

SMOKED VENISON

PICKLED PURPLE CABBAGE, PEAR & BUTTERBEAN SALAD, ROYAL RED ONION MARMALADE



Servings: 4 servings



Preparation time: 4 hours



Cooking time: 15 minutes

Pickled Cabbage

8 oz Red Cabbage (thinly sliced)
1/2 Small Red Onion (thinly sliced)
4oz Dried Butterbeans
1 Pear - Julienne
1 oz Cider Vinegar
1/2 Tsp Dijon Mustard
1 oz Vegetable Oil
1/4 Tsp Chopped Fresh Rosemary
Sea Salt & Black Pepper to taste

Preparation

In a 1 quart container cover beans with cold water and place in cooler for 24hrs. Drain and rinse beans, place in a pot and cover with cold water and a pinch of salt. Bring to a simmer and cook until tender. Drain and allow to cool to room temperature.

In a mixing bowl add Dijon mustard, rosemary and vinegar whisk in Oil – adjust seasoning. Add cut cabbage, pear and cooked beans – toss and season. Refrigerate for 30 minutes, check seasoning.

Venison

1 lb Cleaned Venison loin
Wood Chips
1 Tsp Vegetable Oil
1 Tsp Chopped Thyme

Preparation

Take Venison, 1/2 vegetable oil and chopped rosemary marinate for 2-4 hours. Place a heavy iron pan over medium high heat, add wood chips – continue to heat until coals begin to form. Take Venison and place on a rack with coals under, remove from heat and smoke for 8-10 minutes. Take a sauté pan over med – high heat and sear loin, reduce heat and cook until internal temperature is 115. Allow to rest for 5-10 minutes.

The Plate

Add pickled cabbage and bean salad to centre of plate. Add three slices of the rested venison on top of the salad. Take a small bundle of dressed greens and place on top.