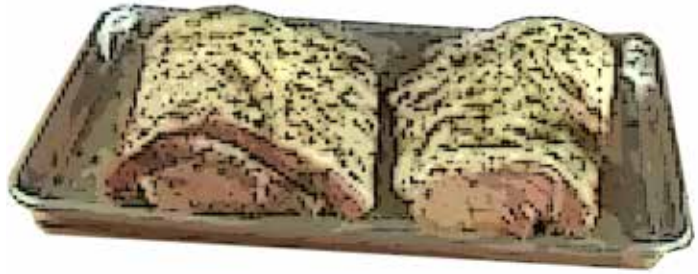


## ROAST PORK LOIN

Serves 6

4 lb boneless pork loin  
½ cup olive oil  
2 tablespoons crushed fennel seeds  
2 tablespoons chopped fresh rosemary  
salt and pepper  
1 or 2 large onions  
4 to 6 small apples



Ask your butcher for a boneless, skinless pork loin with a nice layer of fat on the outside. (Most factory-produced pork is quite lean and most of the fat is trimmed off.)

Let the meat come to room temperature and lightly score the fat side. Rub both sides of the meat with a mixture of rosemary, crushed fennel seeds, olive oil, and salt and pepper. Let the meat absorb the rub at room temperature for 30 minutes to one hour.

Make a trivet out of one or two thickly sliced onions... so the meat rests on top of big slabs of onion in the roasting pan. Cut the apples in half and add them to the pan (they do not need to be cored or peeled).

Roast the meat in an oven at 425 degrees for 20 to 30 minutes, then turn the temperature down to 350 degrees. Continue cooking until the internal temperature of the meat reaches 150 degrees. Total cooking time will vary between 1 and 1 ½ hours depending on the thickness of the roast.

Take it out of the oven and cover the meat with aluminum foil, shiny side in. Make sure not to pierce the meat with a fork or knife... to keep all the juices inside. Let it rest for 20 minutes before slicing. Reheat the pan juices and drizzle them over the sliced pork and serve.