

The Ultimate Old South Coca-Cola Pork Loin: A Sweet & Savory Southern Classic

Old South Coca-Cola Pork Loin



OVEN
325°F

TIME
40 min

TEMP
175°F

PRINT
Recipe Card

INGREDIENTS

For the Pork and Marinade:

Pork Loin Roast: 5 pounds, boned (ensure it is the loin, not the smaller tenderloin).

Coca-Cola: 1 cup (use the classic full-sugar version for the best chemical reaction).

Dark Brown Sugar: 1/2 cup for that deep molasses undertone.

Soy Sauce: 1/4 cup for a salty, umami kick.

Oil: 3 tablespoons (canola or vegetable work best).

Ketchup: 1/3 cup to provide body to the marinade.

Balsamic Vinegar: 2 tablespoons for acidity.

Dijon Mustard: 2 tablespoons.

Worcestershire Sauce: 2 tablespoons.

Garlic: 2 cloves, minced.

Dry Mustard: 1 tablespoon.

Ginger: 1 teaspoon (ground).

Thyme: 1 teaspoon, crushed.

For the Coca-Cola Sauce/Glaze:

Coca-Cola: 2/3 cup.

Brown Sugar: 1 cup.

Balsamic Vinegar: 1/3 cup.

Butter: 2 tablespoons.

Cornstarch: 1 tablespoon (to thicken).

Dry Mustard: 1/2 teaspoon.

Sea Salt & Fresh Ground Pepper: To taste.

DIRECTIONS

- 1.** Prepare the : Marinade: In a medium bowl, whisk together the soy sauce, Coca-Cola, dark brown sugar, Dijon, oil, Worcestershire, ketchup, garlic, dry mustard, balsamic vinegar, ginger, and thyme.
- 2.** Marinate the : Pork: Place your pork loin in a large, heavy-duty gallon zip-top bag. Pour the marinade over the meat. Seal the bag, removing as much air as possible. Place the bag in a large bowl (to prevent leaks) and refrigerate for 24 hours or overnight. Turn the bag occasionally to ensure all sides are submerged.
- 3.** Preheat and : Prep: Preheat your oven to 325°F. Remove the roast from the marinade and discard the liquid. Place the pork, fat side up, on a rack in a roasting pan.
- 4.** Roast: Insert a meat thermometer into the thickest part of the roast. Do not add water or cover the pan. Roast for 30-40 minutes per pound (about 2.5 to 3 hours total) until the internal temperature reaches 175°F.
- 5.** Glaze: While the meat roasts, prepare the Coca-Cola sauce by simmering all sauce ingredients in a saucepan until thickened. During the last 30 minutes of roasting, brush the glaze generously over the meat every 10 minutes.
- 6.** Rest the : Meat: This is the most important step! Remove the roast from the oven, transfer to a platter, and cover loosely with a foil tent. Rest for 15 minutes before slicing to allow the juices to redistribute.

SWAPS & NOTES

of classic Coca-Cola, we transform a standard pork roast into a melt-in-your-mouth masterpiece that balances tangy balsamic vinegar, earthy thyme, and a hint of ginger.

As a professional food writer for Chef Maniac, I've seen many trends come and go, but the combination of a long marinade and a slow roast never fails.

Whether you are hosting a formal Sunday supper or a casual backyard gathering, this recipe delivers a complex flavor profile that tastes like it took days of effort, even though the prep is remarkably simple.

Why I Love This Recipe I am a firm believer that the best recipes tell a story.

TIPS FOR SUCCESS

Fat Side Up: Always roast with the fat cap on top.

As it melts, it naturally bastes the meat, keeping it moist.

Slow-Roast Option: For even more tender meat, drop your oven to 250°F .

This will nearly double your cooking time but results in a texture that almost pulls apart.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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