



**Venison Steaks** with fruity barbecue sauce

Recipe by Maxine Clark

*Maxine*

## Venison

Overcooking venison steaks until grey will make it tough, but when cooked RARE or MEDIUM, venison remains tender and juicy. Steaks benefit from being rested for 10 minutes once cooked as the juices redistribute throughout the meat. Cooking times will vary with the thickness of the meat.

Weigh the loin to calculate the cooking time – 10 mins per 500g (1lb) plus 10 minutes (for medium rare)

### You will need:-

4 venison haunch steaks  
(about 150g (5oz) and 2cm (3/4 inch) thick)  
olive oil

### Fruity Barbeque Sauce:

2 tbsps olive oil  
400g (14oz) can chopped tomatoes  
25g (1oz) chopped dried mango  
2 garlic cloves, crushed  
3 tbsps soft brown sugar  
2 tbsps sweet chilli sauce  
5 tbsps Bourbon (or Scotch whisky)  
2 tbsps cider vinegar  
2 tbsps English mustard  
salt & freshly ground black pepper

- Heat the oil in a saucepan and add the garlic then all the remaining ingredients. Whisk together, then bring to the boil and simmer for 15 minutes until reduced. Keep warm while you cook the steaks.
- Heat a heavy frying pan (that can be placed in the oven) until smoking hot, and the oven to 200 C / Fan 180 C / Gas Mark 6. Rub the steaks with a little olive oil and season with salt and pepper. Put the steaks into the pan, turn the heat down to medium and sear for 2-3 minutes (do not be tempted to move it).
- Turn over and sear on the other side for 2-3 minutes. Place the pan in the oven and cook for 6 minutes (rare) or 8 minutes (medium rare). Remove from the oven and transfer the steaks to a warm plate, cover loosely with foil and leave to rest in a warm place for 10 minutes. Serve with the sauce.

**Serves 4**

