



Roe Deer Loin with walnut, mustard & horseradish crust

Image courtesy of Highland Game Ltd

Recipe by Maxine Clark

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Venison

An impressive dish, easy to prepare in advance – then roasted at the last moment. Use a whole loin, seal, then top with a walnut and mustard crust ready to be cooked in a hot oven at the last moment. Pickled walnuts are worth seeking out – they are delicious served with game and cold meats.

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

You will need:-

250g (9oz) walnut pieces
75g (2 1/2oz) pickled walnuts, drained
1 garlic clove, peeled
1 1/2 tbsps Dijon mustard
1 tbsp creamed horseradish
(or 1 tsp freshly grated horseradish)
2 tbsps olive oil
1 boned and trimmed loin of Roe Deer (approx 750g / 1.5lbs) cut from the saddle
2 tbsps sunflower or light olive oil
4 tbsps red wine or ruby port
300ml (1/2 pint) strong game or beef stock
6-8 tbsps chopped fresh parsley, plus extra to serve
salt and freshly ground black pepper

- Blend 100g of walnuts and all the pickled walnuts in a processor with the garlic, mustard, horseradish and olive oil until just smooth. Season well.

- Finely chop the remaining walnuts, mix with the parsley and set aside.

- Heat a large, heavy frying pan (to take the whole loin) until almost smoking, add the oil and seal quickly all over. Cool for 15 minutes then spread the walnut paste over the exposed surface. Roll the loin in the reserved chopped walnuts and parsley. Cover and refrigerate until ready to cook.

- To make the gravy, deglaze the frying pan with the wine or port and add the stock. Bring to the boil and boil for 2-3 minutes until slightly reduced and syrupy. Season and pour into a bowl. Cool, cover and refrigerate.

- Bring the loin to room temperature before cooking. Preheat the oven to 200°C/400°F/Gas Mark 6. Put in a roasting tin and roast for the calculated time (use a probe thermometer to test if it's to your liking. Rare 48-52°C; Medium Rare 55-59°C; Medium 60-65°C). Cover the loin loosely with kitchen foil after 10 minutes to prevent it from over-browning.

- When cooked, allow to rest in a warm place, covered loosely with some foil for 15 minutes. Meanwhile reheat the gravy in a small pan. Serve the loin in thick slices with the gravy and extra chopped parsley.

Serves 4-6

