



UCOOK

Red Wine Venison

with truffle mash & charred green beans

It's wine o'clock and time to cook a delicious meal, Chef! Truffle & cheese potato mash rests alongside lightly charred green beans. These sides perfectly complement pan-seared venison, which is embraced by a deeply rich red wine, thyme & garlic sauce. Pair the meal with the UCOOK recommended wine, then sip and savour to your heart's delight.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jade Summers

 Adventurous Foodie

 Deetlefs Wine Estate | Deetlefs Stonecross
Cabernet Sauvignon

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Ingredients & Prep

200g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
2,5ml	Truffle & Hard Cheese Seasoning
80g	Green Beans <i>rinse, trim & cut in half</i>
160g	Free-range Venison Rump
15ml	Stock Mix <i>(5ml Beef Stock & 10ml Cornflour)</i>
1	Onion <i>peel & roughly slice ½</i>
1	Garlic Clove <i>peel & grate</i>
3g	Fresh Thyme <i>rinse, pick & finely chop</i>
60ml	Red Wine

From Your Kitchen

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

1. TRUFFLE POTATOES Boil the kettle. 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, mix through the truffle seasoning, and cover.

2. CHARRED BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

3. SEARED 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 3-5 minutes before slicing and seasoning.

4. RED WINE SAUCE Dilute the stock mix with 50ml of boiling water. Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until soft and lightly golden, 4-5 minutes (shifting occasionally). Add the grated garlic and the chopped thyme, and fry until fragrant, 1-2 minutes. Pour in the red wine and the diluted stock mix. Simmer until thickening, 4-5 minutes. Remove from the heat, add 1 tsp of sweetener (optional), and season.

5. FANCY FEAST Plate up the truffle mash and the charred beans. Serve with the sliced venison and pour over the red wine sauce. Enjoy!

Nutritional Information

Per 100g

Energy	386kj
Energy	92kcal
Protein	9.3g
Carbs	10g
of which sugars	1.5g
Fibre	1.6g
Fat	0.8g
of which saturated	0.4g
Sodium	145mg

Allergens

Allium, Sulphites, Alcohol, Cow's Milk

Cook
within
4 Days