

Venison Steak



Method

Remove your Fillet or Rump steak from the vacuum sealed bag and allow it to return to room temperature prior to cooking. Ensure your cooking surface is very hot (sizzling) and drizzle a small amount of olive oil directly on to the meat.



Place the steak on the hot surface for approximately 30 seconds then turn steak over. Depending on the thickness of your steak, cook for two - three minutes on each side. Remove from heat and cover with a lid or foil, allow your steak to rest for 5 minutes before serving.

Resting the steak finished the cooking process and helps keep the meat tender. Steak is best served medium-rare.