

Thyme

Herbed Scottish Venison Loin, with Heritage Carrots, Red Cabbage, Wild Garlic & Blackberry Jus Services - 4

INGREDIENTS

Herbed Venison Loin

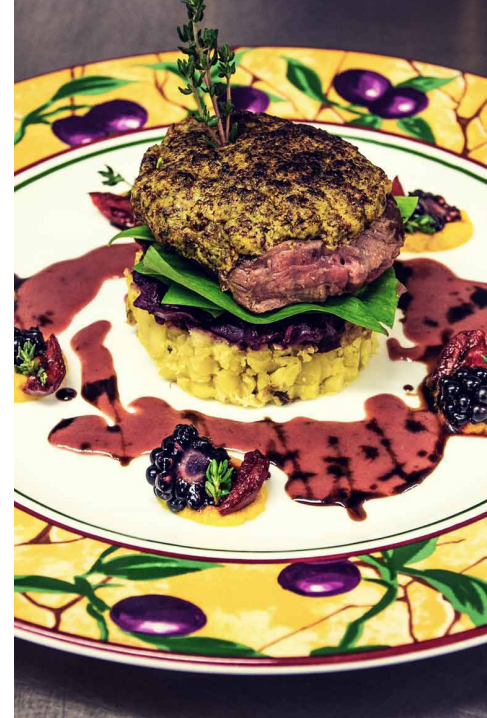
- 650g Venison Loin
- 2 tsp Allspice Berries
- 2 tsp Black Peppercorns
- 2 tsp Galloway Grain Mustard
- 1 tbsp Scottish Oats
- 1 tbsp Rye Breadcrumbs
- A good pinch of Smoked sea salt flakes
- 6 sprigs of Sage – Leaves only
- 6 Sprigs of Rosemary – Leaves only
- 12 Sprigs of Thyme – 1 sprig for garnish, remainder removed from stalks
- Vegetable Oil

Slow Braised Red Cabbage

- 1 red cabbage – finely shredded – a mandolin is ideal
- ½ bottle of red wine (A spicy Shiraz is great)
- 500ml red wine vinegar
- A good pinch of sea salt flakes
- 1 tsp Freshly Ground Black Pepper
- 3 star anise
- 1 cinnamon stick
- 2 tbsp dark brown sugar

Roasted Heritage Carrot Puree

- 3 Large Scottish heritage carrots – roughly chopped (Yellow Bunch or Honeysnax are delicious)
- large knob of butter
- A good pinch of sea salt flakes
- 1 tsp freshly ground black pepper



INGREDIENTS & METHOD continued over...



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INGREDIENTS & METHOD - Continued

Blackberry Jus

- Vegetable Oil
- knob of butter
- 1 red onion – finely sliced
- A good pinch of sea salt flakes
- 1 tsp freshly ground black pepper
- 150ml red wine
- 350ml good quality beef stock (or make your own)
- 1 tsp golden caster sugar
- 3 sprigs of rosemary – on stalk
- 150g Blairgowrie blackberries – halved (110g for Jus / 50g for garnish)
- 2 tablespoons of Redcurrant Jelly
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- A good handful of wild garlic leaves, washed well.
- 400g Ayreshire New Season Potatoes, boiled in well salted water and then crushed with a fork
- Handful of Perthshire Cherries, halved for garnish
- Quality aged balsamic vinegar to garnish

Method – Cook in order below

Herbed Venison Loin

1. Oven 180 degrees centigrade
2. Place all ingredients; except the venison, into a mini blender and blitz until you have a fairly fine grain mixture.
3. Brush the venison loin with a little oil and then roll in the herbed mixture until the loin is very well coated.
4. In a heavy based, oven proof frying pan heat a teaspoon of oil until just off smoking.
5. Sear the venison loin on all sides (don't forget to sear the ends also).
6. Place the pan into the oven and roast the loin; 10 - 12 minutes will be rare / 13 - 15 minutes will be medium.
7. Remove from oven and cover with foil and then a clean tea towel. Allow to rest for at least 30 minutes.

METHOD continued over...



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Slow Braised Red Cabbage

1. Oven 160 degrees centigrade
2. Place all the ingredient into a large roasting pan.
3. Mix thoroughly ensuring the sugar dissolves and is evenly distributed at this stage.
4. Please in the centre of the oven and cook for 35 – 40 minutes until soft and tender but not completely broken down.
5. Stir a couple of times during cooking.

Roasted Heritage Carrot Puree

1. Oven 160 degrees centigrade.
2. Wrap all the ingredients in a tight foil package and place in the oven.
3. Cook for 35 minutes, your garlic & carrots will be tender.
4. Pass through a fine mesh sieve and then beat with a wooden spoon for a light, creamy puree.
5. Steam the Garlic Leaves for a couple of minutes

Blackberry Jus

1. In a heavy based saucepan heat splash of vegetable oil & the butter.
2. Add onion and allow to cook over a low heat for 5 minutes.
3. Add the rest of the ingredients and cook over a medium to high heat for around 10 – 15 minutes. The jus will reduce and thicken. Remember to stir occasionally.
4. Remove from the heat and pass through a sieve to remove the blackberry cores and the rosemary sprigs.

To Finish the Dish

1. Remove Venison Loin from pan and cut into 4 portions.
2. Place the Crushed Potatoes into the centre of the plates, top with wilted garlic leaves and top with a portion of cabbage.
3. Finish with the venison loin, spoon carrot puree and drizzle the blackberry jus round the plate with a couple drops of sweet aged balsamic vinegar.
4. Scatter a few blackberry & cherry halves over the plate.

ENJOY!



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