The Deer Industry Association of Australia

Australian Deer Farming Magazine

August (Winter) 2011, 1 page

VENISON WITH RED WINE SAUCE AND ROAST VEGETABLES

For the roast vegetables

2 tbsp olive oil1 medium potato, cut into wedges2 carrots, peeled and cut into large slices1 clove garlic, peeledFew fresh thyme sprigs

For the venison

1 tbsp olive oil 1 packet of Mandagery Creek Venison steaks

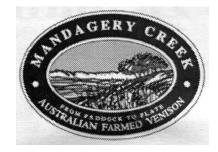
For the red wine sauce

30g unsalted butter
½ glass red wine
1 lemon, juice only
1 tbsp soy sauce
2 tbsp honey
1 beef stock cube, crumbled

Preheat the oven to 220C. Heat the oil in an oven-proof pan and fry the potato and carrots for 5-6 minutes. Add the thyme sprigs and garlic clove to the pan. Transfer the pan to the oven and continue to cook for 15-20 minutes or until the vegetables are soft. Gently heat the oil in a frying pan and cook the venison for 2 minutes either side. Remove from the heat and rest for a few minutes. To make the red sauce, gently melt butter in a medium saucepan. Add the wine, lemon juice, soy sauce, honey and beef stock and cook for 5-6 minutes. Remove the roast vegetables from the oven and transfer to serving plates. Slice the venison steaks and serve with the vegetables. Pour the sauce over and serve immediately.

Serves 4

Recipe compliments of Mandagery Creek Venison Tel: (02) 6365-6171 Fax: (02) 6365-6209 Email: <u>tim@mandagerycreek.com.au</u> Website: <u>http://www.mandagerycreek.com.au</u>



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