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SEARED VENISON WITH ROASTED GARLIC, CAULIFLOWER CREAM AND SAUTED RADICCHIO

Venison

2 Venison Tenderloins or 1kg Venison Leg piece
2 tablespoons olive oil
Freshly ground black pepper
6 radicchio leaves, tough white bits removed
2 tablespoons balsamic vinegar

Other Ingredients

3 heads of garlic
Cauliflower Cream:
Head of cauliflower – hard stalks removed
300mls cream
200mls chicken or vegetable stock
Salt to taste

Cauliflower Cream

Place all ingredients in a heavy-based saucepan. Cook over a low heat until the cauliflower is soft. Puree the cauliflower in a food processor, adding liquid from the saucepan as necessary to achieve a thick consistency.

Roasted Garlic

Leaving the outer skin on the head of garlic, cut each one in half (acrossways) so that the effect is that of a flower. Place in a moderate oven for 35-40 minutes until soft, aromatic and golden brown.

Venison

Tenderloin: Bring the venison to room temperature, rub with olive oil and freshly cracked pepper. In a hot pan or on a hot BBQ plate, sear the venison and cook for 3 minutes on each side; set aside to rest under loose foil for 5 minutes. When serving, slice the tenderloin as medallions.

Venison Leg Piece: Heat the oven to 180 degrees Celsius. Bring the venison to room temperature, rub with olive oil and freshly cracked pepper. In a hot pan sear the venison on all sides. Place in a roasting pan and roast the leg piece for 25 minutes. Allow to rest for 5 minutes. When serving, slice in to thick pieces.

Radicchio

In the same pan, sauté the radicchio and season with salt and pepper. Remove the leaves from the pan and deglaze with the balsamic vinegar. Pour all the pan juices over the radicchio.

Slice the venison as desired, place on a bed of warm cauliflower cream and serve with the roasted garlic and radicchio.

Serves 6

Recipe compliments of Mandagery Creek Venison

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