

Tar Heel Pork Loin Challenge
Sponsored by the North Carolina Pork Council
Wednesday, October 18, 2017

Third Place: Christi Broadway, Raleigh

Grilled Marinated Pork Loin

½ cup low sodium soy sauce

¼ cup Splenda brown sugar blend (or ½ cup regular brown sugar)

4 tablespoons sherry

3 teaspoons dried minced onion

2 teaspoons ground cinnamon

4 tablespoons olive oil

A pinch of garlic powder

1 pork loin - 2.5 – 3 lbs.

1. Place soy sauce, brown sugar, sherry, dried minced onion, cinnamon, olive oil, and a pinch of garlic powder in a large re-sealable plastic bag. Seal and shake to mix. Place pork in bag with marinade, seal, and refrigerate for 6 to 12 hours.
2. Preheat grill to high heat when ready to cook.
3. Lightly oil grate. Place pork loin on grill away from direct heat and discard marinade. Cook for approximately an hour until internal temperature reaches 165 degrees. Ideal temperature for grill should be around 400 degrees. Flip pork loin every 10-20 minutes to make sure it cooks evenly.
4. After internal temperature has been reached, let the pork sit for 20 minutes before slicing and serving.