

# CREATIVE RECIPES FOR NEW ZEALAND VENISON

Presented by Graham Brown,  
for Deer Industry New Zealand

*Modern, light cuisine*



New Zealand  
**Venison**<sup>™</sup>  
[www.nzvenison.com](http://www.nzvenison.com)



# Modern

RECIPES TO INSPIRE

## Discover the world of New Zealand Venison

### Interesting information

- Quality: A Natural Advantage 1
- Chef's Secrets 2
- Tips in the Kitchen 13
- Nutritional Value 13

### Inspirational recipes by Graham Brown

- Venison Roulade with Roast Garlic & Herb Butter 3
- Venison Ragout with Minted New Potatoes & Vegetables 4
- Pavé of Venison with Béarnaise Sauce & Pommes Frites 5
- Moroccan Spiced Venison on Falafel Cakes 6
- Warm Salad of Venison with Mushrooms,  
Green Beans & Slow Roasted Tomatoes 7
- Korean Venison Bulgogi 8
- Venison Satays with Banana Yoghurt Dipping Sauce & Poppadum Basket 9
- Grilled Venison Pizza with Artichokes, Goat Cheese & Roasted Red Onions 10
- Fusilli Pasta with Venison in a Pesto Cream Sauce with Woodland Mushrooms 11
- Thai Venison Salad with Udon Noodles & Greens 12



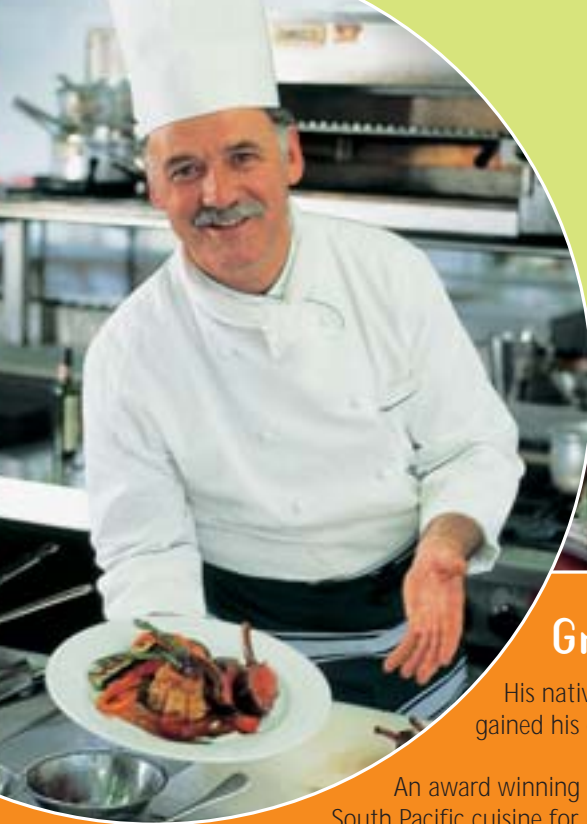


**New Zealand** is an island nation of 4 million people in the South Pacific and is blessed with a clean, natural environment. Its isolation provides protection from many pests and animal diseases common elsewhere, and its mild climate and wide open spaces make New Zealand ideal for natural farming.

**New Zealand Venison brings part of this clean, natural environment to you.** New Zealand Venison is produced from the open pastures of New Zealand in a natural environment without the use of hormones or steroids. It's naturally healthy, being low in fat, calories and cholesterol and with a great taste that has to be experienced.

This natural advantage is supported with Quality Assurance programmes run on an industry wide and company basis. The pursuit of quality starts on the farm and ends on the plate. Quality at a processing level is extremely important, and New Zealand's Ministry of Agriculture and Forestry licenses and inspects all venison processing plants and certifies all exports of New Zealand Venison.

New Zealand Venison is natural, tender, mild and delicious – and can be enjoyed year round. It is extremely versatile and is suited to almost every cooking style.



## Graham Brown

His native country is New Zealand, but Chef Graham Brown has gained his culinary experience throughout the world.

An award winning restaurateur, Graham Brown has been at the forefront of South Pacific cuisine for many years. Today, Graham works with chefs throughout Europe, Asia and America in his efforts to make New Zealand Venison famous worldwide.

His global lifestyle provides the inspiration for recipes from all corners of the world.

"New Zealand Venison fulfils the requirements of modern, healthy cuisine. It is quick and easy to prepare, it is low in fat and cholesterol and it goes well with different styles of cooking," says Graham Brown.

The keys to success with New Zealand Venison are simple:

- Don't be restricted by traditional or preconceived notions of venison dishes. Farm raised venison is extremely versatile and can be used in a variety of culinary styles.
- New Zealand venison is best cooked quickly over a high heat.
- Serve New Zealand Venison medium rare to retain the natural juices and to ensure tenderness, and natural flavours.

*"TRY IT, YOU'LL LOVE IT."*

## INGREDIENTS (Serves 4)

4 venison leg fillets  
(180g per person)  
8 slices of Parma ham  
150g of unsalted butter  
2 anchovies  
4 cloves of roasted garlic  
1/2 tsp each of chopped  
rosemary, basil, thyme, parsley  
1 tsp of coarse ground pepper

### Sauce:

3 chopped shallots or onions  
1/2 cup of red wine  
1 tsp balsamic vinegar  
25g of butter or olive oil  
1/2 cup of strong meat stock  
Salt and pepper

### Garnish:

Medley of spring vegetables  
sautéed with a little butter.  
New potatoes roasted with sprigs  
of rosemary and garlic.  
12 cherry tomatoes.

# VENISON ROULADE WITH ROAST GARLIC & HERB BUTTER

## METHOD

Use a sharp knife to cut the venison leg fillet along the grain about 6mm thick. Roll as you go, to give a thin, flat fillet suitable for a roulade. Season with pepper.

Lay the Parma ham out on non-stick paper and place the venison on top.

Mix the herbs and garlic with the butter and smear over the venison. Roll into a roulade and allow to set in the fridge. The ham will form the 'crust' and doesn't need tying.

Sear the venison for 2 minutes and finish in an oven (180°C) for 8 minutes. Allow to rest in a warm place.

In the same pan, add the butter and the shallots and sauté until soft. Add the red wine and reduce to create a syrup, add the meat stock and the balsamic vinegar to taste. Reduce further and season.

Slice the meat into 3 pieces per fillet and place on a bed of sautéed vegetables. To serve, garnish with cherry tomatoes and new potatoes, and top with the sauce.





## VENISON RAGOUT WITH MINTED NEW POTATOES & VEGETABLES

### INGREDIENTS (Serves 4)

600g of venison (leg or shoulder meat)	12 button mushrooms
Salt and cracked 4-peppercorn mix	1/2 tsp of thyme
1 tsp porcini powder (optional)	1 tsp of chopped parsley
Fresh mint (2 sprigs)	1/2 tsp of chervil
1 courgette (cut into batons)	2 bay leaves
2 carrots (cut into batons)	1 cup of meat stock
12 asparagus tips	1 glass of red wine
12 small onions	1 tbsp tomato paste
4 cloves garlic, chopped	1 tbsp dijon mustard
12 snow peas	1 tbsp red wine vinegar
Green beans (cut into lozenges)	100g of butter
	12 small new potatoes

### METHOD

#### For the potatoes

Place the new potatoes in hot water with salt and mint. Bring to the boil and cook for 15 minutes, then drain and add a knob of butter. Sprinkle with fresh chopped mint and keep warm.

#### For the venison

Season the venison with salt, pepper and porcini powder. Sear in a heavy saucepan accompanied by a knob of the butter and crushed garlic. Ensure the venison is seared on all sides and that the meat remains medium rare. Remove and reserve in a warm place.

Deglaze the pan with the red wine and red wine vinegar. Reduce, add the meat stock, mustard, tomato paste and the fresh herbs and allow to reduce before removing the bay leaves.

#### For the vegetables

Prepare the vegetables and steam until al dente. To serve, combine the venison, venison juices, vegetables and sauce and bring to serving temperature. Serve with the minted new potatoes.

## INGREDIENTS (Serves 4)

4 venison leg steaks  
(180g per person)  
4 large waxy potatoes  
Oil for frying  
Black peppercorns  
1 glass of red wine  
1/2 cup of strong meat stock  
50g unsalted butter

**Béarnaise Sauce:**  
250ml of unsalted  
butter, melted  
3 egg yolks  
1 finely chopped shallot  
50ml water  
50ml tarragon vinegar  
1 tsp chopped tarragon  
Salt and pepper  
Cayenne pepper

# PAVÉ OF VENISON WITH BÉARNAISE SAUCE & POMMES FRITES

## METHOD

### Venison Pavé

Season the venison with cracked pepper and salt. Add oil to a pan and sear the steaks on each side for 2 minutes.

Continue to cook with the heat reduced slightly, or finish for 5 minutes in a moderate oven (180°C). Rest for 2 minutes in a warm place.

Add the red wine to the pan and lift off the pan juices, reduce; add the meat stock and season. Finish by whisking in the cold butter over high heat.

### Béarnaise Sauce

Poach the shallots in the vinegar and water until soft and reduced by half. Add the chopped tarragon and blend in the egg yolks away from direct heat. Slowly add the warm butter and whisk.

Season with a pinch of cayenne pepper and salt.

Serve each venison pavé with pommes frites (french fries) and fresh, steamed green beans.



# MOROCCAN SPICED VENISON ON FALAFEL CAKES



## INGREDIENTS (Serves 4)

3 venison medallions  
(65g per person)  
2 tbsp Moroccan spice mix  
200g of falafel mix  
2 cloves of garlic  
1 red pepper  
(blistered and peeled)  
1 medium size onion (chopped)  
1 cup of meat stock  
6 saffron pistils  
1/4 cup of raisins  
1/4 cup sun-dried apricots  
(or other dried fruits such  
as cherries, figs, cranberries  
or dates)  
1 tbsp sherry vinegar  
1/2 cup sweet white wine  
or Madeira

1 bunch of spinach  
1/4 cup of toasted pinenuts  
Salt and pepper  
Cooking oil

**Moroccan Spice**  
Moroccan Spice can  
be purchased premixed.  
It is typically made of:  
2 tbsp of paprika, 1 tsp of salt  
and sugar, 1/2 tsp of black  
pepper, ginger, cumin,  
fenugreek, 1/4 tsp of cinnamon,  
allspice, and cayenne

## METHOD

Dust each medallion with the Moroccan spice mix and stand for 10 minutes. Sear in a hot pan for 2 minutes on each side. Remove and rest in a warm place.

In the same pan add a little more oil and sauté the chopped onion with the garlic until soft. Add the saffron, white wine, dried fruit and vinegar. Reduce by half and add the meat stock and any juices from the meat. Reduce to a 'coating consistency' or thicken with a little cornstarch.

For the garnish, take 3 tablespoons of the falafel mix per person and fry in a hot pan, pressing into 3 small cakes. Keep warm. Sauté the well washed spinach with the pinenuts and cut the pepper into thin strips. Place a medallion on each falafel cake and arrange in a petal shape. Fill the middle with a mound of spinach and top with the julienne of pepper and pour the sauce around. Garnish with a tablespoon of raita.

### Raita

1/4 peeled and deseeded cucumber diced very small  
1/2 cup of plain yoghurt  
1 tbsp of chopped mint leaves  
1 clove of crushed garlic  
Squeeze of fresh lemon juice  
1/8 teaspoon of lemon zest  
Salt and pepper to taste

## INGREDIENTS (Serves 4)

4 venison leg fillets (150g to 200g per person)	4 quail eggs (boiled and cut into quarters)
Chopped garlic	2 anchovy fillets (chopped)
1 tsp 'Herbs de Provence'	4 vine ripened tomatoes (blanched, skinned, deseeded and cut into strips)
<b>Mushroom</b>	8 black olives
4 Portobello mushrooms	Caesar salad dressing
1 clove of garlic	<b>Slow Roasted Tomato</b>
Olive oil	4 medium sized tomatoes
<b>Bean Salad</b>	Sprigs of thyme, rosemary, oregano and basil
250g green beans (blanched)	1 clove of garlic (quartered)
1 medium red salad onion (sliced julienne)	Salt and cracked pepper
8 fingerling potatoes (cooked al dente and cut into quarters)	Olive oil

## METHOD

Season the venison with chopped garlic and herbs, followed by black pepper and salt just prior to cooking.

