

# *Lesley Waters*

COOKERY  
SCHOOL





# *Pan Fried Venison with a Juniper Rub, Port Wine Sauce and Parsnip and Thyme Rosti*

Serves 4

2 medium potatoes, peeled and grated  
2 small parsnips, peeled and grated  
2tsp fresh thyme leaves  
1tbsp rapeseed oil  
4 x 125g Parnham venison loin steaks  
24 juniper berries, crushed  
25g Denhay butter  
4 medium sized shallots, peeled and finely sliced  
pinch sugar  
3tsp plain flour  
250ml red wine  
250ml beef stock  
60ml port  
4tsp thick balsamic vinegar  
few thyme leaves for scattering

Mix together the potato, parsnip and thyme leaves and season well with salt and freshly ground black pepper. Shape the mixture into four even sized rosti.

Heat the rapeseed oil in a large frying pan. Add the rosti and cook over a medium heat for 2 minutes each side until golden and just cooked through. Remove from pan and keep warm.

Cut the venison steaks in half and rub all over with the crushed juniper, salt and freshly ground black pepper.

Return the same pan back to the heat and add the butter. When foaming add the steaks and cook over a moderate heat for 3-4 minutes each side.

Remove the steaks from the pan and set aside to rest. Add the shallots and pinch of sugar to the pan and cook over a gentle heat for 3 minutes or until softened. Add the flour and stir well.

Pour in the wine, stock and allow to bubble for a few minutes. Reduce the heat and stir in the port and balsamic. Season to taste.

To serve, arrange the rosti on warm serving plates. Arrange the steaks on top and carefully pour over the pan sauce. Finish with a scattering of thyme leaves and serve straight away.

