

Game Recipe



Roasted Loin of Roe Deer

Carrot & Caraway Purée, Morello Cherry, Girolle Mushrooms, Spinach and Red Wine Sauce

by Hywel Griffith, Head Chef at The Beach House



INGREDIENTS

- 700g roe deer loin
- 300g carrots
- 2g caraway
- 250g butter
- 200g cherry purée
- 12 cherries
- 2g agar agar
- 150g Girolle mushrooms
- 3 potatoes
- 200g double cream
- 200g large leaf spinach
- 1 ltr chicken stock
- 500g mirepoix
- 250ml red wine
- 50g honey
- 75ml sherry vinegar
- 2 cloves garlic
- 2 sprigs thyme
- 500g deer trim

METHOD

1. Start with the sauce, take the deer trim and fry in a deep sided saucepan until evenly browned. Add the chopped onion, garlic, carrot, celery and leek, keep frying on a high heat until the mirepoix has browned. Add the honey and allow to caramelize.
2. Deglaze with the red wine and reduce until almost all the wine has evaporated, add the chicken stock, garlic and thyme and simmer for an hour, skimming any scum off the top.
3. Pass the sauce and discard all the solids, add the vinegar and reduce by three quarters and pass once again to remove any sediment.
4. Peel the carrots and place in a thick bottomed pan along with ½ the butter and caraway seeds. Cover with water and a good pinch of salt, cook until the water has evaporated, blend, then pass through a fine sieve.
5. For the cherry gel heat the purée, then mix in the agar agar. Allow to cool, then blend to a nice viscous purée.
6. For the mash simply peel and simmer until tender, drain and place back on the heat and dry over a low heat. Beat in the remaining butter and cream, pass through a fine sieve and keep in a warm place until ready to serve.
7. For the mushrooms, simply sauté in a little butter and season, the same with the spinach, but drain any excess water from the spinach after cooking.
8. Roast the roe deer loin, aiming to keep it medium rare, allow it to rest before carving.
9. To finish the sauce, destone and quarter the cherries, bring the sauce to the boil and drop the cherries into the sauce.