

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

First Place: Garrett Strickland,Zebulon

Apple Stuffed Pork Loin and Maple Dough Balls

Prep Time: 20 minutes

Cook Time: 2 hours

Serves 6-8

Loin

4 – 5lb. pork loin butterflied

5 Gala Apples, peeled and diced into ½ inch pieces

½ stick butter

¼ cup brown sugar

1 tsp. cinnamon

1 Tbsp. salt

1 tsp. black pepper

1 tsp. parsley

1 Tbsp. BBQ (I used McCormick's)

1 Tbsp. olive oil

Dough Balls

1 can Pillsbury southern recipe biscuits

½ cup butter

¼ cup brown sugar

1 tsp. cinnamon

½ cup sugar

Maple Glaze

½ cup powdered sugar

4 Tbsp. maple syrup

1 Tbsp. milk

Preheat oven to 300 degrees and lightly spray a 9 x 13 glass baking dish. In a medium size pan, melt ½ stick butter. Add brown sugar and cinnamon. Bring to a boil and then stir in the apples. Reduce heat to medium and let the apples sit a few minutes until thickened. Place apple mixture in the refrigerator to cool.

Once apples have cooled, evenly spread them onto the butterflied pork loin. Roll up the loin and tie with butchers twine to keep it together. Drizzle with olive oil. Sprinkle with salt, pepper, BBQ rub and parsley. Place the loin in a dish and cook on 300 degrees for 1 ½ hours or until internal temperature reaches 125 degrees. Then you will add the dough balls.

In a large re-sealable bag, combine ½ cup sugar and 1 tsp. cinnamon. Cut each biscuit into 4

pieces. Place the biscuit pieces into the bag and shake making sure each piece gets coated, set aside.

Melt butter and brown sugar in the microwave until melted, stir to combine.

Remove pork loin from oven and drain most of the juice out of the dish leaving just a little in the bottom. Add your biscuit dough balls to one side of the pork loin in the dish. Pour the melted butter/brown sugar mixture over the dough balls. Place the dish back in the oven and cook another 30 minutes at 350 degrees.

While the loin and dough balls finish baking, mix ½ cup powdered sugar in a bowl with the maple syrup. Slowly add the milk stirring to combine.

Remove pork loin from oven, internal temperature should read 160 degrees. Pour maple glaze on top of dough balls. Cut loin in 6-8 slices and serve with maple dough balls.

Second Place: Melaine Gayle Braley, Apex

Stuffed Pork Loin with Apples and Cranberries

2 ½ pound pork loin
¼ teaspoon salt
¼ teaspoon pepper
¼ teaspoon thyme
1 cup apple cider

Stuffing

4 tablespoons melted butter
1½ cup chopped apples
1/3 cup dried cranberries or raisins
½ cup chopped onions
½ cup cider
1 tsp sugar cinnamon
1 tablespoon brown sugar

Preheat oven to 400 degrees. To make the stuffing, in a large frying pan melt butter. Next, add the apples and onions and saute for 5 minutes. Add remaining stuffing ingredients and cook another 4-5 minutes. Cut pork loin from one side through the middle horizontally to within ½ inch of the other side. Open the two sides and spread them out like a book. Salt, pepper and sprinkle thyme on pork. Place in greased roasting pan. Spread the stuffing mixture into the pork loin. Close the pork loin around the stuffing and secure with twine or tooth picks. Pour the apple cider into the pan. Bake in preheated oven until pork is no longer pink, about 1 hour and 15 minutes. The thermometer insert should read 145 degrees. Cover meat with layers of aluminum foil and allow it to rest in a warm area for 10 minutes. Slice and serve with gravy.

Apple Cider Gravy

2 tablespoons butter
2 tablespoons flour or cornstarch
3 cups apple cider
1 tablespoon brown sugar

½ teaspoon cinnamon sugar

¼ teaspoon salt

Melt butter in saucepan sprinkle in flour, whisk together to make roux. Stir until lightly brown. Whisk in apple cider, and continue to stir until gravy is thick. Add remaining ingredients. Serve over pork.

Third Place: Christi Broadway, Raleigh

Grilled Marinated Pork Loin

½ cup low sodium soy sauce

¼ cup Splenda brown sugar blend (or ¼ 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.