



FENNEL-RUBBED PORK TENDERLOIN WITH ROASTED FENNEL WEDGES

SERVES 4

ACTIVE TIME: 20 MIN START TO FINISH: 45 MIN

The combination of fennel and roast pork is an Italian classic. Here, fennel bulbs become a tender, almost silky partner for pork, but to create another layer of flavor, we've added some crushed fennel seeds.

- 1 tsp fennel seeds
- 1 lb pork tenderloin
- 2 medium fennel bulbs, trimmed, reserving fronds
- 2 Tbsp extra-virgin olive oil
- 3 garlic cloves, smashed
- 1/4 cup dry white wine
- 1/2 cup reduced-sodium chicken broth
- 2 Tbsp unsalted butter, cut into pieces
- 1/2 tsp fresh lemon juice, or to taste

- Preheat oven to 350°F with rack in middle.
- Crush fennel seeds with a mortar and pestle or wrap in a kitchen towel and crush with bottom of a heavy skillet.
- Pat pork dry, then sprinkle with crushed fennel seeds and 1/2 tsp each of salt and pepper. Cut fennel bulbs lengthwise into 1/2-inch wedges.
- Heat oil in a 12-inch ovenproof heavy skillet over medium-high heat until it shimmers. Brown pork on all sides, about 6 minutes total, then transfer to a plate. Sauté garlic and fennel wedges in skillet until fennel is golden brown, about 6 minutes. Add wine, stirring and scraping up brown bits, then stir in broth and butter. Put pork on top of fennel and transfer skillet to oven. Roast until an instant-read thermometer inserted into center of pork registers 145 to 150°F, about 15 minutes. Transfer pork to a cutting board and let rest 10 minutes.
- Meanwhile, transfer skillet to stovetop (handle will be hot) and boil, stirring occasionally, until most of liquid has evaporated. Stir in lemon juice and 1/4 cup chopped fennel fronds. Thinly slice pork and serve over fennel with sauce.