

Hawaiian Pork Roast

My son Scott made this for us one day when we visited him and his family in Phoenix. Scott is a fireman and they know how to satisfy a group of hungry people without a lot of prep work. He used a crock pot with a plastic liner bag that I've seen in Target to minimize cleanup. The key is using Lawry's Hawaiian marinade. I use hickory smoke Char Rub for the pork rub or the rub recipe included in this book.



Ingredients:

- 3-5 lb. pork tenderloin
- 2 tsp. Pork rub
- 1 Tbsp. olive oil
- 1 bottle (12 oz.) Hawaiian marinade
- 1 can (20 oz.) pineapple tidbits
- 1 Tbsp. corn starch
- 2 Tbsp. water
- 2 sprigs of parsley

Equipment

- Crock Pot
- Fry pan

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☑	Directions	Time (min)
	Dry loin and remove silver skin	9
	Coat with 2 tsp. pork rub	1
	Heat 1 Tbsp. olive oil in a fry pan (or Dutch oven)	1
	In the hot oil, brown loin on all sides	3
	Add the whole bottle of marinade, 1 can of pineapple tidbits, and the browned meat to the crock pot (or Dutch oven). Set on high.	2
	Heat until simmering	20 (4 min)
	Reduce heat to low or medium (200 degree oven). Cook until tender	3 hrs
	Remove meat from crock pot to a platter. Tent with aluminum foil.	1
	Transfer sauce to a sauce pan. Combine cornstarch and water in a small cup. Add to liquid and bring to a boil. Turn off heat.	2
	Slice pork, pour liquid over pork and serve. Provide remaining liquid as a gravy on the side. Garnish with parsley	2
	Total	3 hr 41 min