

Pork Loin DellaCorna

(Max Muscle Sports Nutrition)

3 lb pork loin roast (leave fat on and place it in the rack fat side up)

3Tbsp dry sherry

*crush these ingredients with a mortar and pestal*

5 cloves of garlic

1 ½ tsp salt

2 tsp pepper

1 Tbsp olive oil

1 Tbsp wine vinegar

1 Tbsp oregano

Rub crushed mixture on the meat and put meat on a open rack in the oven set at 375 degrees fat side up. Cook for approximately 1 ½ hours or until internal temperature is between 150 to 155 degrees. Take the meat out of the oven and wrap tightly in tin foil and let it rest for 15 to 20 minutes. In the mean time, add sherry to the bottom of the pan and scrape up any residue. Transfer the sauce to a small pan and heat to boiling. (You don't need to make much – it is very flavorful) Slice the meat and pour the sauce over the meat and serve. Any leftover sauce can be passed with the meat.

This dish is great with a dry white Chardonnay wine.