

Venison Rack with Springtime Pea Purée



INGREDIENTS (serves 2):

- 1 rack of venison (or lamb works as well)
- 1 tsp of sunflower oil for frying
- 1 tbsp of olive oil for the pea purée
- 9 oz frozen peas
- 4 oz crème fraîche
- A sprig of mint (about 5 leaves the size of your thumbnail)

METHOD:

1. Fry the rack in a very hot oiled skillet to form a nice crispy crust on the meat and fat
2. Finish the rack in a medium heat oven for 15 minutes then rest the rack in a warm place for 10 minutes
3. For the pea purée, de frost frozen peas in boiling water
4. Strain and blitz the peas in a blender with a sprig of fresh mint, a pinch of salt, and a dash of olive oil
5. Heat the pea paste, take it off the heat – stir in an equal amount of crème fresh and serve

For a bonus, serve with sautéed mushrooms. We love morels for this dish!

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