

Pan-Fried Venison with Blackberry Sauce

Serves 4

Time: 25 mins

Ingredients:

1tbsp Olive Oil

2 Thich Venison Steaks or 4 medallions

1tbsp balsamic vinegar

150ml Beef Stock

2 tbsp redcurrant jelly

1 garlic clove, crushed

85g Blackberries

Method:

Heat the oil in a frying pan, cook the venison for 5 mins, then turn over and cook for 3-5 mins more depending on how rare you like it (5-6mins each side for well done). Lift the meat from the pan and set aside to rest.

Add the Balsamic vinegar to the pan, then pour in the stock, redcurrant jelly and garlic.

Stir over quite a high heat to blend everything together, then add the blackberries and carry on cooking until they soften.

Serve with the venison, mash and broccoli or runner beans.