

# Fennel Dijon Pork Tenderloin

## Ingredients

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2 Pork Tenderloins (1 pound each)  
1 T Vegetable Oil  
1 T Unsalted Butter  
2 Onions (cut into thin wedges)  
1 T Maple Syrup  
2 T Grainy Mustard  
1 T Thyme (chopped)  
2 t Sage (chopped)  
1/4 t Cinnamon  
1 Fennel Bulb (cut into wedges,  
core attached)  
1/2 c White Wine  
1/2 c Chicken Broth  
0 ds Salt  
0 ds Ground Black Pepper

## Instructions

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1.Preheat the oven to 425 degrees and set a large cast-iron skillet over medium-high heat. Pat the tenderloins dry with a paper towel and coat each with the vegetable oil. Season liberally with salt and pepper and sear until evenly browned all over. Transfer to a plate.

2.Add the butter and onions to the pan, season with salt and pepper and cook until lightly golden, about 5 minutes, stirring occasionally.

3.Meanwhile, mix together the maple syrup, mustard, thyme, sage and cinnamon in a small bowl. Brush over the pork.

4.Add the fennel to the pan and continue to cook for 5 to 7 minutes, until the fennel is lightly browned. Carefully deglaze the pan with the white wine and nestle in the pork.

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5. Roast the pork for 15 to 17 minutes, or until the internal temperature reaches 155 to 160 degrees. When cooked, transfer the pork to a cutting board, cover it with foil and allow it to rest for 5 to 8 minutes.

6. Place the onions and fennel over medium heat and add in the chicken stock. Using a wooden spoon, scrape up any browned bits off of the bottom of the pan and allow it to thicken slightly until the pork has rested. Slice the pork in medallions of desired thickness to serve.