then removed the roast to a platter and set aside.

From there, I took my carrots, red onion, celery and potatoes and seasoned them with salt, pepper and garlic powder. I then tossed all of the veggies and potatoes with olive oil and placed them on the grill. I browned the veggies and the potatoes for about five minutes. Once nice and brown I removed them from the grill and placed them directly on the bottom of my roasting pan to form a nest. I then placed my seared beef on top of my vegetables and poured 2 cups of chicken stock mixed with 1 cup of BBQ Sauce into the pan. I placed the pan into the oven at 325 degrees for 2 hours.

After cooking for about two hours, I removed the pan from the oven and set the beef and vegetables on a platter. I then poured all of my pan juices and stock into a sauce pan and reduced to make my gravy. I simply sliced the roast and served it with all of the veggies and potatoes, it was amazing. The roast was melt in your mouth good. The BBQ flavor from the grill was outstanding. This is a must try. Keep in mind that you may need to add some more stock while your roast is baking.

Eat Well!

Chef Brian

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Chef Brian is a trained Chef, and the creator of Herman T's BBQ Sauce Mix. Professionally trained at the Baltimore Culinary College, Chef Brian has owned and operated several restaurants throughout the Country.

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For more recipes and to receive your free cookbook, visit his site.

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Crock pot pork roast

crock pot pork roast is a recipe which makes many people to lick their lips with tongue. It is a delicious food which attracts many people. It is very easy to prepare. It does not require any professionals to prepare. It can be even prepared by ordinary people with just sticking to the adding of ingredients correctly. It does not require any special skill rather than knowing the things to be added correctly. Crock pot pork roast is considered as one of the special food for young children and people. Before starting to prepare the crock pot pork roast, one has to get ready with various kinds of ingredients.

The things are pork loin roast, brown sugar, Dijon mu, apple cider vinegar, cloves garlic, chili powder, salt, black pepper, cumin, cinnamon. Proper mixture of these ingredients will make you taste the crock pot pork roast in a delicious manner. First, the pork loin has to be placed in crock pot in a proper manner. Then mix all the ingredients in a bowl nicely. Then smash all things together to form a paste like substance.

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Then apply the paste all over the roast with a spoon or with a stick like substance. Make sure that, the mixture is applied fully over the roast. If not, the roast may not have good impact of the mixture in its preparation. Allow the mixture to get fully applied on the surroundings' of the roast. Keep the crock pot in heating position for eight hours. If not, the roast may not be cooked in a proper way. After eight hours, the roast is ready to eat. The roast can be served to children and elderly people in cups with adding of sauce and onion. The roast can be decorated in different forms. The cook can decorate the dish in different style as he or she wishes.

The pork roast is a delicious food item in western countries. House wives can make this item with just incurring of few expenses. Preparing in home will not incur that much expense as compared to buying from a hotel or a restaurant. This can be prepared by all sorts of class of people. It is not a rich man's food. This dish can be prepared or afforded by even middle class people. Crock pot pork roast is a delicious item among the children menu and it is even good for their health as it provides some fatty substance.

Author Cameron has written many article like.This Crock Pot Pork Roast is one of the best one.

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