

# Nz Cervena Medallions With Blackcurrants And Berryfruit Jus

Cervena is New Zealand Farm Raised Venison, it is a product that I have always enjoyed working with, both in the kitchen and on the farm. I have an ongoing interest in the way in which it is prepared. Being a very lean meat with a fine grain, I would always advise Cervena to be cooked underdone and well rested to ensure the meat remains moist and tender. The addition of IQF Blackcurrants enhance this dish with flavour and add nutritional value. The sweet - tarte NZ Blackcurrant berries offer flavour, texture and colour to the dish.



## Ingredients - 2 portions (318.2g per portion)

280 grams	Venison denver leg <i>Siver Fern Farms Cervena / 4 even size Medallions</i>
50 ml	Olive oil
5 grams	Sea salt, <i>Saxa Crushed with Coriander seed and black pepper</i>
25 grams	Shallots <i>Fine chopped</i>
1 x 10g clove (10g)	Garlic
60 ml	Sileni verjus
40 ml	Italian tomato puree
5 grams	Cornflour, <i>Fielders</i>
30 grams	Butter <i>-Herb's de Provence mixed with Butter</i>
30 ml	Red wine vinaigrette
100 grams	Frozen blackcurrant <i>NZ IQF Blackcurrant berries</i>

## Method

In a pan - Lightly cook the chopped shallots and garlic in 1 Tbsp of Olive oil until soft.  
 Add the verjuice & cook to reduce the liquids. Add tomato puree, Blackcurrants & seasoning salt.  
 Dilute the corn flour with water and add to thicken jus lightly.  
 Add 1 Tbsp of herb butter , stir through and set aside. (you can add some meat juices later)

Reheat a heavy pan , season the Cervena medallions with the seasoning salt , brush with olive oil and cook quickly and evenly, but underdone. Rest before serving.  
 Serve with the Blackcurrant sauce....  
 Sprinkle with fresh herb and Vinaigrette to sharpen the experience.  
 Bon appetite!

## Nutritional Information (per 318.2g portion)

	0	100%
Age 19-54		
<b>Energy</b>	2893.29kJ	29% RDI
<b>Total fat</b>	52.22g	51% RDI
<b>Saturated fat</b>	17.50g	47% RDI
<b>Carbs</b>	13.28g	5% RDI
<b>Total sugars</b>	9.57g	16% RDI
<b>Protein</b>	41.06g	47% RDI
<b>Iron</b>	10.09mg	84% RDI
<b>Sodium</b>	339.66mg	37% RDI
<b>Fibre</b>	3.94g	16% RDI