



# VENISON SADDLE ROLLED

## ROAST



### FOR BEST RESULTS, ROAST THIS CUT

CORE TEMPERATURES	OUT OF THE OVEN	AFTER RESTING
RARE	48-50°C	52-54°C
MEDIUM RARE	52-54°C	56-58°C
MEDIUM	56-58°C	60-62°C
WELL DONE	65-68°C	70-75°C

The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!

*Jeff Baker*

Executive Development Chef

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## METHOD

- 1 Remove your joint from the packaging, pat dry & bring to room temperature.
- 2 Preheat your oven to 210°C for fan assisted or 230°C for ovens without a fan (gas mark 8).
- 3 Choose a heavy-based ovenproof frying pan.
- 4 Over high heat sear the venison in a little oil all over until nicely browned 2-3 minutes then place in the centre of the preheated oven and roast for 20-25 minutes, turning carefully once or twice, the venison should be soft to touch with a little spring when pressed with your thumb, with a core temperature of 52°C before resting for a medium rare finish.
- 5 Remove from the oven, put onto a clean tray and keep warm by covering with a sheet of foil. Rest for a minimum of 15 minutes before carving.

## SERVING SUGGESTION

Serve with roast potatoes, creamed parsnips & a rich red wine sauce.