

VENISON LOIN

Delaire Graff Restaurant Head Chef

Ingredients (serves 6)

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VENISON LOIN

900-1000g venison loin
25ml olive oil
salt and pepper

SWEET POTATO FONDANT

3 x medium sized sweet potatoes
25ml olive oil
25g butter
1 x clove garlic
2 x stalks thyme

PLUM PUREE

500g plums
120g honey
6g AGAR-AGAR

DUKKHA SPICE

100g sunflower seeds
100g hazelnuts
50g cumin seeds
100g pine nuts
salt and pepper

ROMESCO SAUCE

3 x red peppers
1 x onion
1 x garlic clove
1L vegetable stock
2 x 440ml tin of coconut milk

GINGER CRISPS

50g ginger
250g sugar
250g water

Paired with *Delaire Graff Botmaskop 2018*.

DELAIRE GRAFF ESTATE
STELLENBOSCH | SOUTH AFRICA

VENISON LOIN

Method

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FOR THE VENISON LOIN

Cut venison loin into 150g portions. Place in a hot pan with oil. Turn the loin around every 20 seconds to give it golden brown colour all around. Place in oven that is pre-heated to 180°C and cook for 3- 4 minutes. Season to taste.

FOR THE SWEET POTATO FONDANT

Cut sweet potatoes into equal sized cubes. Place cubes in a baking tray. Cover the sweet potato fondant with half oil and half butter. Add garlic and thyme. Cover with foil. Place in pre heated oven of 150°C for approximately 30 - 40 min. To test if fondant is cooked all the way through, place a toothpick in the centre of fondant. It should be firm.

FOR THE PLUM PUREE

Place plums in oven pre heated at 180°C. Once the plums skin have wrinkled take them out of oven and place them with the honey in a medium heated pot. Cook approximately 10 minutes until all plums are soft. Add AGAR-AGAR and cook for 4 minutes. Place in a bowl and cool down in fridge.

FOR THE DUKKHA SPICE

Toast all the seeds and nuts together and season to taste. Place all ingredients in blender and blend until coarse

FOR THE ROMESCO SAUCE

Char grill the peppers until skin is slightly black all around. Place red pepper in a mixing bowl, cover with cling wrap and let it sweat for approximately 10 - 15 minutes (it makes it easier to remove the skin). Chop onion and garlic finely. Place the onion and garlic in a medium heated pot and add the skinned red pepper. Cook for 10 minutes. Add vegetable stock (reduce by half). Add coconut milk (reduce by half). Season to taste

FOR THE GINGER CRISPS

Peel the ginger (take off the brown skin) and slice into thin slices (for ginger crisp). Place sugar and water in a pot and bring to the boil. Once the sugar syrup has thickened add peeled ginger. Cook until raw ginger smell has disappeared. Strain ginger out of sugar syrup. Place ginger in a fryer and fry until golden brown. Place on a perforated cloth to soak up all excess liquid.