

## *Delicious Venison Roast*

Remove your venison roast from the vacuum sealed bag and leave to stand for 10 minutes – this will allow the natural deep red venison colour to return to the meat.

Pre-heat your oven to 220c

Heat a small amount of oil in your fry pan and once the pan is sizzling hot, place your roast in and sear both sides for approx. 5 minutes per side.

For best result when oven roasting – it is best to put your roast on a baking rack and then place the rack inside an oven tray. To allow the moisture to be retained, cover the bottom of the oven tray with water. Bake your roast for 30 minutes per kilo. Please don't leave it any longer than the recommended time as this may dry out your venison and could make it tough!

For great tasting gravy, I would recommend using the fry pan that you seared the meat in .... Place the fry pan back over the heat, add some water, gravy powder and flavouring of choice (red wine, mushrooms, herbs etc) and reduce over high heat until the desired consistency is reached.

Remove your roast from the oven and allow it rest for 10 minutes prior to carving, this will finish the cooking process and help keep your meat tender. Always carve your roast across the grain to ensure maximum tenderness.

Serve with your favorite roasted and steamed vegetables and drizzle with gravy.....Delicious!

