COWAL DEER VENISON FILLET STEAKS

with Creamy Mushroom & Juniper Sauce



Tender Cowal Deer venison fillet steaks pan-seared and served with a velvety mushroom, thyme and juniper sauce. An elegant country-kitchen supper with creamy mashed potatoes and seasonal greens.

VENISON CUT Venison Fillet Steak

RECIPE CATEGORY Special Occasions

SERVES	PREP	COOK	DIFFICULTY
2	15 min	25 min	3 / 5

Ingredients

- 2 Cowal Deer venison fillet steaks (170-200g each)
- 1 tbsp olive oil
- 20g butter, for frying
- 200g chestnut mushrooms, sliced
- 1 small shallot, finely chopped
- 1 garlic clove, finely chopped
- 4 juniper berries, lightly crushed
- 1 tsp fresh thyme leaves
- 100ml beef or game stock
- 100ml double cream
- 1 tsp Dijon mustard
- 1 tsp lemon juice
- Salt and freshly ground black pepper
- 400g potatoes, peeled and cubed
- 25g butter and 2 tbsp milk, for the mash
- 200g tenderstem broccoli or green beans

Method

1. Prepare the sides. Put the potatoes into salted water and bring to the boil. Cook for 15-18 minutes until tender; prepare the greens while they cook.

2. Season the steaks. Pat the venison fillets dry with kitchen paper. Season lightly with salt and pepper. Bring a heavy frying pan to medium-high heat.

3. Sear the fillets. Heat the olive oil, then sear the steaks for roughly 2-3 minutes per side, adjusting for thickness and your preferred doneness. Add 20g butter towards the end and baste. Transfer to a warm plate and rest for 5-8 minutes.

4. Cook the mushrooms. Lower the heat to medium. Add the shallot and mushrooms to the same pan; cook for 4-5 minutes until golden. Stir in the garlic, crushed juniper and thyme for 30 seconds.

5. Make the sauce. Pour in the stock, scraping up the browned bits. Simmer for 3-4 minutes, then stir in the cream and Dijon mustard. Simmer gently for 2-3 minutes until lightly thickened.

6. Finish the flavour. Stir in the lemon juice and season to taste. Add a little more stock if the sauce is too thick; avoid boiling hard once the cream is in.

7. Finish the sides. Drain and mash the potatoes with 25g butter and milk. Steam or boil the green vegetables for 3-5 minutes until just tender.

8. Serve. Check the fillets are cooked to your preferred safe doneness, following the product guidance. Slice across the grain, spoon over the sauce and serve with mash and greens.

Susie's Kitchen Tips

Lightly crush the juniper berries to release their woodland aroma without overpowering the sauce. Rest the fillets before slicing, and keep the cream at a gentle simmer to stop it splitting. For a milder flavour, use only two juniper berries.