



PORK TENDERLOIN WITH FENNEL SAUCE

SIMPLY, DELICIOUS

- **Fennel sauce**
- 2-3 bulbs fresh fennel
- 1 can chicken broth
- 1 tsp fennel seeds
- 1 cup heavy whipping cream
grated parmigiano cheese to taste
- salt to taste
- black pepper to taste
- **Pork tenderloins**
- 2 lbs pork tenderloins
- 2 Tbsp olive oil
- 1 Tbsp fennel seeds chopped
- 2-3 Tbsp fresh rosemary chopped
- 2-3 cloves garlic minced, (We use about 2T prepared minced garlic)

- 1 Fennel sauce:** Trim the stems from the fennel bulbs and discard. Remove the core from the bottom of the fennel bulb and discard. Coarsely chop the bulb. Place it in a pan with the chicken broth, fennel seeds and salt and pepper. Cover and cook until tender, about 15-20 min.
- 2** Puree in a food processor then add about 1/2 c. of the cream and mix well. You can thicken or thin the sauce by adding more cream or chicken broth. Add parmigiano cheese to taste..
- 3 Pork tenderloins:** Heat oil in an ovenproof skillet and brown tenderloins on all sides. Allow to cool slightly and rub them with the mixture of rosemary, fennel seeds and garlic.
- 4** Roast tenderloins in a 400 degree oven to an internal temperature of 145 degrees.
- 5** Let pork rest for a few minutes, then slice thinly and arrange on a platter. Pour the warmed fennel sauce over.