



VENISON FILLET

The wine's fruit flavours combine exceptionally well with a refined game meat, such as venison or antelope.



Serves 4 people



Cooking time: 1 day prep, 25 minutes cooking

INGREDIENTS

- 1 venison fillet (approx. 1 ½ lbs/700 g)
- 2 sprigs rosemary
- 2 sprigs thyme
- 2 cups (400 g) tutti frutti
- 2 cups (½ L) apple juice
- 1 stick cinnamon
- ½ tsp potato flour
- 7 Tbsp (100 g) creamy butter
- 1 orange
- 4 cups (600 g) green or string beans
- Salt and pepper to taste

Wine suggestion:

Shiraz-Grenache-Viognier

PREPARATION

Cook 2 cups (400 g) tutti frutti in 2 cups (½ L) apple juice with 1 stick cinnamon and let cool and soak at least 1 night.

Spice 1 ½ lbs (700 g) venison fillet with some finely chopped rosemary and thyme and salt and pepper.

Warm soaked tutti frutti and add ½ Tbsp potato flour mixed with cold water to help bind.

Cook green beans al dente.

Fry venison fillet in butter in a pan 15 minutes until brown and let sit in aluminium foil 10 minutes.

Cool butter with a splash of orange juice and add some thyme.

Cut pink venison fillet into slices and serve with tutti frutti, green beans and some orange juice.