

QCOOK

Fryer's Cove Blueberry-glazed Venison

with fondant-style baby potatoes

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Fryer's Cove

Wine Pairing: Fryer's Cove | Fryers Cove Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	412kj	2677kj
Energy	98kcal	640kcal
Protein	8.9g	57.9g
Carbs	11g	70g
of which sugars	2.8g	18.4g
Fibre	1.5g	9.7g
Fat	1.5g	9.9g
of which saturated	0.4g	2.7g
Sodium	249mg	1619mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Alcohol, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Chicken Stock Sachet/s
250g	500g	Baby Potatoes <i>rinse & pat dry</i>
1	2	Garlic Clove/s
3g	5g	Fresh Rosemary <i>rinse</i>
120g	240g	Baby Carrots <i>rinse & trim</i>
10g	20g	Almonds <i>roughly chop</i>
3g	5g	Fresh Thyme <i>rinse</i>
50g	100g	Blueberries
5ml	10ml	Cornflour
20ml	40ml	Wine & Vinegar <i>(15ml [30ml] Red Wine & 5ml [10ml] Balsamic Vinegar)</i>
160g	320g	Free-range Venison Rump

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey
Butter

1. FONDANT-STYLE POTATOES Boil the kettle. Dilute ½ of the stock with 200ml [400ml] of water. Place a deep pan over medium-high heat with a drizzle of oil. When hot, fry the potatoes until golden, 4-6 minutes (shifting occasionally). Add ½ of the garlic, the rosemary, and a generous knob of butter. Fry until fragrant, 1-2 minutes. Mix in the diluted stock and simmer until the potatoes are tender and the stock is reduced and thickening, 35-40 minutes (shifting occasionally). Season to taste.

2. CHARRED CARROTS Place a clean pan over medium-high with a drizzle of oil. When hot, fry the baby carrots until starting to brown and soften, 5-8 minutes. In the final 1-2 minutes, add the nuts. Remove from the pan, season, and cover. Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

3. BLUEBERRY SAUCE Dilute the remaining stock with 20ml [40ml] of boiling water and mix in the cornflour. Place a small pot over medium heat with a drizzle of oil. When hot, fry the remaining garlic and the thyme until fragrant, 30-60 seconds. Mix in the berries, stock mixture, 10ml [20ml] of sweetener, and the wine & vinegar. Using a potato masher or fork, lightly crush the berries and simmer until the mixture thickens slightly, 3-5 minutes. Whisk in a knob of butter to give the sauce gloss and richness. Remove from the heat, discard the thyme, and season. Cover to keep warm.

4. BLUSHING VENISON Return the pan, wiped down if necessary, to 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). Remove from the pan and set aside to rest for 3-5 minutes before slicing and seasoning.

5. CLASSIC DINNER Plate up the fondant-style potatoes, drizzle over some pan juices, and side with the carrots. Serve alongside the steak slices and pour over the sauce. Dig in, Chef!

Chef's Tip Dry the potatoes well before searing to get a golden and crispy colour.