

# CUMMIN SPICED VENISON AND FRESH BORLOTTI BEAN SALAD

## EQUIPMENT

CHEF KNIFE, ZIP LOCK BAG, MIXING BOWLS, PERFORATED BAKING TRAY, SPOONS, TONGS

## INGREDIENTS

1 VENISON LOIN, 1 CLOVE GARLIC, ½ LONG GREEN CHILLI, 20 FRESH BORLOTTI BEANS, 20GM BUTTER, 15 SPRIGS CORIANDER, ¼ SPANISH ONION, 15 CUMIN SEEDS, SALT FLAKES, EXTRA VIRGIN OLIVE OIL

## METHOD

PLACE THE FRESH BORLOTTI BEANS ON A PERFORATED BAKING TRAY AND INTO A PRE-HEATED OVEN STEAM SETTING 100°C FOR 35 MINUTES.

SPRINKLE CUMIN SEEDS OVER THE VENISON LOIN AND PLACE IT IN A ZIP LOCK BAG WITH A SPLASH OF EVOO. SEAL THE BAG REMOVING AS MUCH AIR AS POSSIBLE AND SET ASIDE.

FOR THE SALAD FINELY SLICE THE SPANISH ONION AND PLACE IT IN A SMALL MIXING BOWL WITH FINELY CHOPPED GARLIC AND GREEN CHILLI. ADD PICKED CORIANDER LEAVES TO THE OTHER SALAD INGREDIENTS, MIX THE SALAD AND SET ASIDE.

ONCE THE BORLOTTI BEANS HAVE COOKED REMOVE THEM FROM THE OVEN AND PLACE THEM INTO A MIXING BOWL WITH A DRIZZLE OF EVOO. PLACE THE VENISON ON THE SAME TRAY AND INTO THE OVEN STEAM SETTING 50°C FOR 20 MINUTES.

ONCE THE BEANS HAVE COOLED SLIGHTLY MIX THEM WITH THE OTHER SALAD INGREDIENTS AND SEASON WITH SALT AND A FURTHER DRIZZLE OF EVOO. TOSS THE SALAD WELL AND SET ASIDE.

TWO MINUTES BEFORE THE VENISON IS COOKED HEAT A MEDIUM SIZE FRYPAN OVER MEDIUM/HIGH HEAT. REMOVE THE VENISON FROM THE OVEN AND THE BAG AND PLACE IT INTO THE HOT PAN WITH A SPLASH OF EVOO, PAN FRY THE VENISON ON ONE SIDE ONLY FOR 1 MINUTE.

REMOVE THE VENISON FROM THE HEAT AND TURN THE LOIN OVER ADD THE BUTTER AND BASTE THE LOIN WITH THE MELTING BUTTER.

SET THE PAN ASIDE TO REST FOR 5 MINUTES

TO FINISH SPOON THE SALAD INGREDIENTS ONTO A SERVING PLATE AND CARVE THE VENISON INTO 3-4 CM PIECES. ARRANGE THE VENISON ON THE SALAD AND FINISH WITH A FINAL DRIZZLE OF EVOO AND SERVE.

## HINTS & TIPS

- VENISON IS OFTEN HARD TO GET FRESH, ASK YOUR GAME BUTCHER WHEN THE NEXT DELIVERY WILL BE AND TRY TO GET IT BEFORE IT IS FROZEN.
- FRESH BORLOTTI BEANS ARE AVAILABLE THROUGHOUT AUTUMN AND INTO EARLY WINTER, YOU CAN OFTEN FIND THEM AT FARMERS MARKETS, THEY ARE ALSO VERY EASY TO GROW AT HOME AND HAVE A FAR SUPERIOR TASTE AND CREAMY TEXTURE THAN THOSE FROM A CAN.
- AVOID DROWNING VENISON IN HEAVY SAUCES. THE FLESH ESPECIALLY FROM THE LOIN IS BEST SERVED LIGHTLY SPICED OR JUST SEASONED WITH SALT AND PEPPER SO THE FULL FLAVOR OF THE MEAT CAN BE HIGHLIGHTED IN THE DISH.