

Sorghum Glazed Pork Loin with Cabbage and Apples

Montgomery County 4-H – Montgomery County, KY

Montgomery County 4-H Jr. Chef

Ingredients:

Pork:

1 ½ - 2 lb. pork loin

½ tsp. dried basil

½ tsp. dried oregano

¼ dried thyme

1 tsp. dried parsley

1 tsp. pepper

1 tsp. kosher salt

2 oz. unsweetened applesauce

4 oz. sorghum

1 tbsp. + 1 tsp. course or stone ground mustard

Cabbage:

6 slices of bacon cut in small pieces

1 yellow onion, halved and thinly sliced

2 cloves garlic, minced

1 granny smith apple, sliced

¼ cup apple cider or apple juice

8 cups cabbage, thinly sliced

1 carrot, shaved

1 red bell pepper, sliced length wise

Salt and pepper to taste



Directions:**Pork:**

Pre-heat oven to 400°F. Spray pan with cooking spray. Trim fat from pork loin (can be pan seared in bacon grease, if desired). Place pork loin in pan. Mix dry ingredients together to make a dry rub and cover pork loin on all sides with dry rub. Brush on applesauce, then combine sorghum and mustard together and pour over pork loin. Cover and place in oven. Bake until internal temperature is 145°-155°F. Let rest 3-5 minutes before slicing.

Cabbage:

In a large skillet, cook bacon until crisp. Drain on absorbent paper; set aside.

Reserve 1 tbsp. bacon grease in pan. Add onion and sauté until edges turn brown. Add garlic and sauté about 1 more minute. Add apples and cook about 5 minutes, or until apples begin to soften. Add apple cider or apple juice. Add cabbage, carrot, and red bell pepper. Toss and cook for about 10 minutes or until mixture reaches a temp of 135°-145°F. Add cooked bacon, salt and pepper. Toss well, taste and adjust seasonings. Serve with sliced pork loin.