

Cervena filets with tarte tatin of mushrooms, red wine jus and parsnip purée

Cervena fillet

4 venison fillet shapes cut from leg or shortloin 200 grams each

1 tbsp of cracked 4 peppercorn mix

Red wine sauce

30 grams chopped shallots

1 knob (walnut size) of butter

100 mls red wine (pinot noir)

100 mls of venison or meat stock

Salt & pepper

Parsnip purée

2 peeled parsnips, steamed with one vanilla pod until soft

50 grams butter

3 eggs

100 mls cream

Ground nutmeg

Salt and white pepper

Tarte tatin

50 grams of shallots

2 cloves of garlic crushed

50 grams of unsalted butter

2 tbsp of chopped parsley

1 tsp of wild thyme

50 mls of red wine

20 mls of sherry or aged balsamic vinegar

4 x 75mm discs of puff pastry or 1 x

20cm round of puff pastry

1 cup of strong venison stock

4 portabello mushrooms or a mixture of mushrooms i.e. Swiss brown,

Champignons shitake

Egg wash

Serves 4

Cervena fillet

Season the fillets and sear in a hot pan until nicely colored all over. Place in a 130°C oven and cook slowly for 20 mins. Remove and rest in a warm place.

Red wine sauce

Use same pan as the meat was cooked in add butter and shallots, cook until soft, add wine and reduce, add meat stock and thicken slightly.

Parsnip purée

Purée the parsnips, scrape out a small portion the vanilla seeds, add to the purée, blend in butter, cream and eggs, season, place in buttered mould, cook in water bath or steamer for approximately 30 minutes, turn out and serve.

Tarte tartin

Cut the shallots in half and place in a pan with butter, crushed garlic and red wine. Slowly cook until well colored and moisten with a little venison jus. Continue cooking until the liquid has evaporated then allow to cool, add the parsley and thyme. Clean the mushrooms and roast for 30 minutes with whole garlic cloves,. When the mushrooms are cooked and leathery cool, slice mushrooms

Brush a non stick tartlette case with butter or cooking spray or line pan with nonstick paper. Layer in the mushrooms. Sprinkle on the shallots. Cover with the pastry and press down. Cook for 15 minutes in a hot 210°C oven until pastry is nicely browned.

To serve

Slice each venison fillet into 3 medallions.

Turn out the parsnip mousse.

Turn out the tarte tartin.

Pour around the red wine sauce.

Garnish with diced winter vegetables and parsnip fries.