

Seared Pork Loin



Ingredients:

Pork Loin
Kosher Salt
Olive Oil
Sous-vide
Skillet - cast-iron or stainless steel

Directions:

Pat loin dry, liberally sprinkle with salt.
Place loin in freezer bag or vacuum seal.
Place in sous-vide at temp of 145 degrees for 1.5 - 8 hours.
2 hours is adequate.
Remove loin from sous-vide bath & pat dry.
Oil pan on high.
Sear loin on all sides.
Remove and slice in one-inch portions.