

Slow-baked pork loin in the oven

4-6 servings

1 kg boneless pork loin in pieces
2 flavorful apples
2 garlic cloves
2 tablespoons honey
Flake salt
Black pepper
3-4 dl water

Preheat oven to 150 °C (302 °F).

Peel and core the apples. Cut the apples into pieces.

Chop the garlic cloves coarsely.

Sprinkle salt and pepper all over the meat.

Brown the meat in rapeseed oil and butter. Drizzle over the honey and brown for a few more minutes.

Place the meat in a baking dish.

Add the garlic and apple to the dish. Pour in about 3-4 dl water.

Place the dish in the middle of the oven for about 2 hours or until the internal temperature is 80 °C (176 °F).

Baste the meat with the broth 4-5 times during cooking.

Let the meat rest in aluminum foil for about 15 minutes.