

Pan Roasted Pork Tenderloin with Balsamic-Fennel Confit

Adapted from a Williams-Sonoma recipe

Internet Address:



24 ounces pork tenderloin (two loins)

1 tablespoon olive oil

1 tablespoon butter

3 whole fennel bulbs, sliced in 1/4 inch slices

2 whole shallots, sliced

6 tablespoons Balsamic Vinegar with Pomegranate, or infused balsamic vinegar

1 tablespoon fresh sage, chopped

1/2 cup low-sodium chicken broth

salt and pepper to taste

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 4

If you don't have the Balsamic with Pomegranate, use some other kind fruited balsamic. The original recipe called for "Infused Balsamic Vinegar," available at Williams-Sonoma. It's an intense, reduced syrup almost, in either a rosemary or garlic flavor. Be sure to cook the fennel until it's nearly cooked before adding the vinegar. You want to caramelize the edges of the fennel, which enhances its flavor. And whatever you do, don't overcook the pork - you want it to be just barely pink in the middle.

1. Preheat oven to 450.
2. Season pork with salt and pepper. In a large ovenproof frying pan over medium-high heat, warm the oil and butter. When hot, brown pork for 3-4 minutes on each side until the meat has begun to caramelize. Transfer meat to a platter.
- 3 To the same frying pan add the slices of fennel and shallots. Saute, stirring, until the fennel is tender and golden, 6-10 minutes. Add 2 T. of the balsamic vinegar and cook, stirring, until nearly evaporated, about 2-3 minutes. Season sauce with salt and pepper to taste. Stir in half the sage leaves.
4. Nestle the pork tenderloin on top of the fennel, sprinkle with the remaining sage. Use a meat probe in the center of the meat. Transfer pan to the oven. Bake until the thermometer reaches 145 degrees, about 15-20 minutes, or until done to your liking.
5. Remove from oven and transfer pork to a cutting board. Loosely cover with foil. Allow to sit while you complete the sauce (about 5 minutes).
6. Set pan over medium-high heat. Add broth and 4 T. of the balsamic vinegar and bring to a boil. Cook until liquid is reduced by half, about 4-6 minutes. Slice the pork to about 1/2 inch medallions. Arrange pork slices of fennel on a heated platter and drizzle the top with the pan sauce.

Per Serving (excluding unknown items): 321 Calories; 13g Fat (34.9% calories from fat); 39g Protein; 14g Carbohydrate; 5g Dietary Fiber; 118mg Cholesterol; 211mg Sodium. Exchanges: 1/2 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat.