

MUSTARD FRUIT AND VENISON



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- Sub Category Name
Food
Main Courses

- Recipe Source Name
Real High Tea 2014/15 Volume 2

Ingredients

MUSTARD FRUIT AND VENISON

Venison

- 200g fresh New South Wales venison, trimmed
- 1 tbsp dried fruit, chopped and soaked in Port wine
- Dash of olive oil
- Salt
- Pepper
- ¼ tbsp poorman's orange marmalade

Mustard Fruit

- Good quality Italian mustard fruit

Chia Cracker

- 200g almonds
- 200g pistachio
- 100g chia seeds
- 1/4 tsp pepper
- 1/2 tsp salt
- 1/2 tsp sumac
- Approx. 250 ml water

Methods and Directions

MUSTARD FRUIT AND VENISON

Venison

- Dice venison into very fine pieces by hand.
- Soak the chopped dried fruits in port wine.
- Add a dash of olive oil.
- Add salt and pepper and the orange marmalade.
- Mix all together and taste.
- This needs to be sweet and have body.

Mustard Fruit

- Slice into very fine slices. (Best to use a pear or apple for colour)

Chia Cracker

- Toast all nuts then process everything in a blender till grainy.
- In a bowl, add water till the mixture is able to stick together. Be careful not to make the mixture too wet.
- Roll out with a rolling pin till 3mm thick.
- Bake at 175C till it begins to brown and crisp.