

## Pork Tenderloin á la Moutarde Ancienne

- ¼ cup maple syrup
- 2 T. olive oil
- 2 T. stone-ground mustard
- 1 clove of garlic, minced
- 1-2 teaspoons dried rosemary (if you have fresh, then use it, by all means!)
- Sea Salt and freshly ground pepper, to taste

Mix all the marinade ingredients and coat the Tenderloin. Let sit for at least an hour. Longer wouldn't hurt, and freezing the tenderloin with the marinade would be even better because as it thaws, the marinade goes to work on the meat and it's fabulous!

Heat oven to 400°.

Heat an oven-proof skillet over medium-high heat. When it gets hot, add a little olive oil. Lift the tenderloin from the marinade and carefully place it in the pan. Sear on all sides, then place in the oven. Bake for about 20-30 minutes, until the internal temperature reaches 160°F.

Take the meat out immediately at 160°. Don't cut into it to check it - just let it rest for about 10 minutes. If you cut into it, you'll see where it is still a little pink, but the heat rays keep working while it's resting so if you put it back into the oven, you'll end up with a tough, overdone meat.

Slice into ½-inch slices, layer on a platter and pour the pan juices over. (Alternatively, you could heat the pan again and deglaze with a dry red wine, or apple cider, or Calvados. Let it reduce, then pour over the slices. Oooh ... Yum! I think I'll try that next time! Even without the deglazing and reducing, there was plenty of sauce to flavor our rice.)