



ROAST LOIN OF VENISON WITH BRAISED SAVOY CABBAGE, SPATZLE AND CHICKEN JUS

130g portions of venison loin fully trimmed of sinew
Vegetable oil for frying
Salt

1 / Season each portion with salt and preheat oven to 200c

2 / Warm a sauté pan with 1 tbsp vegetable oil.

3 / When a good heat rises, caramelize all sides of the venison until light brown.

4 / Place the venison onto a tray and cook in the oven and cook for 6 - 10 minutes depending on the thickness of the loin.

5 / Allow to rest for 5 minutes before carving

SPATZELLI

(Spaetzle or Spätzle)

500g plain flour
6 whole eggs (medium sized)
Pinch of nutmeg
50g fromage frais
Pinch of salt

1 / Place all of the ingredients together into a large bowl and beat well to form a smooth paste.

2 / Spoon a little of the mix onto a small chopping board and scrape thin horizontal lines into a pan of salted boiling water to form individual pieces approximately 3-5 cm in length.

3 / Allow the Spatzelli to cook for 2 minutes then transfer to ice cold water to chill.

4 / Drain the Spatzelli once they are all cooked and place in bowl until ready to re-heat.



BRAISED SAVOY CABBAGE

1 whole Savoy cabbage
2 Medium sized carrots
1 onion, peeled and finely sliced
150g quality smoked bacon
50g duck fat or lard
2 springs fresh thyme
2 cloves garlic
150ml dry white wine
250ml fresh chicken stock

- 1 / Remove the tough outside cabbage leaves.
- 2 / Cut the cabbage into 4, discard the core and roughly shred the leaves.
- 3 / Cut the carrots into long batons about 5mm thick.
- 4 / Cut the bacon into lardons (strips).
- 5 / In a heavy based pan melt the duck fat and cook the bacon for 3 minutes.
- 6 / Add the carrots and onions to the pan and cook for a further 2-3 min.
- 7 / Add the white wine, chicken stock, thyme and garlic and bring it to the boil.
- 8 / Cover the cabbage with greaseproof and cook in the oven at 200°C for 15-20 min.