



November (Spring) 2008, 1 page

WARM SALAD OF VENISON WITH ASPARAGUS & ORANGE

Meat

600 – 800 gms Venison Leg Steaks
Freshly ground pepper
2 tablespoons olive oil

Salad

2 bunches green asparagus
2 avocados, sliced
2 oranges, peeled and segmented
1 bag of mixed salad leaves
1 Spanish onion, sliced finely
Handful of fresh coriander leaves

Dressing

3 tablespoons canola oil
1 tablespoon lemon juice
1 tablespoon orange juice
1 tablespoon light soy sauce
2.5cm piece of fresh ginger, peeled and grated
2 tablespoons roasted sesame seeds

Remove venison steaks from packet, place on preparation plate, sprinkle with freshly ground pepper and allow to sit for 30 minutes.

Preheat BBQ or frying pan.

Prepare Salad

Blanch asparagus until bright green and just tender. Allow to cool and cut in half (at an angle). Remove all pith from oranges and segment. Mix all salad ingredients and place on a large presentation platter. Mix all dressing ingredients together. Drizzle with half of the dressing. Keep remaining dressing and half of the oranges to the side.

To cook the venison

Place a small amount of olive oil on to the hot BBQ plate or pan. Cook the venison steaks quickly on high heat for approximately 1.5 – 2 minutes each side. Venison is best eaten with a rare to medium-rare finish. Remove from heat and allow the steaks to rest for 5 minutes covered in foil.

Slice the venison steaks across the grain into thin strips. Arrange the venison strips on the salad and then place remaining orange segments on top. Garnish with coriander and sesame seeds. Spoon over remaining dressing.

Serves 4

Recipe compliments of Mandagery Creek Venison

Tel: (02) 6365-6171

Fax: (02) 6365-6209

Email: tim@mandagerycreek.com.au

Website: <http://www.mandagerycreek.com.au>