



Hinds & Haunches

Tel: 01730 817095

Pan Fried Venison

Serves 2

This is a quick and easy meal that requires very little cooking time or preparation. Recommend it is served with either a green salad or seasonal fresh vegetables – add in new potatoes or you can try noodles which make for a change.

2 venison loin / fillet steaks

1 tablespoon olive oil

1 teaspoon redcurrant or cranberry jelly/sauce

Optional: 1 x sliced eating apple or pear or handful of grapes

slosh of fruit cooking liqueur or fruit pudding wine [yum!]

1. Heat frying pan over medium heat – add in olive oil
 2. Add in venison steaks – oil should be hot enough to seal the meat ie., should be sizzling – pan fry for approximately 3-5 minutes each side
 3. Remove steaks from pan – place on tin foil. Optional: place steaks on sliced fruit.
 4. Place 1 teaspoon redcurrant jelly over steaks, add a little water to the frying pan and pour over water/olive oil mix onto steaks. If you want to add at this point a slosh of fruit liqueur or pudding wine – measure left to your discretion !
 5. Seal up foil, place on baking tray and place in preheated oven – cook for approximately 30-40 minutes at 180C or maximum 55 minutes if you like your steaks well done.
 6. Serve with salad or fresh vegetables, new potatoes or try noodles.
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hindsandhaunches@btinternet.com

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