



Venison with Redcurrant Wine Sauce

Preparation Time: 20-30 mins

Cooking Time: 20-30 mins

Serves 4

Ingredients:

4 venison steaks

Salt & black pepper

2 tablespoons oil

8 juniper berries, crushed

2 tablespoons soy sauce

1 tablespoon balsamic vinegar

1 onion, roughly chopped

120ml beef stock

120ml red wine

1 tablespoon tomato puree

60ml crème fraîche

2 tablespoons redcurrant jelly

25g butter

Season the steaks on both sides with salt and pepper and place in a shallow dish.

In a small mixing bowl, mix together the crushed juniper berries and oil then rub the mixture into the steaks.

Heat a heavy frying pan until hot then cook the steaks for 5-8 minutes on each side. Meanwhile in a small bowl, mix together the soy sauce and balsamic vinegar.

Once the meat is cooked, add the soy sauce mixture to the pan and cook over a high heat. Turn the steaks to coat on both sides then remove from the pan and keep warm.

Return the pan to the heat and add the grated onion, tomato puree stock and wine. Mix well and simmer gently until reduced by about one third.

Add the redcurrant jelly and the crème fraîche, mix well and simmer gently until hot.