Place the mushrooms in a flat dish, moisten with olive oil and sprinkle with chopped garlic, salt and pepper. Roast in a moderate oven (180° C) for 20 minutes.

For the bean salad, blanch the beans then combine all ingredients and season with salt and pepper. Mix in the caesar salad dressing.

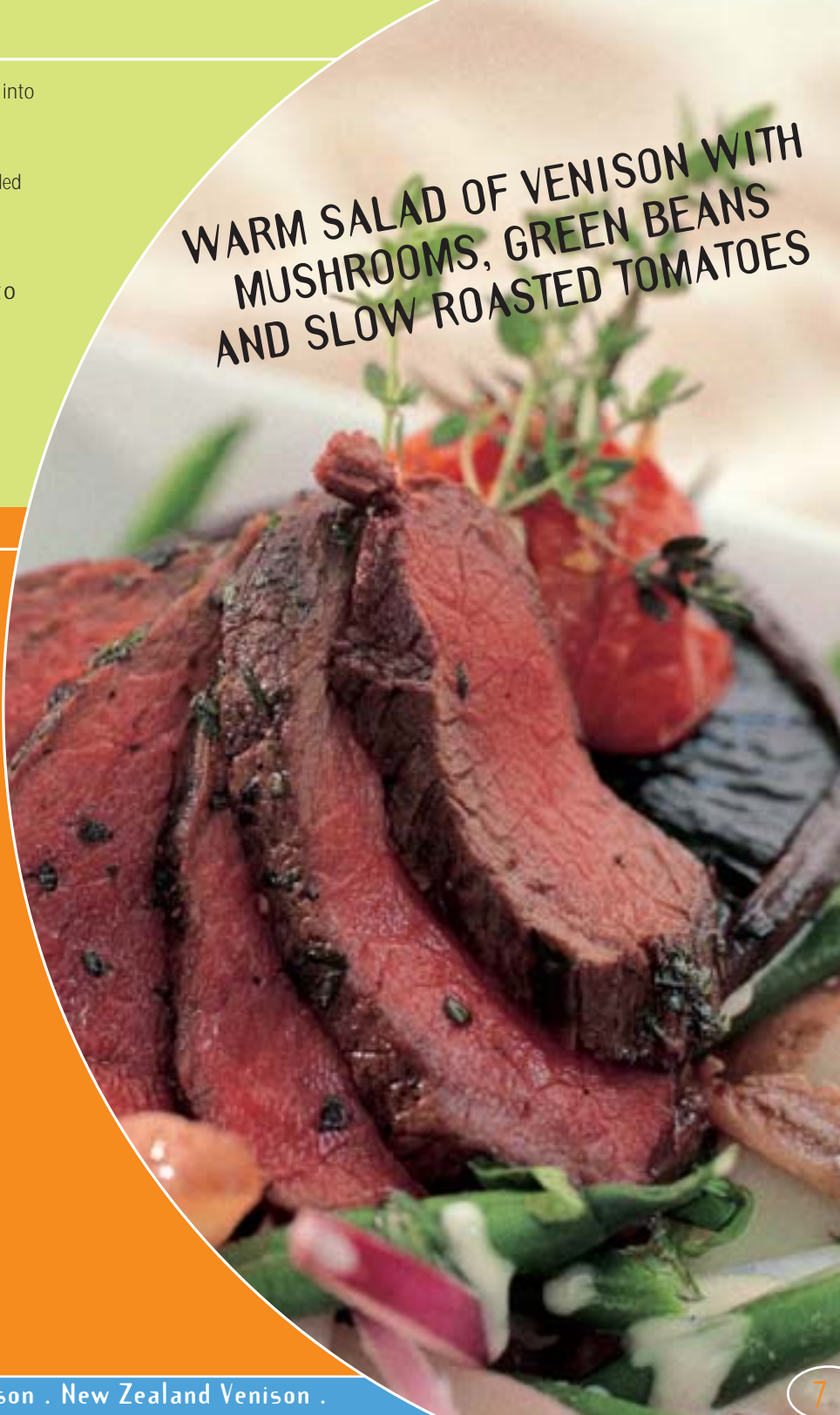
For the slow roasted tomatoes, remove the core from each tomato with a sharp knife and place in a roasting pan with the herbs and garlic and season with salt and pepper. Brush with olive oil and slowly roast in an oven (120° C) for 1 hour.

