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VENISON TENDERLOIN with lime, mint & honey dressing & sweet cinnamon rice

4 cloves garlic, finely chopped
¼ cup olive oil
Freshly ground pepper
2 venison tenderloins

For the dressing:

1 stalk lemongrass, finely chopped
3 tablespoons fish sauce
2 cloves garlic, finely chopped
2 tablespoons chopped fresh mint
1 fresh chilli, seeded and chopped
3 tablespoons lime juice
1 tablespoon honey
6 tablespoons light extra virgin olive oil

For the Rice:

4 tablespoons butter
½ cup finely diced celery
½ cup finely diced onion
½ cup finely diced carrot
2 cups long grain rice
½ teaspoon sea salt
4 cinnamon sticks
½ cup dried currants
4 cups of water

Combine the garlic, olive oil and pepper and rub over venison tenderloins and set aside.

Make the dressing by combining all the ingredients well.

To prepare the rice, melt 2 tablespoons of butter in a heavy saucepan and add celery, onion and carrots. Cover and cook over a low heat for 10 minutes. Add the rice, salt, cinnamon sticks, currants and water – bring to boil. Keep the heat high and cook until the water has reduced to the level of the rice, reduce to a low heat, cover and simmer for 15 minutes. Remove the cinnamon sticks, add remaining butter and fluff up the rice with a fork.

Heat the BBQ plate with a small amount of olive oil. Place the venison tenderloins on a plate for approximately 3 minutes each side. Make sure not to overcook. Remove venison from heat, cover loosely in foil and rest for 5 minutes. Slice venison into medallions and serve on top of the bed of rice and drizzle dressing over meat. Accompany with a green salad.

Serves 6

Recipe compliments of Mandagery Creek Venison

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