

## SLOW COOKER PORK LOIN (WIP)

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I have been meaning to revisit this one for a few weeks now. I remember it being really good (well, at least the second and third iterations), but as I started looking into it, I realized that last time I made this was about 3 ½ years ago! Unfortunately that was before I started keeping better notes; the bulk of these were documented on note pads the charities keep sending me and kept in a metal bin. I also realized that this was yet another instance of recipes that take WAY too long to make.

### INGREDIENTS

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### THE INJECTION

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| <u>Qty.</u> | <u>Unit</u> | <u>Item</u>       |
|-------------|-------------|-------------------|
| 4           | Head        | Garlic            |
| 1           | TBSP        | Black Peppercorns |
| 1           | TBSP        | Mustard Seeds     |
| 4           | Cup         | 100% Apple Juice  |

### THE PORK

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| <u>Qty.</u> | <u>Unit</u> | <u>Item</u> |
|-------------|-------------|-------------|
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<INGREDIENTS EXPLANATION>

### SPECIAL TOOLS

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- Slow Cooker [i]
- Immersion Blender

### PREPARATION

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### THE INJECTION

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- 1) Pull out your slow cooker and wipe down
- 2) Separate cloves from the 4 heads of garlic and peel [ii]
- 3) Add 4 cups of apple juice to the slow cooker

- 4) Add garlic, mustard seed, and black pepper corns to the slow cooker
- 5) Set slow cooker to "LOW" for 6 hours
- 6) Uncover the slow cooker for the last hour
- 7) Blend with an immersion blender
- 8) Strain through a fine mesh strainer into a 1 quart measuring cup
- 9) Set injection aside until needed, but hit with the immersion blender again right before injection

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## NOTES

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- i. This is another one where I was not quite sure whether or not this would be considered "special equipment", but I think based on frequency of use... probably
- ii. The "smash with the flat of a knife" technique is fine here, in fact maybe even preferred

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## PICTURES

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