

Cocoa and Fennel Encrusted Pork Tenderloin

Ingredients:

2 Tablespoons cocoa
2 teaspoons fennel seeds
1½ Tablespoons light brown sugar
½ teaspoon salt
½ teaspoon freshly ground pepper
⅛ teaspoon ground cinnamon
1 teaspoon cayenne pepper
2 Tablespoons organic canola oil, divided
¼ to 1½ pounds pork tenderloin, trimmed of excess fat

Directions:

1. Preheat oven to 425 degrees Fahrenheit. Line the inside of a roasting pan with aluminum foil for easy cleanup. If you don't have a roasting pan, a deep ovenproof dish will suffice. Dish does not have to be lined.
2. Using a mortar and pestle, a spice grinder, or a coffee grinder grind the fennel seeds until coarse. Place in a small bowl, and add remaining ingredients through cayenne pepper. Stir well. Using your hands, rub the tenderloin all over with 1 Tablespoon canola oil. Rub all over with the cacao nib mixture, massaging it into the meat until well coated.
3. In a large skillet over medium-high heat, warm remaining Tablespoon of canola oil. Place the tenderloin in the skillet and cook, turning it over to ensure even browning on all sides, 5 to 6 minutes. Transfer to the roasting pan and cook until a meat thermometer inserted at the thickest part of the tenderloin reads 145 degrees, about 15 minutes.