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VENISON WITH RED WINE SAUCE AND ROAST VEGETABLES

For the roast vegetables

2 tbsp olive oil
1 medium potato, cut into wedges
2 carrots, peeled and cut into large slices
1 clove garlic, peeled
Few fresh thyme sprigs

For the venison

1 tbsp olive oil
1 packet of Mandagery Creek Venison steaks

For the red wine sauce

30g unsalted butter
½ glass red wine
1 lemon, juice only
1 tbsp soy sauce
2 tbsp honey
1 beef stock cube, crumbled

Preheat the oven to 220C. Heat the oil in an oven-proof pan and fry the potato and carrots for 5-6 minutes. Add the thyme sprigs and garlic clove to the pan. Transfer the pan to the oven and continue to cook for 15-20 minutes or until the vegetables are soft. Gently heat the oil in a frying pan and cook the venison for 2 minutes either side. Remove from the heat and rest for a few minutes. To make the red sauce, gently melt butter in a medium saucepan. Add the wine, lemon juice, soy sauce, honey and beef stock and cook for 5-6 minutes. Remove the roast vegetables from the oven and transfer to serving plates. Slice the venison steaks and serve with the vegetables. Pour the sauce over and serve immediately.

Serves 4

Recipe compliments of Mandagery Creek Venison

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