

Butterflied Muntjac Haunch with Parmesan Polenta



FAST MARINADE

INGREDIENTS:

- Handful of Oregano, chopped
- Handful of Rosemary, chopped
- Handful of Parsley, chopped
- 3 cloves of Garlic, chopped
- 4 tbsp Olive Oil
- 1 tbsp Sea Salt
- 2 tsp Mustard
- 1 tsp Anchovy Paste
- 2 Lemons (use the zest from 1 lemon, and the juice from both)

METHOD:

1. Combine all ingredients in a mortar and pestle, grinding until you have a thick, liquid marinade
-

VENISON HAUNCH

INGREDIENTS:

- Fast Marinade (from above)
- Haunch of Muntjac Venison
- 5 oz Butter
- 2 Shallots
- 1 cup of Red Wine or Grape Juice
- 1 tbsp Wholegrain Mustard

METHOD:

1. Butterfly the Venison Haunch by slicing lengthwise to open the muscles out like butterfly wings
2. Rub your marinade on all surfaces of the meat and let sit for 10 minutes
3. Fry the Venison in 4 oz of butter on a hot pan until it has a brown crust on all sides
4. Set aside in a warm place to rest, and make sure you collect any juices that seep out of the meat as it relaxes and put them back in the pan
5. In the same pan as you cooked the meat, fry 2 finely chopped shallots in the remaining butter
6. De-glaze the pan with Red Wine or Grape Juice and wholegrain mustard
7. Reunite the haunch to the juice pan and rest it off the heat.

POLENTA

INGREDIENTS:

- 2 pints of Salted Water
- 2 cups of Dry Polenta
- 6 oz Butter
- 1 cup Cream
- A handful of Parmesan Cheese
- A handful of Parsley, chopped

METHOD:

1. Bring Salted Water to a boil and add Dry Polenta
2. Keep stirring as you add Butter, Cream, Parmesan Cheese, and Parsley
3. Continue stirring with a whisk until the Polenta absorbs all the liquid and takes on the consistency of cake mix

To serve, slice the rested meat and place it on a bed of the creamy Polenta. Spoon a good topping of the de-glaze sauce on top, and enjoy