

Glazed Pork Tenderloin

Makes 4 servings

The original recipe is from *Big Heart, Little Stove*. Connie and Tim made this with the roasted fruit for one of our cookbook dinners. Both dishes use star anise to give this combination a unique flavor.

Ingredients:

- 1 Tbsp. ground fennel
- 2 1/2 tsp. kosher salt
- 1 tsp. fresh ground pepper
- 1 tsp. chili powder
- 1/4 tsp. ground cinnamon
- 1 1/2 lb. pork tenderloin
- 2 tsp. extra virgin olive oil
- 3 tsp. anise seeds
- 1/2 cup packed light brown sugar
- 1/2 cup maple syrup
- 2 cloves garlic



Equipment:

- Dutch oven
- Pastry brush
- Temperature probe

Glazed Pork Tenderloin

<input checked="" type="checkbox"/>	Directions	Time (min)		
	Peel and mince 2 cloves of garlic	2		
	In a saucepan, brown 3 tsp. anise seeds	1		
	To the anise, add 1/2 cup brown sugar, 1/2 cup maple syrup, and garlic.	2		
	Stir and bring syrup mixture to bubble	5		
	Remove from heat and allow to cool and thicken		35	
	Preheat oven to 375			
	Prepare roasted fruit side dish (see link)	10		
	In a small bowl, combine 1 Tbsp. ground fennel, 2 1/2 tsp. kosher salt, 1 tsp. pepper, 1 tsp. chili powder, and 1/4 tsp. ground cinnamon.	5		
	With a very sharp knife, remove any silver skin and fat from the pork tenderloin.	2		
	Pat the tenderloin a dry with paper towel and then pat dry ingredients all over the tenderloin.	2		
	In a Dutch oven, heat 2 tsp. olive oil over medium heat. Brown each side of the loin-about 2 min/side	8		
	Transfer to a baking dish and set aside	1		
	Brush tenderloin with a third of the glaze	2		
	Bake. Baste with glaze every 7 minutes until internal temperature of 140 degrees	20		
	Set the meat aside to rest. Raise oven temperature to 425 degrees	5		
	Roast fruit according to the recipe. Slice meat.	12		
	Serve with roasted fruit			
	Total	1 hr. 24 min.		

375