



Roast Venison with Sweet Potato Mash



DIFFICULTY: MEDIUM



SERVES: 4

Ingredients

Approx. 1.5kg saddle of venison with bones

Olive oil for baking and grilling

1 bundle soup vegetables, 2 tomatoes

100ml water

200ml red wine

1 tbsp spruce needles

Freshly ground black pepper

2 tbsp rosehip purée

For the herb crust:

120g soft butter

1 clove garlic, chopped

1 tbsp fresh thyme leaves

1/2 tbsp very finely chopped spruce needles

2 tbsp finely chopped parsley

Zest of 1/2 an organic lime

100g breadcrumbs

Method



Preheat oven to 200° C CircoTherm®. Remove the skin from the saddle of venison then carefully remove the strands of meat to the right and left of the spine as well as the fillets. Put the meat to one side. Coarsely chop the bones using a sharp knife or cleaver and place on a baking sheet together with the skin. Mix with one tablespoon of oil. Grill the bones for 25 min at 200°C using the CircoTherm® Hot Air grill function.

Wash the soup vegetables, chop coarsely, then quarter the tomatoes. Add the vegetables, water, red wine, spruce needles and pepper to the roasted bones on the baking sheet. Season everything and steam in the oven at approx. 95° C using the Steam function. Pass the sauce stock through a sieve, then pour into a pan without lid and leave to reduce for about 30 minutes.

75g chopped nuts such as hazelnuts or pistachios

Sea salt

For the sweet potato mash:

400g sweet potatoes

250g potatoes, cooked until soft

100ml milk

2 tbsp cold butter

Nutmeg

To make the herb crust, mix the butter, pepper, garlic, herbs, spruce needles, lime zest and nuts. Add the panko breadcrumbs and knead until you have a crumbly dough. Place in the refrigerator.

Peel the sweet potatoes and potatoes and boil in a little salted water for 20 minutes. Drain the water, allow the steam to evaporate and mix with butter, milk, nutmeg and salt to form a creamy mash. Keep warm.

Brush the meat with oil, season with salt and pepper and sear on the griddle or in a pan for about 3 minutes per side. Place on a grill rack and sprinkle the herby nut crust mix on top. Cook for about 15 minutes at 80°C CircoTherm® until the meat reaches a core temperature of 60°C. Then crisp up the crust by grilling for 2 minutes at 200° C. Note: ensure that the crust does not become too dark. Remove the meat from the oven and leave to rest for a few minutes.

Season the sauce with rosehip purée, pepper and salt, remove from the heat and thicken if required using 1-2 teaspoons of cold butter. Cut the meat into slices and serve with the sauce and sweet potato mash.

Notes
