

## VENISON TENDERLOIN

**Serves 6 – 8**

|                 |          |  |
|-----------------|----------|--|
| 1 ½ tsp.        | (7ml)    | chopped fresh rosemary                   |
| 1 tsp           | (5ml)    | coriander seeds                          |
| 1               |          | large garlic clove                       |
| 1 ½ tsp         | (7 ml)   | olive oil                                |
|                 |          | freshly ground black pepper              |
| 1 lb            | (500g)   | venison tenderloin                       |
| 4 tbsp          | (60 ml)  | unsalted butter                          |
| 3               |          | large shallots, halved and thinly sliced |
| ¾ cup           | (175 ml) | dry red wine                             |
| 1 sprig + ½ tsp |          | finely chopped fresh rosemary            |
| ¾ cup           | (75 ml)  | beef stock                               |

### Method

Grind 1 tsp (5ml) rosemary, coriander seeds and garlic with a pestle and mortar to make a paste, then stir in ½ tsp (2ml) olive oil. Pat the venison dry and put in a bowl, then rub with the paste. Season well with pepper, cover and refrigerate for 20 minutes. Preheat oven to 450o (230C).

Heat a well-seasoned cast iron or heavy ovenproof frying pan over a high heat until hot. Add remaining 1 tsp (5ml) oil, tilting the pan to coat evenly. Season venison well with salt, then brown in the pan, turning once – about 6 minutes in all. Transfer pan to middle of oven and roast venison uncovered for around 7 -10 minutes until your meat thermometer registers 125o (80C) when inserted diagonally into centre of the meat. When done, transfer the venison to a warm plate and wrap tightly in foil and place to one side.

For the sauce, melt 2 tbsp (30ml) butter in a 12-inch frying pan over a medium heat. Add shallots and cook, stirring often, until they soften and turn golden brown, 8 – 10 minutes. Add wine and rosemary sprig and bring to boil over medium heat. Boil until wine and shallots reduce to ½ cup (125ml), about 3 minutes. Add stock and continue to boil until sauce is reduced to 1 cup (250ml), about 5 minutes. Reduce heat to low, remove rosemary sprig and stir in chopped ½ tsp (2ml) rosemary. Dice remaining 2 tbsp (30ml) cold butter and, while whisking, add a few cubes at a time to sauce, whisking to melt each addition.

Unwrap the venison and stir any accumulated juices into the sauce. Season sauce to taste with salt and black pepper. Slice venison and serve with sauce.

*Pureed parsnips and mange tout make a great accompaniment!*