COWAL DEER VENISON FILLET STEAKS

with Roasted Beetroot & Horseradish Cream



Beautifully tender Cowal Deer venison fillet steaks, pan-seared and served with sweet roasted beetroot, buttery crushed new potatoes and tangy horseradish cream. A colourful country-kitchen supper for two.

VENISON CUT Venison Fillet Steak

RECIPE CATEGORY Special Occasions

SERVES	PREP	COOK	DIFFICULTY
2	20 min	45 min	3 / 5

Ingredients

- 2 Cowal Deer venison fillet steaks (170–200g each)
- 400g raw beetroot, peeled and cut into small wedges
- 350g new potatoes, scrubbed
- 2 tbsp olive oil, divided
- 20g butter
- 2 sprigs fresh thyme
- 1 garlic clove, lightly crushed
- 100g crème fraîche
- 1–2 tbsp prepared horseradish sauce, to taste
- 1 tsp fresh lemon juice
- 80g rocket or mixed salad leaves
- Salt and freshly ground black pepper

Method

1. Roast the beetroot. Preheat the oven to 200°C conventional / 180°C fan. Toss the beetroot wedges with 1 tbsp olive oil, thyme, salt and pepper. Spread on a tray and roast for 35–45 minutes until tender, turning once.

2. Cook the potatoes. Place the new potatoes in salted water. Bring to the boil and simmer for 15–20 minutes until tender. Drain, lightly crush with a fork and toss with 20g butter. Keep warm.

3. Make the horseradish cream. Mix the crème fraîche with 1 tbsp horseradish sauce and the lemon juice. Taste and add more horseradish if you like a stronger flavour. Refrigerate until needed.

4. Prepare the steaks. Pat the venison fillets dry with kitchen paper and season with salt and pepper. Heat a heavy frying pan over medium-high heat.

5. Sear the venison. Add the remaining 1 tbsp olive oil. Sear the steaks for approximately 2–3 minutes per side for a pink centre, adjusting for thickness and the product label. Add the crushed garlic to the pan for the last minute.

6. Rest the fillets. Transfer the steaks to a warm plate, cover loosely with foil and rest for 5–8 minutes. Check the cooking guidance on the venison pack; a thermometer helps you judge doneness.

7. Finish the sides. Discard the thyme stems. Check the roasted beetroot is soft when pierced with a knife. Divide the crushed potatoes and rocket between two plates.

8. Serve. Slice the rested venison across the grain. Arrange beside the roast beetroot and potatoes, and add a generous spoonful of horseradish cream. Serve immediately.

Susie's Kitchen Tips

Roast the beetroot in a single layer to bring out its natural sweetness. Start with a little horseradish and taste before adding more. Rest the fillets before slicing, so the meat stays juicy and tender.