

Venison Striploin

Roasted potato, dried blueberry and rosemary

Recipe by: Chef David Sider



prep time

30 mins

cook time

10 mins

serves

4

things you need

4 pieces

Venison Striploin, about 5 oz each

4 lbs

Fingerling potatoes, cooked and peeled

2 tbsps

Dried blueberries

1

Bunch parsley

1

Bunch rosemary

1/2 cup

Grapeseed oil

3

Shallots

2

Cloves garlic, sliced

100ml

Red wine

1 L

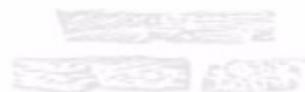
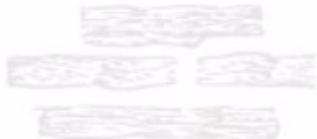
Chicken stock

2 L

Veal stock

1 tbsp

Dried blueberries (optional)



here's how

- 1 Cook the rosemary in the oil over low heat for 20 minutes or until infused. Remove the rosemary.
- 2 Add the parsley to the oil and cook over low heat for about 5 minutes. Remove from the heat and puree. Pass the oil through a very fine sieve and coffee filter if needed. Chill immediately over ice. Reserve.
- 3 Sweat the shallots and garlic over medium heat until soft and caramelized. Add the red wine and reduce until nearly dry.
- 4 Add the chicken stock and veal stock and reduce until the sauce coats the back of a spoon. Strain through a fine sieve and season with the rosemary oil. Reserve
- 5 Season the venison with salt and black pepper and sear over high heat until evenly coloured. Transfer the venison to a 400F oven and cook for 5-7 minutes or until cooked to your liking.
- 6 While the venison is cooking warm the sauce and add the dried blueberries (if desired).
- 7 In a medium pot, heat two tablespoons of butter over medium-high heat until foaming. Add the potatoes and cook until evenly coloured. Add the blueberries and season with salt, black pepper and chopped rosemary.
- 8 Slice the venison and place on a plate. Place a few of the potatoes and blueberries around the venison and finish with the sauce.

helpful notes

