

Venison Stir Fry

Ingredients

- 800 grams venison stir fry strips
- 1 large spring onion
- 1 carrot
- 1 tin baby corn
- 1 red capsicum
- 1 small tin champignons
- 1 tablespoon oil
- 1 teaspoon cornstarch
- ¼ cup sherry wine
- 3 tablespoons light soy sauce
- ½ teaspoon sugar
- *** dash of hot pepper sauce, cayenne, or chili paste, optional*



Method

In a non stick skillet over medium high heat, add oil and brown venison quickly; meat should be very rare. Remove meat and set aside. Slice vegetables as desired and combine onions, carrot, capsicum, baby corn, champignons and sherry in skillet. Cover and cook 5 minutes. Stir together cornstarch, soy sauce, sugar and hot sauce or powder if using. Add cornstarch mixture to skillet; cook and stir until mixture thickens. Stir in venison and cook until heated through. Meat should be rare and vegetables crunchy. Serve with rice or noodles.

Serves 4