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BLACK AND BLUE VENISON

This recipe is adapted from Nigella Lawson's "Forever Summer" beef recipe on page 122 – it translates perfectly with venison.

Ingredients

800gms venison leg medallions/steaks

Marinade

5 tablespoons soy sauce
3 garlic cloves, minced
2 teaspoons minced ginger
2 tablespoons sesame oil
2 teaspoons caster sugar
Freshly ground black pepper
4 spring onions roughly chopped

Mix all marinade ingredients together. Place venison steaks in a large freezer bag and then add all marinade. Tie the bag, expelling any air, and "squidge everything around" so the venison is well covered in the marinade. Allow to stand at room temperature for at least 1 hour, or leave in fridge overnight.

Grill on a very hot BBQ for approximately 1 ½ minutes – it is essential to keep the meat rare, so resist the temptation to overcook. Allow the cooked venison to stand under loose foil for about 5 minutes. Slice the medallions/steaks so that you have "a plateful of spice-seared, ruby fleshed rags that are scorched and tender".

The sliced venison can be served on a bed of boiled rice, sprinkled over a bed of fresh green salad, eaten simply on soft white bread or piled into the centre of a Chinese pancake with sliced cucumber, fresh spring onion and a dollop of hoi-sin sauce. This is a versatile and yummy venison meal!

Recipe compliments of Mandagery Creek Venison

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