Braised Venison with Mushrooms & Mint

This recipe is one of Fausto Todini's at the *Ristorante Umbria* off the Piazza del Popolo in historic town of *Todi* in Umbria. A simple pot roast it maybe, but the pairing

of mushrooms with mint together with the richness of venison in a powerful reduced wine sauce is inspired. This recipe can be easily scaled up for an economical and healthy dinner party or celebration.

700g loin of venison or other joint
2 cloves garlic
extra virgin olive oil
Trapani sea salt & freshly ground pepper
30g fresh mint
heaby duty red wine like Sagrantino di Montefalco or Rosso di Torgiano
200g meaty mushrooms, idealy porcini
(penny bun), small puffballs or chestnut mushrooms, sliced thickly
unsalted butter
St Vincent Arrowroot or cornflour
parsley

Place the loin of venison in a medium depth casserole then add olive oil, a pinch of salt, pepper, garlic and few cloves of garlic and 15g or so of fresh mint leaves. Seal the meat over a moderate heat. Continue cooking by adding red wine to cover and cook until reduced to 2/3 of the liquid sauce.

Meanwhile clean and slice 200g porcini or other meaty mushrooms in finger thick strips and place them in a pan with the addition of a knob of butter,a pinch of sea salt and a screw of black pepper. Simmer covered for about 15 minutes before dusting with a pinch of St Vincent Arrowroot or cornflour to thicken and a pinch of minced garlic with parsley.

If you use arrowroot and a splash of white wine to mix you will get a good sheen to the sauce and it will be gluten free.
Heat your plates and plate up teh meat whilst reducing the sauce a little.

Cut the venison (preferably a slice for each rib) and place three slices on each plate and garnish with sauce then then top the the with the mushrooms and a sprinkling of the remaing fresh mint. Nice with a glass of Rubesco di Torgiano

Serves 2-3.

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