

pork marbella with couscous

BY CAROLINE CHAMBERS

Serves 4 (with leftover pork!!)

Cook time: 1 hour

Tools:

- [Cutting board](#)
- [Chef's knife](#)
- [Braiser](#), 12-inch cast-iron skillet, or wide Dutch oven (Whatever you choose must be oven safe! If you're unsure, just Google whichever skillet you have to find out.)
- [Tongs](#)
- [Meat thermometer](#)
- Small saucepan

Ingredients:

- 2 (1 to 1 1/2 pound) pork tenderloins (packages often come with 2 pork tenderloins in them) **not pork loin**
- Kosher salt and freshly ground black pepper
- 2 tablespoons olive oil
- 1 fennel bulb, thinly sliced
- 4 garlic cloves, minced
- 1 1/2 cups white wine (it truly does not matter which kind, get something you'll enjoy drinking the rest of!)
- 1/2 cup red wine or balsamic vinegar
- 1/3 cup maple syrup
- 1 cup pitted prunes, halved
- 1 cup pitted green olives
- 1 (3.5 to 4 ounce) container capers, drained
- 4 bay leaves
- 3 tablespoons butter, divided
- 1 1/3 cup low-sodium chicken stock (or water)
- 1 cup couscous (NOT **Israeli** couscous, which is actually a type of pasta!)
- 1/4 cup chopped fresh parsley (or cilantro), finely chopped, divided

Preheat oven to 400°F.

Pat **2 pork tenderloins** dry and season all over with nice big pinches of **kosher salt and black pepper**.

Warm **2 tablespoons olive oil** in a 12-inch braiser, skillet, or Dutch oven over medium-high heat. Sear the tenderloins on the first side for 3 to 4 minutes, until a nice golden-brown crust forms, then flip. Add **1 thinly sliced fennel bulb and 4 minced garlic cloves** to the pan and use your tongs to stir them around while the pork sears on the second side. When the second side has a nice crust (after another 3 to 4 minutes), remove the skillet from heat.

To the skillet, add **1 1/2 cups white wine, 1/2 cup red wine (or vinegar), 1/3 cup maple syrup, 1 cup halved prunes, 1 cup olives, 1 drained container of capers, and 4 bay leaves.**

Place the skillet in the oven (NO LID!) and roast for 25 to 35 minutes, until an internal thermometer inserted into the pork registers 140°F.

Transfer the pork to a cutting board (don't slice it yet — it needs to rest or its juices will all just run out the second you slice it!) and place the skillet on the stove over medium-high. Stir in **1 tablespoon unsalted butter** and cook for 4 to 5 minutes, stirring occasionally, until the sauce thickens slightly.

While the sauce is reducing, cook the couscous by bringing **1 1/3 cup chicken stock or water and 2 tablespoons butter** to a boil in a small saucepan over high heat. Remove the pot from the heat, stir in **1 cup of couscous, 2 tablespoons finely chopped parsley, and a big pinch of salt**, cover, and leave it to sit until you're ready to serve dinner.

Once your sauce and couscous are ready, slice the pork tenderloin into 1/4-inch thick pieces. Arrange the slices on a platter or directly on your family's plates. Spoon the sauce along with the prunes, olives, etc., over top of the pork. Sprinkle **2 tablespoons of parsley** over top.

Serve the pork over couscous.