

HOW TO COOK YOUR VENISON STEAKS BY SARA DANESIN MEDIO, MASTER CHEF FINALIST

Venison steak, porcini mushrooms, carrot and cream sauce on wilted Savoy cabbage and mustard seeds.

A delicious recipe for our steaks from Sara Danesin Medio

Pat meat dry with kitchen paper and sprinkle salt and pepper and rest.

In a frying pan put 2 tbsp. EVO, and add the finely diced carrot, shallot and a garlic clove. Sauté well and when nicely caramelised, add finely chopped porcini. Mix well, and add 100 ml of the mushroom soak water gradually in order to cook the vegetables well and to concentrate the flavours.

Make sure the mix is not too watery, (allow at least 15 min cooking on a medium gas) and then add the cream.

Lower the gas and reduce for further 4-5 minutes. Set aside

Cook as per cooking tip above.

Trim the Savoy cabbage, removing the outer leaves, and blanch in a big pan of boiling salted water for 4 min; drain straightaway and place under cold running water to stop the cooking.

In a shallow pan put 2 tbsp. of EVO, the garlic, add the shredded savoy and sauté for 4-5 minutes then add the mustard seeds and the chopped rosemary.

A few minutes before eating, place the meat on the same hot griddle pan for another 3 min on each side, warm the sauce and the cabbage through.

The most important cooking tip to cook the perfect venison steak is:

The griddle pan must be VERY hot. Place it on a very high flame, for up to 3-4 min before cooking or until it smokes. Cook the steak 3-4 min on each side (times may vary according to thickness so for thinner than 2 cm cook for a minute less) Once cooked, rest the steaks in a warm place on a tilted

plate or Pyrex dish, making sure the meat bleeds well and the fibres relax for extra tenderness

After 15 minutes, place them on the griddle pan again for about a minute to warm them through, and baste them in either butter or groundnut oil.

INGREDIENTS

Serves 4 people

4 venison steaks (each about 150 grs or 6oz)

For the sauce:

1 carrot finely diced

1 shallot finely diced

1 rosemary sprig finely chopped

1 small Savoy cabbage (outer leaves removed and others blanched for 5 min)

20 gr of porcini (dried and previously soaked in 100 ml warm water)

100 ml double cream

2tps Extra Virgin Olive Oil (EVO)

4 tbsp. EVO

1 tbsp. chopped thyme

2 garlic cloves

½ tbsp. white mustard seeds

Maldon salt

Black pepper