

# Plain and Simple Rack of Venison

## INGREDIENTS:

- 1 rack of Venison (trimmed to your liking)
- 1/2 lb Unsalted Butter
- 1 tbsp Sea Salt
- 2 cups Red Wine or Red Grape Juice
- Pepper to taste



## METHOD:

1. Season venison rack well with sea salt and your desired amount of pepper
2. Melt butter on high heat
3. Fry the venison rack in the butter until the meat gets a brown crust
4. Transfer into a low oven (150F) for 30 minutes
5. Remove meat from oven and let rest for 15 minutes in a warm place
6. Collect all the juices that run off the meat, these add flavour to the deglaze when it has reduced
7. In the hot pan, combine all the meat juices with the red wine / juice to deglaze the meat pan
8. Sizzle until the deglaze thickens and reduces
9. Slice the chops and pour the deglaze over the meat to serve