



Venison Steak with Red Wine and Chocolate Sauce

INGREDIENTS (Serves 4)

1 red pepper, in large slices
1 green pepper, in large slices
1 courgette, cut into large chunks
Drizzle of olive oil
4 venison steaks (approx 170g)
Oil to brush
Salt and pepper to season
1 tsp olive oil
4 shallots, finely diced
250ml red wine
100ml beef stock
100ml single cream
20g cold butter, cubed
50g dark chocolate (Min 70% Cocoa solids)
Cracked black pepper
Mashed potato to serve

METHOD

- Preheat oven to 200C/Gas mark 7. Roast the peppers and courgette with a drizzle of olive oil in the centre of the oven for 15-20 minutes or until they start to brown.
- Meanwhile, season the steaks and brush with a little oil. Place in a hot griddle pan and cook for about 1-2 minutes each side for medium rare or longer if preferred. Remove from heat and place in a covered dish to rest. Reserve the cooking juices.
- Heat the olive oil in a heavy based pan and cook the shallots until nearly transparent. Add the red wine and reduce until syrupy. Add the beef stock, cream and steak cooking juices and reduce until the sauce reaches a coating consistency. Sieve into a clean pan, bring to a simmer then whisk in the cubed butter to thicken. Check the seasoning and stir in the chocolate.
- Place a pile of mashed potato and the roasted vegetables in the centre of each plate and top with the steaks, cut into slices. Drizzle the sauce around and serve with the rest of the roasted vegetables.



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