

# Game Cookery

Venison



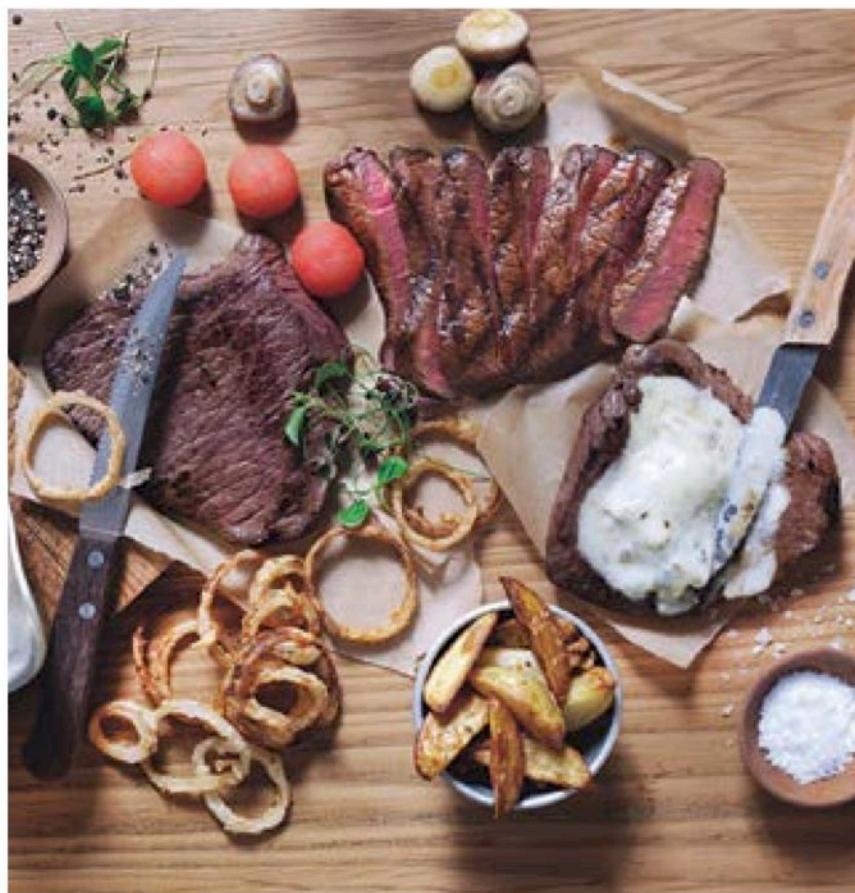
*JB Gill (left) – of X Factor band JLS – put these recipes together with Game to Eat chef José Souto to make the most of venison steaks*

**V**enison steaks are from the haunch muscles of the animal – namely, the topside, silverside and the thick flank. The topside and silverside muscles are solid pieces of meat but

the thick flank has a small amount of sinew running through it.

These are all juicy, tender steaks that need only minimal cooking. Red, sika and fallow deer are the best options for steaks.

## A VENISON HAUNCH STEAK TRIO



### Ingredients

#### SHERRY AND CREAM SAUCE STEAKS

- 4 X 150G VENISON HAUNCH STEAKS FROM THE SILVERSIDE OR TOPSIDE
- OIL
- 25G BUTTER
- 1 SHALLOT
- 1 GLASS OF CREAM SHERRY
- 50ML VENISON OR DARK CHICKEN STOCK
- SALT AND PEPPER

#### BLUE CHEESE MELT STEAKS

- 4 X 150G VENISON HAUNCH STEAKS FROM THE SILVERSIDE OR TOPSIDE
- 20G GORGONZOLA PICCANTE CHEESE
- 100ML DOUBLE CREAM
- SALT AND PEPPER

#### TERIYAKI GLAZE STEAKS

- 4 X 150G VENISON HAUNCH STEAKS FROM THE SILVERSIDE OR TOPSIDE
- 150ML SOY SAUCE
- 35G HONEY
- 40ML MIRIN WINE (OR USE A READY-MADE SAUCE)

## THE METHOD

### Four portions

#### SHERRY AND CREAM SAUCE VENISON STEAKS

**1** Season the steaks and pan fry with a little oil to taste – whether you prefer your venison rare, medium or well done.

**2** Remove the steaks from the pan and allow them to rest while you make the sauce.

**3** Add butter to the same pan. Once melted, add the finely chopped shallot and sweat until soft.

**4** Add the sherry to the shallot and reduce by half, then add the stock and do the same.

**5** Now add the cream and reduce to a coating consistency. Season the sauce to your taste and serve it with steaks.

#### BLUE CHEESE MELT STEAKS

**1** Pour the cream into a saucepan and bring it to simmer, then stir in the cheese.

**2** Once the cheese has melted, stir well and pour into a small bowl and allow to cool in the fridge.



**3** Season the steaks and pan fry with a little oil to taste – rare, medium or well done.

**4** Remove the steaks from the pan and allow to rest.

**5** Take the blue cheese melt out of the fridge.

**6** Place the steak on to a serving plate. Add a spoonful – or more if you like – of cheese melt to the steak, place under a grill to bubble slightly, then serve. Remember that blue cheese becomes quite liquid.

JB uses Gorgonzola piccante but you can use any blue cheese you like

#### TERIYAKI GLAZE STEAKS

**1** Mix together soy sauce, honey and mirin wine in a bowl. Place the steaks in the bowl, making sure they are covered by the marinade.

**2** Leave for two hours to allow the flavours to penetrate.

**3** Remove steaks from marinade and pat dry.

**4** Place the marinade in a pan and reduce to a thick sticky sauce.

**5** Pan fry the steak with a little oil to taste – rare, medium or well done.

**6** Once cooked and the glaze is reduced, brush the glaze thoroughly on to the steaks then slice with a sharp knife and serve.



You can make your own teriyaki glaze with soy sauce, honey and mirin wine but ready-made is fine too