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## **BARBECUED VENISON with Mustard Cream & Roasted Vegetables**

*You have some fresh venison, no time and are stuck for ideas – this is a great “crisis” meal in a flash.*

### Ingredients

400 gms venison medallions or a single tenderloin  
1 small sweet potato  
½ bulb fresh fennel  
1 Spanish onion  
1 large potato

### Mustard Cream

1 tablespoon Dijon mustard  
½ cup crème fraiche or sour cream  
1 teaspoon lemon juice  
Sea salt  
Freshly ground pepper  
Chives

Remove venison from packaging and allow to reach room temperature on a plate.

Heat oven to 180°C. Chop all vegetables into small wedges, drizzle with olive oil and sea salt and bake for about 30-40 minutes until crisp. (Place fennel into the oven 15 minutes after the root vegetables to avoid charcoal!)

Mix all ingredients for the mustard cream and place in fridge until ready. Place venison on a hot BBQ – 1 ½ minutes for the smaller medallions and 3 minutes each side for the tenderloin. Remove from heat and allow to stand under loose foil for 5 minutes. Remove roasted vegetables and heap on centre of plate, slice the rare venison and place on top of vegetables and then top this with a dollop of mustard cream.

Serve with a fresh green salad.

*Recipe compliments of Mandagery Creek Venison*  
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