



UCOOK

Café Au Lait Venison

with charred broccoli & creamy mash

Knowing some French comes in very handy in the culinary world. Plus, it sounds so fancy, Chef! Café au lait means 'coffee with milk' in French. Today, the 'Au lait' part will be crème fraîche. This fantastic French sauce will be poured over seared venison slices, which is accompanied by potato mash and buttery broccoli. Garnished with golden hazelnuts.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

Adventurous Foodie

 Domaine Des Dieux | Josephine Pinot Noir
2015

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Ingredients & Prep

200g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
10g	Hazelnuts <i>roughly chop</i>
100g	Broccoli Florets <i>rinse</i>
5ml	Beef Stock
1 unit	Ground Coffee
50ml	Crème Fraîche
160g	Free-range Venison Rump

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Milk (optional)
Paper Towel
Butter

1. MAKE THE MASH Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. GOLDEN HAZELNUTS Place the chopped hazelnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. BUTTERY BROCCOLI Boil the kettle. Return the pan to medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the rinsed broccoli until lightly charred, 5-6 minutes (shifting occasionally). Add a splash of water, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan and season.

4. CAFÉ AU LAIT SAUCE Place a saucepan over medium heat with 100ml of boiling water, the stock, and ½ of the ground coffee. Simmer until slightly reduced, 3-5 minutes. Remove from the heat and stir through the crème fraîche. Loosen with a splash of water if the sauce is too thick. Add a sweetener (to taste), season, and cover.

5. JUICY VENISON Place a pan over medium-high heat with a drizzle of oil. Pat the venison dry with paper towel. When hot, sear the venison until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste the venison with a knob of butter. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

6. OOO LA LA, CHEF! Plate up the succulent venison slices and pour over the café au lait sauce. Sprinkle over the chopped hazelnuts. Side with the mash and the charred broccoli. Well done, Chef!

Nutritional Information

Per 100g

Energy	531kJ
Energy	127kcal
Protein	11.5g
Carbs	9g
of which sugars	1.1g
Fibre	1.8g
Fat	5.9g
of which saturated	3g
Sodium	163mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
3 Days