

Marinated Venison Fillet with Parmesan Polenta and Cranberry Sauce

WITH SPIER THE YELLOWWOOD RED BLEND



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TO MAKE POSITIVE SOCIAL AND ENVIRONMENTAL CHANGE.

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SERVES 4 AS A MAIN MEAL



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INGREDIENTS

For the marinated fillet

- 60 ml (¼ cup) extra virgin olive oil
- 60 ml (¼ cup) soy sauce
- 30 ml (2 T) red wine vinegar
- 60 ml (¼ cup) fresh lemon juice
- 30 ml (2 T) Worcestershire sauce
- 1 garlic clove, bruised
- 5 ml (1 t) salt
- 2,5 ml (½ t) freshly ground black pepper
- 800 g venison fillet

For the cranberry sauce

- 15 ml (1 T) olive oil
- ½ onion, finely chopped
- leaves of 2–3 thyme sprigs, woody stalks discarded
- 250 ml (1 cup) beef stock
- 125 ml (½ cup) dry red wine
- 125 ml (½ cup) dried cranberries
- salt and pepper, to taste

For the polenta

- 500 ml (2 cups) milk
- 500 ml (2 cups) chicken stock
- 250 ml (1 cup) polenta
- 125 ml (½ cup) finely grated parmesan cheese, plus more for serving
- salt and pepper, to taste
- parmesan

METHOD

Prepare the fillet

Place the oil, soy sauce, vinegar, lemon juice, Worcestershire sauce, garlic, salt and pepper in a wide ceramic or plastic bowl. Stir to mix, then add the fillet and coat on all sides with the marinade. Cover and refrigerate to marinate for a few hours or overnight, turning the meat halfway through.

Remove the meat from the fridge an hour before cooking it. Preheat the oven to 180°C. In a wide non-stick pan that is oven-proof, heat a little olive oil and sear the fillet on all four sides (about 2 minutes a side), then transfer the pan to the oven and cook for another 8–10 minutes until cooked to your liking. Remove from the oven and rest for at least 10 minutes before carving. Serve hot with warm polenta and cranberry sauce.

Prepare the cranberry sauce

While the fillet is marinating, prepare the sauce (just reheat before serving). In a small saucepan, heat the oil and fry the onion and thyme until translucent. Add the stock, wine and cranberries and slowly simmer over low heat. Cook until the liquid is reduced by half, season with salt and pepper, then remove from the heat. The cranberries will continue to plump up on standing. Quickly reheat right before serving.




Prepare the polenta

Heat the milk and stock in a medium pot until it starts to simmer. Add the polenta in a steady stream while stirring, preventing the formation of clumps. Continue stirring until the polenta thickens – about 3–5 minutes, then stir in the parmesan and season with salt and pepper.

Serve at once (or set aside for a while, and add a splash of boiling water before serving, stirring to make it smooth again). Polenta will “set” on cooling, best served straight after preparation.

Spier The Yellowwood wines can be tasted and purchased at the farm in Stellenbosch, and are widely available in stores and online at shop.spier.co.za



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