



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

VENISON TENDERLOIN WITH A FIG BALSAMIC REDUCTION

1 venison tenderloin, trimmed and silver skin removed

THE MARINADE:

1 tablespoon juniper berries
4 cloves of garlic, peeled and smashed
2 cups extra virgin olive oil

Pour marinade over tenderloin, cover and refrigerate for 2 hours.
Remove from fridge and place tenderloin on a baking sheet.
Preheat oven 425°F

THE RUB:

1 tablespoon fennel seed
1 tablespoon peppercorns
1 tablespoon coarse sea salt
2 tablespoons fresh rosemary, chopped

Place fennel and peppercorns in a spice grinder and grind coarse.
Mix fennel/peppercorn mixture with salt and rosemary.
Sprinkle all over tenderloin, patting herb mixture to ensure it sticks to the meat.
Place tenderloin in preheated oven and roast 26 minutes for medium rare - *using a meat thermometer is always foolproof*
Remove tenderloin from oven. Cover with aluminium foil for 15 minutes.
Carve and serve.

THE REDUCTION:

1 250 ml jar fig jam
¼ cup balsamic vinegar

Place ingredients in small sauce pan over medium high heat.
Stir constantly until jam has completely melted.
Serve with the tenderloin.

THE LOVE: Be sure that you start with a perfect venison tenderloin. There's no saving a gamey piece of meat!