

Venison Infused with English Breakfast Tea



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Jodie Marie Wallace



Peter Kuruvita

- Sub Category Name
Food
Savory
- Recipe Source Name
The Chefs and the Tea Maker - 2008

Used Teas



Gourmet English
Breakfast

Ingredients

Venison Infused with English Breakfast Tea

- 9 tea bags Dilmah English Breakfast Tea
- 2 fillets Venison tenderloin (320g each)
- 2 tablespoons Olive oil
- 12 White Asparagus spears
- 75g Butter



- ¼ cup (60ml) Chicken stock
- 12 Chestnut Mushrooms
- 4 King Browns Mushrooms (cut into 1cm cubes)
- 100g Swiss Brown Mushrooms (cut into 1cm cubes)
- 100ml Venison or good-quality veal jus

Methods and Directions

Venison Infused with English Breakfast Tea

- Preheat the oven to 180°C. Split open eight of the tea bags. Roll the cleaned venison in the tea. Wrap in cling film tightly, to form a tubular shape and refrigerate for 2 hours.
- Warm the venison or veal juice, add the remaining tea bag and simmer for 5 minutes. Remove from the heat and infuse for 20 minutes. Strain the juice and reheat when needed.
- Unwrap and season the venison with sea salt and freshly ground pepper. Heat the olive oil in a frying pan over medium-high heat. Sear the venison fillets for 5 minutes, turning until evenly browned. Place in the oven for 8 minutes (until medium rare) or until cooked to your liking. Remove from oven and allow to rest for about 5 minutes, loosely covered with foil.
- Meanwhile, trim the asparagus tips to 2cm long. Blanch and refresh. Dice up the remaining stems. Heat 25g of the butter over medium heat. Cook the asparagus stems for about 3-4 minutes before adding the chicken stock.
- Season and cook for a further 3-5 minutes until tender. Using a stick blender, blend to a smooth puree.
- Heat the remaining butter in a frying pan over medium high heat and cook the mushrooms and white asparagus trimmings for 4 minutes until golden brown. Season to taste. Serve immediately.