



## **Pork Tenderloin with Maple Dijon Sauce**

### **Ingredients**

3 lbs. Pork tenderloin  
5 Bay leaves (crushed)  
1/2 tsp. Ground cloves  
1/2 tsp. Cayenne pepper  
1 tsp. Nutmeg  
1 tsp. Thyme  
1/2 tsp. Allspice  
1/2 tsp. Dried basil  
1/2 tsp. Pepper  
1/2 tsp. Salt  
2 Tbsp Olive oil

### **Sauce**

3/4 cup Pure maple syrup  
1/2 cup Dijon mustard

### **Preparation**

Let pork stand for 1/2 hour to reach room temperature.

Preheat oven to 375 degrees.

In a medium size bowl combine bay leaves, cloves, cayenne pepper, nutmeg, thyme, allspice, basil, pepper and salt.

Rub mixture into pork. Place into a baking dish or roasting pan and drizzle with olive oil.

Cook uncovered for 45 minutes (or until 155 degrees on meat thermometer.)

Remove from oven and cover lightly with aluminum foil.

Combine maple syrup and mustard.

Slice pork and serve with sauce.

Chef Tips: Allow cooked tenderloin to rest before serving so that juices will infuse into the meat.

*Recipe from "Mr. Mom's Favorite Family Meals" by Dave Lilja  
[www.MrMomsCookbooks.com](http://www.MrMomsCookbooks.com)*

