

MARINATED VENISON STEAKS

The juice in this recipe may seem odd, but I like to marinate my game in this as it contains the enzyme bromelain, which helps to tenderise the meat and gives it a little sweetness. Most game benefits from a touch of sweetness, which is why the classic addition of redcurrant jelly works so well.

Serves 4.

Ingredients:

4 tablespoons olive oil
2 tablespoons pineapple juice
4 juniper berries, crushed
2 strips orange zest
2 garlic cloves, peeled and crushed
1 rosemary sprig
4 venison steaks, about 150g each
25g butter

Method:

For the marinade, mix together the olive oil, pineapple juice, juniper berries, orange zest, garlic and rosemary in a bowl. Add the venison steaks and turn to coat well. Cover and chill for 3 hours (this is important).

Bring the venison back up to room temperature. Heat a large, heavy-based frying pan over a medium heat. Lift the steaks from the marinade, season and add to the hot pan.

Depending on their thickness, cook for 3-5 minutes each side, until well browned and medium rare. Add the butter to the pan and use to baste the meat. Set aside for a few minutes to rest, on a warm plate covered closely with foil.

To serve, thickly slice each steak on the diagonal and spoon over the resting juices.

Game chips are excellent served with this dish and a green vegetable of your choice.

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