

2015

## SUNDAY PORK ROAST

2 med onions, chopped  
2 medium carrots, chopped  
1 celery rib, chopped  
4 T all-purpose flour, divided  
1 bay leaf, finely crushed  
½ t dried thyme  
1 ¼ t salt, divided  
1 ¼ t pepper, divided  
1 boneless pork loin roast (3 to 4 lbs)  
1/3 c packed brown sugar

Preheat oven to 350 degrees. Place vegetables on bottom of a shallow roasting pan. Mix 2 T flour, bay leaf, thyme, and 1 t each salt and pepper; rub over roast. Place roast on top of vegetables, fat side up. Add 1 cup water to pan.

Roast 1 hour, basting with pan juices after 30 minutes if desired. Sprinkle brown sugar over roast. Roast 10 -15 minutes longer or until thermometer reads 140 degrees. (Temperature of roast will continue to rise about 5-10 degrees upon standing.)

Remove roast to a platter, tent loosely with foil; let stand 15 minutes before slicing.

Strain drippings from roasting pan into a measuring cup; discard vegetables. Skim fat. Add enough water to the drippings to measure 1 ½ cups.

In a small saucepan, whisk remaining flour and 1/3 c water until smooth. Gradually whisk in drippings mixture and remaining salt and

pepper. Bring to a boil, stirring constantly; cook and stir 2 minutes or until thickened. Serve roast with gravy.