
CINNAMON TEA AND CITRUS CRUSTED VENISON FILLET, ROASTED COURGETTES AND FENNEL ACCOMPANIED BY A JUS OF CINNAMON TEA AND JUNIPER



Food : Main Courses

Ingredients

800g venison loin For the crust • 1 tablespoon Dilmah Cinnamon Tea • 2 oranges • 1 tablespoon black peppercorns • 1 tablespoon green peppercorns • ½ tablespoon juniper berries For the vegetables • 280g fennel bulb • 180g courgettes • 3 tablespoons extra virgin olive oil • Salt and pepper Parsnip puree • 5 parsnips • 200ml cream • 100g butter • Salt Venison • 2½ teaspoons Dilmah Cinnamon Tea • 2 tablespoons oil • 300ml jus

Methods

- Bring the water, lime juice, orange juice, sugar and glucose syrup to the boil and simmer for 1min. Add the tea bags and brew for 4 minutes. Once brewed remove the tea bags from the syrup. Cool over ice then freeze in a paco jet beaker and pacotize when needed or churn in an ice-cream machine.

For the vegetables

- Preheat the oven to 180°C. Cut the fennel bulb into small wedges. Transfer to a bowl with one third of the oil, season with salt and pepper and mix together. Place the coated fennel on a baking tray and roast for 8 minutes. Meanwhile, cut the courgettes so that they are approximately 5cm long, then cut into quarters. Place in the bowl used for the fennel and add the rest of the oil and season with salt and pepper. Place the courgettes with the fennel and roast for another 8 minutes. Keep warm.

Parsnip puree

- Peel and cut the parsnips into quarters

lengthwise. Remove the woody core. Transfer into a saucepan and cover with water. Season with a good pinch of salt. Bring to the boil and simmer until tender (approximately 10 minutes). In another saucepan add the butter and cream together. Bring to a boil and remove from the heat. When the parsnips are tender, strain off the water. Transfer parsnips into a food processor and add ½ the cream mixture. Start to process adding a little at a time the remaining cream mixture until a fine silky texture is achieved. Taste and adjust seasoning with salt only. Keep warm.

Venison

- Preheat the oven to 180°C. Remove the venison from the refrigerator and unwrap. Heat the oil in a large frying pan until shimmering and seal the meat, two pieces at a time until an even browning is achieved on all sides. Roast until desired cooking temperature is reached. About 4-5 minutes for rare. Once cooked remove from the cooking tray and leave to rest in a warm place, on a plate, covered with aluminium foil. Add the meat juices to the jus and heat. Add the tea and infuse for 4 minutes then strain.

The range of Dilmah Tea used :

- Dilmah Fun Tea Selection

The variety of Dilmah Tea used in the recipe :

- Cinnamon