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PROSCUITTO-WRAPPED VENISON TENDERLOIN WITH SPICY TOMATO RELISH

Ingredients

2 venison tenderloins
12 slices prosciutto
Olive oil

For the relish

400g tin of whole peeled tomatoes
1 carrot, peeled & grated
1 teaspoon grated fresh ginger
Zest of ½ an orange
¼ cup brown sugar

¼ teaspoon each of garam marsala, ground allspice, black mustard seeds, chilli powder
Dash, balsamic vinegar

Instructions

Remove venison tenderloins from packaging and allow to sit and reach room temperature. Rub with olive oil and wrap each tenderloin with prosciutto.

Put to side.

Combine all ingredients in a saucepan and allow to simmer on a low heat until thickened. Relish can be served warm or at room temperature. This should take approximately 30 minutes.

Once the relish is prepared, heat a barbecue plate or heavy pan with a small amount of olive oil. Sear the tenderloins for approximately 3 minutes each side and then remove from heat, cover loosely with foil and allow to sit for 5 minutes.

Slice the tenderloins into medallions and serve with relish.

Great accompaniments for this are herbed cous cous or a spring risotto - asparagus and pea is fabulous!

Recipe compliments of Mandagery Creek Venison

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