



VENISON HAUNCH STEAK BBQ/FRY/GRIDDLE



Whilst all our recipes are developed, tried and tested by our Executive Chef, Jeff Baker, variances in native and rare breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving.

At Farmison & Co we have an extensive range of both modern and heritage cuts on offer, please visit our main website for detail on individual products.

METHOD

1. Remember to remove your steaks out of the packaging, pat dry and bring to room temperature.
2. Pre heat your griddle or heavy based frying pan until it sizzles when you add a drop of oil.
3. Season the meat just prior to cooking.
4. Don't overcrowd the cooking base, a couple of medium sized steaks or per pan.
5. Massage with a little duck or goose fat, creating a very thin layer over the meat.
6. Cook over high heat turning the steak only once after a rich, golden crust has formed, reduce heat to medium when crust has formed.
7. Cook 4 to 5 minutes each side for medium rare.
8. Finish by adding a large knob of butter when frying or on the griddle.
9. Leave to rest in a warm place at least 5 minutes before carving.
10. The meat will become more firm as it cooks, gently press with your thumb, the more spring back you get the hotter the protein cells have expand which means the more well done your meat is, for a medium rare steak it should have a soft feel with a little spring back.

SERVING SUGGESTIONS

Serve with sauté potatoes, watercress salad and crab apple jelly.