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Spicy Roast Venison Leg

Serves 4

Ingredients

1 kg leg of venison
6 garlic cloves
½ teaspoon cumin seeds
½ cup fresh chopped mint leaves
½ cup fresh chopped coriander
2 limes, juiced
2 tablespoons olive oil
1 glass red wine
1 cup chicken stock
1 tablespoon brown sugar

Preheat oven to 150°C. Put the garlic, cumin seeds, coriander, mint, lime juice and oil in a blender and make a paste. Pat paste on venison and let sit for 30 minutes at room temperature.

In a hot pan sear the venison on all sides. Place in roasting dish in oven for 25-30 minutes (check at 25 minutes for a rare finish – cook for a further 10 minutes if a medium finish is desired). Remove from oven and rest under a loose tent of foil for 5 minutes. To make sauce keep herbs in a pan and put over medium heat. Add sugar and allow to caramelize, add wine and stock and bring to boil. Reduce heat and simmer allowing to reduce for a few minutes. To serve, slice venison as medallions, pour over sauce and accompany with crispy roast potato and steamed baby carrots and beans.

Recipe compliments of Mandagery Creek Venison

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