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HONEY GLAZED VENISON LEG

Ingredients

500g Venison leg steaks or leg piece
½ cup dark soy sauce
½ cup honey plus ¼ cup to glaze
¼ cup hoisin sauce
3 tablespoons mirin
2 tablespoons shaohsing rice wine
½ teaspoon ground cinnamon
½ teaspoon five spice
Steamed greens and boiled rice to serve

Place soy, honey, hoisin, mirin, rice wine, cinnamon and five spice in a bowl. Add venison and marinate for 2-3 hours.

Place steaks in a hot pan or BBQ for 1 to 1 ½ minutes each side – glazing the meat constantly. If using a leg piece, sear the meat in a hot pan, then place it in a 160 degree oven for approximately 12-15 minutes, glazing several times.

Let meat rest and slice – the meat should be rare.

Serve with rice and greens.

Serves 4



Recipe compliments of Mandagery Creek Venison

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