

Venison Roast



Remove your venison roast from the vacuum sealed bag and leave it to stand for 10 minutes – this will allow the natural deep red venison colour to return to the meat. Cut the venison into portion sizes (approx. 300grams) and marinate for two hours in your favourite red wine.

Pre-heat your oven to 220*c and heat a small amount of oil in your fry pan. Once the pan is sizzling hot, place your mini roasts in and sear both sides of each piece for approx. 5 minutes per side.

Roll your mini roasts in crushed Macadamia nuts and place them in a baking tray. Allow your roasts to bake for 15 minutes then remove them from the oven and leave them to 'rest' before serving whole. Allowing your roasts to rest for 10 minutes will finish the cooking process and help keep your meat tender.



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 the left over red wine from the marinade and some gravy powder. Reduce the gravy over high heat until the desired consistency is reached.

*I served my roast with baked onion,
crunchy baked potatoes
and Bok Choy.*