



Winter (September) 2009, 1 page

Venison Steaks with White Wine Sauce and Quince Chutney

The traditional red wine jus is given a bit of a spring-twist here and the resulting sauce is really delicious and worth the tiny bit of extra effort involved.

4 MCV venison steaks
2 tbsp fresh herbs (such as thyme and marjoram)
5 tsp olive oil
125 ml dry white wine
25g butter
20g plain flour
400ml game or beef stock
Cranberry or quince chutney

- 1 Put the steaks in a shallow, stainless-steel or cast-iron dish (not tin or aluminium). Sprinkle with the chopped herbs and pour over 4tbsp olive oil and the wine. Cover and marinate in the fridge for about 30 minutes.
- 2 Make a roux by melting 20g butter in a pan over a low heat, adding the flour and cooking for 2 minutes, stirring now and then.
- 3 Remove the steaks from the marinade, reserving the liquid, and season. Melt the remaining butter and olive oil in a large sauté pan over a high heat, then add the steaks in a single layer. Allow them to brown, then reduce the temperature and finish cooking on the other side. They should take about 2 minutes on each side and feel slightly firm to the touch when done. Transfer to a warmed plate, cover loosely with foil, and leave to rest while you finish the sauce.
- 4 Strain the reserved marinade into the pan along with the stock and bring to the boil for 5 minutes, scraping up any bits. Thicken very slightly with a little roux (start by whisking in 2 tsp, adding more if it doesn't seem thick enough) and allow to simmer for a few minutes to cook out any flouriness. Serve the venison with the sauce and chutney.

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