

Venison Fillet



Remove your venison fillet from the vacuum sealed bag and leave to stand for 10 minutes – this will allow the true venison colour to return to the meat.

Heat a small amount of oil in your fry pan and once the pan is sizzling hot, place your fillet in and sear all four sides for 3,4 or 5 minutes per side (depending on thickness of the fillet). Remove your fillet from the pan and allow it rest for 5 minutes - Slice lengthways on an angle into approximately 2 inch pieces. Return your fillet pieces to the hot pan and seal the ends that were cut. Remove pieces from the pan and allow to rest for a further 5 minutes; this will finish the cooking process and help keep your meat tender.

To make a delicious sauce to go on your fillet, re-use the fry pan that you cooked the meat in. Heat $\frac{1}{4}$ cup of red wine and 1 tablespoon of your favourite jam; continually stir mixture over a high heat, reducing the liquid until the desired consistency is reached. Serve with vegetables or salad..... and drizzle with the delicious sauce.

