



Pan Fried Venison, Confit Parsnips, Carrot Purée, Blackberry and Damson Gin Reduction

Serves 2



INGREDIENTS

For the Parsnips:

- 1 large parsnips
- 300g rape seed oil
- 1 clove of garlic crushed
- 2 bay leaves
- 1 cinnamon stick
- 1 tsp ground cumin
- 1 tsp salt

For the Carrot Puree:

- 250g grated carrots
- 1 star anise
- 30g butter
- 100ml chicken stock ¼ cube
- 30ml double cream
- Zest of half orange

METHOD

For the Parsnips:

1. Pre heat the oven to 110°C. (*fan assisted*)
2. Wash the parsnips and dry well. Place the parsnips into a small baking tin along with the oil, garlic, bay leaf, cinnamon stick, ground cumin and salt. Place into the oven for 1½ - 2 hours or until cooked all the way through. Take the parsnips out of the oven and carefully remove from the fat to cool, reserve some of the fat which can be used to coat the venison.

For the Carrot Purée:

1. In a small sauce pan on a low heat, add the butter until melted, then add the star anise followed by the carrots and zest of half an orange.
2. Gently cook the carrots for 4-5 minutes until soft. In a measuring jug dissolve the ¼ cube chicken stock cube in 100ml of boiling water and add to the carrots.
3. Turn the heat down and place a lid on the pan and cook for 4-5 minutes. Strain the carrots through a sieve keeping the remaining stock.
4. Remove the star anise and place the carrots into a blending pot and blitz adding a little of the stock to achieve the correct consistency. Finally, add the cream and season to taste.



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INGREDIENTS

For the Venison:

Drizzle of oil
250g venison
¼ tsp szechuan peppercorns
1 tbsp juniper berries
½ tsp maldon salt
¼ tsp black peppercorns
2 rashers smoked back bacon
½ cooked beetroot thinly sliced

For the Damson Gin & Blackberry Reduction:

10g butter
½ small red onion
½ stick celery
100ml beef stock
1 tbsp redcurrant jelly
50ml Damson Gin
1 tsp raspberry vinegar
10g dark chocolate
30g blackberries

METHOD

To cook the Venison:

1. To cook the venison, preheat the oven to 180°C. (fan assisted)
2. Make sure the venison is at room temperature before cooking.
3. Place the juniper berries, peppercorns and salt into a mortar and grind well with a pestle.
4. Take the venison and brush with a little oil, coat the venison with the spices.
5. Heat a frying pan on a very high heat. Place the venison and bacon into the pan and sear on all sides, then cook in the oven for 8 minutes. At the same time, place the drained parsnips on a tray and return to the oven - heat through for 15 minutes.
6. Remove the venison from the oven after 8 minutes and leave to rest for 8 minutes.

For the Damson Gin and Blackberry Reduction:

1. Use the pan the venison was roasted in allowing it to cool down for a minute or two. Add the onion, celery, bay leaf and cook for a few minutes then add the rest of the ingredients except the blackberries and chocolate, deglaze the pan and reduce until you have a coating consistency.
2. Strain the reduction through a sieve into a clean pan and add the chocolate and blackberries.

To Serve:

1. Warm the carrot puree.
2. Thinly slice the Venison and season lightly. Serve with the carrot puree, parsnips and Damson Gin and Blackberry reduction.