

CAFE THOMPSON RECIPE

OVEN BAKED CREAMY HONEY-MUSTARD PORK LOIN

This honey-mustard pork loin is a hearty dish perfect for a special family meal. A succulent pork loin is seared to develop a golden-brown crust before being roasted in the oven, ensuring the inside remains tender and juicy. The sauce strikes a perfect balance between the sharpness of the mustard and the subtle sweetness of the honey.

SERVES 6

INGREDIENTS

- 3 pounds pork loin
- 2 tablespoons olive oil
- 2 teaspoons fresh thyme and rosemary, chopped
- 1 teaspoon salt and black pepper
- 3 tablespoons olive oil
- 5 cloves garlic, minced
- 3/4 cup Dijon mustard
- 1/3 cup honey
- 1 cup chicken broth
- 1 cup heavy cream
- 1 teaspoon salt and pepper, for the sauce
- 2 rosemary sprigs, for garnish



DIRECTIONS

Preheat your oven to 400 F.

Season the pork loin with 2 tablespoons of the olive oil, thyme and rosemary with salt and pepper.

Heat the 3 tablespoons of olive oil in a pot over medium-high heat. Sear the pork loin on all sides in the pot until brown, for about 4 to 6 minutes each side.

Transfer the pot with the seared pork into the oven. Roast for 30 minutes, or until the meat temperature is 140 F.

Remove the pork from the oven. Take the pork out of the pot and let it rest for at least 10 minutes.

In the same pot, pour off any excess fat and leave the flavorful browned bits. Add the garlic and cook over medium heat for about 2 minutes.

Add the Dijon mustard, honey, chicken broth and heavy cream. Bring to a simmer.

Simmer for 10 to 15 minutes, until the sauce reduces. Season with the salt and pepper. Set aside for service.

Slice the pork loin, pour the sauce over the pork loin and serve. Add the rosemary sprigs for garnish.

Side dishes

Cornbread

Garlic Green Beans

Cajun Honey-Glazed Butternut Squash

