



IP Braised Herb Pork Loin with Parsnips and Carrots

Prep: 35 min **Function:** Sauté Normal mode

Type: Meat/Stew Less Steam

Pot Closed: 40 min

Rest: 10 min

Total: 1hr, 15 min

Release: Natural/Quick

Source: Bob and Robin Young, Boise, ID, *The Captain's Shack*

29 Dec 2019

Serves: 6-8

Ingredients - Herb Rub:

- 2 t dried Mexican Oregano, crushed
- 1 t dried Rosemary, crushed
- 2 t Garlic Powder
- 1 t Hawaiian Pink Salt
- ½ t fresh ground Tellicherry Black Pepper
- ½ t dried Thyme, crushed
- ½ t dried Sage, crushed

Ingredients - Pork:

- 3 lbs Pork Loin
- 2 T Olive Oil
- 2 lg Carrots cut into 4" sticks
- 2 med Parsnips cut into 4" sticks
- 2 Green Onions, diced
- ¼ c Red Wine
- 1 lg Red Apple cut into chunks
- ½ c Chicken Stock
- ¼ c Apple Cider
- 2 Bay Leaves
- 2 springs fresh Rosemary

Directions - Herb Rub:\

In a small bowl, combine all the Herb Rub spices.

Directions - Pork:

- 1) Rub seasoning all over pork. Select **Sauté** on the IP and adjust to **Normal**. Add olive oil and when oil is hot, add pork and cook until seared and brown, turning once. About 5 minutes.
- 2) Remove pork add wine to deglaze. Add the carrots, parsnips and onions and cook occasionally stirring for about 10 minutes or until the vegetables are lightly browned. Press **Cancel** and remove vegetables.
- 3) Return pork to the pot and add the chicken stock and apple cider. Place bay leaves and rosemary over the pork. Secure the lid and close the **Pressure/Release** valve.
- 4) Select **Meat/Stew** and adjust to **Less**. When cooking is complete, use **Natural Release** to depressurize.
- 5) Return the carrots, parsnips and apples to the pot and press **Cancel**. Secure lid and close the **Pressure/Relief** valve. Set to **Steam** and cook for 2 minutes. When cooking is complete use a **Quick Release**.
- 6) Remove pork and rest for 10 minutes. Remove and discard bay leaves and rosemary sprigs. Using a slotted spoon, remove the apples and vegetables to a serving dish.
- 7) Serve sliced pork with the vegetables and apples and cooking juices.