
RECIPE OF THE WEEK

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

(*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 the 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 top the with the mushrooms and a sprinkling of the remaining fresh mint. Nice with a glass of *Rubesco di Torgiano*

Serves 2-3.

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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
heavy duty red wine like Sagrantino di Montefalco or Rosso di Torgiano
200g meaty mushrooms, ideally porcini