

Pork Tenderloin with Sautéed Onion and Fennel

Category: Pork

Servings: 2

Rating: 10

Source: Bon Appetit

Description:

Serve this with Celery Root Puree, green beans, and a good Shiraz.

Ingredients:

olive oil	1 1/2 tablespoons
fennel seeds	1/2 teaspoon in all, ground
fennel	1 small, sliced thinly
onion	1 small, chopped coarsely
garlic	2 large cloves, minced
pork tenderloin	12 ounces, trimmed
butter	1 tablespoon
shallot	2 large, chopped coarsely
dry white wine	1/2 cup
chicken stock	1 1/2 cups
cream	1/2 cup

Instructions:

Heat 1 tablespoon of olive oil over medium-high heat and add 1/4 teaspoon of the ground fennel seeds. Stir for a few moments and reduce the heat to medium-low, add the sliced fennel and onions, and sauté until the vegetables are caramelized, about 20 minutes. Add 1 tablespoon of minced garlic and continue cooking the onion mixture for a few more minutes. Season with salt and pepper and set the mixture aside in a microwaveable bowl.

In the same pan, add another tablespoon of oil over medium heat. Season the pork with salt and pepper and brown it on all sides, adding a little oil if the pan is too dry. Transfer the pan to the oven and bake it in a 450° oven until it has reached an internal temperature of 145°. Remove the pork from the oven pan, cover it loosely with tin foil and let rest for five minutes or so. When ready to serve, slice it into 1/2" thick rounds.

In the same pan, add one tablespoon of butter and sauté the minced shallots, another 1/4 teaspoon of ground fennel seeds, and a tablespoon of minced garlic. When the shallots start to brown, add the white wine and deglaze the pan until the wine is quite thick. Add the stock and cream and boil, whisking often, until the sauce has thickened to a gravy consistency. Season with salt and pepper.

Reheat the onion mixture and place a mound on each plate. Add a few slices of pork and drizzle

sauce overall. Garnish with fennel fronds and serve with the vegetables that go with the meal.