



The Farmyard Trading Post

A fresh look at yesteryear

Fillet of Venison with Red Wine and Wild mushrooms



Ingredients (serves 4)

- 600ml red wine (such as shiraz)
- 80ml Madeira or dry sherry
- 80ml Balsamic Vinegar
- 6 Medium Onions, sliced
- 1 fresh bay leaf
- 1 thyme sprig
- 500ml Cranberry jus or good-quality beef stock
- 10g dried Chanterelle or porcini mushrooms
- 1kg venison fillet
- 1 tbs olive oil
- 30g butter
- 1 tbs plain flour
- Redcurrant jelly, to serve

Method

1. To make the sauce, combine the red wine, Madeira, balsamic vinegar, onions, bay leaf and thyme in a bowl and set aside for 2-3 hours. Place in a saucepan with jus or stock and bring to the boil over high heat. Reduce heat to medium-low and simmer until reduced by three-quarters (this will take about 20 minutes). Set aside.
2. Preheat the oven to 200°C.
3. Place the dried mushrooms in a small bowl, pour over a little boiling water and set aside to soak for 10 minutes.
4. If the venison fillet is long, cut it in half. Season well with salt and freshly ground black pepper.
5. Heat the oil in a large frying pan over high heat and sear the venison on all sides. Transfer to a baking tray and roast for 10-12 minutes for medium-rare. Remove from oven, cover loosely with foil and set aside to rest for 10 minutes.
6. Drain mushrooms, reserving the liquid. Heat the butter in a frying pan over medium heat. Add mushrooms and cook, stirring, for 1-2 minutes. Add flour to the pan and cook, stirring, for a further minute. Add red-wine sauce and reserved mushroom liquid, and simmer for 5-6 minutes until well-reduced. Season to taste.
7. Slice the venison and serve with sauce and redcurrant jelly, accompanied by the salad