Pork and Sauerkraut

Looking for the best way to do your pork and sauerkraut this year? Plan for about 4-6 ounces per person if this is the main dish, you can do a little less with the sauerkraut or if you are shredding it to serve over mashed potatoes. Remember, it really will taste better the following day, so having a few leftovers isn't a bad thing!

If you choose a slow cooker to make your delicious dish, for about 8 servings use a 3 pound boneless pork roast. Brown it first, then place in a slow cooker and add 32 ounces of sauerkraut with the liquid, season with salt, pepper and garlic to taste. Some recipes like to add 2 teaspoons of caraway seeds, one thinly sliced apple or 4-6 peeled and quartered potatoes. It just depends on your expectations, if you want to serve it over mashed potatoes just the pork and sauerkraut may be enough flavor. Place the roast in the cooker and cover with the sauerkraut, then cook in a slow cooker on low for 8-10 hours.

If you would like to use the oven it takes approximately 100 minutes to cook a 5-pound boneless pork loin roasted at 325 F. The USDA recommends that all whole cuts of meat be cooked to an internal temperature of 145 F and then allowed to rest for an additional 3 minutes. Roasts can be seasoned with salt, pepper, fresh or dried herbs and spices that your family enjoys. To keep the meat moist, place the roast in the pan with the fat side on the top.