Sear the venison until browned and finish in a moderate oven (180° C) for 7 minutes.

**To serve**

Place the bean salad onto a plate, then the mushroom, followed by the sliced venison, and top with the slow roasted tomato. If available, garnish with a few drops of truffle oil, balsamic vinegar, chopped basil or tarragon. Serve at room temperature.

# WARM SALAD OF VENISON WITH MUSHROOMS, GREEN BEANS AND SLOW ROASTED TOMATOES





## KOREAN VENISON BULGOGI

### INGREDIENTS (Serves 4)

600g venison stir-fry  
(150g per person)  
8 spring onions  
1 tbsp sesame oil

**Garnish**  
Kim Chee (pickled cabbage)  
Sesame oil  
Soy sauce

#### Marinade

1/4 cup sesame seeds  
1/3 cup of light soy sauce  
4 cloves of garlic  
1 tbsp grated ginger  
1 tbsp Hoisin sauce (optional)  
1/4 cup soya bean oil

### METHOD

Cut the venison into thin strips or use pre-prepared stir-fry venison.

Toast the sesame seeds until lightly browned. Cool and grind into a fine powder with a spice (or coffee) grinder.

For the marinade, combine the soy sauce, garlic, grated ginger, and soya bean oil and mix well. Use enough marinade to coat the venison stir-fry and stand for 15 minutes.

Slice the spring onions into lozenges (Chinese style).

Heat a heavy pan, wok or flat top BBQ until very hot. Add a touch sesame oil for cooking and stir-fry the marinated venison very quickly for 1 minute. Add the spring onions and mix in quickly.

Serve with steamed rice, a side dish of Kim Chee (Korean spiced cabbage) and a small bowl of light soy sauce and toasted sesame seeds.

## INGREDIENTS (Serves 4)

400g of venison  
(cut into long strips)  
18 soaked bamboo sticks  
4 x poppadums  
200ml oil

### Rice:

1 cup of short grain rice  
or jasmine rice  
1/2 tsp of sliced ginger  
3 Kaffir lime leaves  
Salt  
2 cups of water  
10ml sesame oil

**Banana Dipping Sauce:**  
2 ripe bananas  
1/8 teaspoon of ground coriander seeds  
1 bunch of coriander leaves  
2 limes (juice of 2, zest of 1)  
200ml of natural yoghurt

### Marinade for Venison Satays:

1/4 cup soy sauce  
2 tbsp Hoisin sauce  
1 tbsp sesame oil  
1/4 cup peanut oil  
1/2 tsp sambal manis  
1 tbsp brown sugar or palm sugar  
Grated Galangal or ginger root  
2 cloves of garlic

# VENISON SATAYS WITH BANANA YOGHURT DIPPING SAUCE & POPPADUM BASKET

## METHOD

Wash rice, drain. Add the ginger, lime leaves, salt, water, sesame oil, and put in a covered pot. Bring to boil for 5 minutes and remove with lid still on to stand for 15 minutes.

Thread the venison strips onto soaked bamboo skewers. Soaking the bamboo sticks will stop them from burning on the grill. Place in marinade for 20 minutes.

### Poppadum

Heat 200ml of Vegetable or Soy oil in heavy pan. Place poppadums and quickly fry for 20 seconds. Turnover and remove. While still supple, shape either in a bowl or over a cup to make a cup shape.

### Banana Dipping Sauce

Place all ingredients in a blender and blend until smooth, chill.

Cook the satays over a very hot grill, turning until venison is medium rare.

### To serve

Place the satay venison steaks in the poppadum basket, and serve with rice and banana sauce on the side. Garnish with fresh tropical fruit and a light cucumber salad.





# GRILLED VENISON PIZZA WITH ARTICHOKEs, GOAT CHEESE & ROASTED RED ONIONS

## INGREDIENTS (Serves 4)

400g of venison leg meat	1/4 cup of black olives
Salt & pepper	200g goat cheese
2 tbsp olive oil	25ml olive oil
Chopped garlic	2 tbsp tapenade
4 x 25cm pizza bases	Tomato and herb concasse as a pizza sauce base.
2 large red onions	
1 bulb of garlic	<b>Herbs:</b>
8 artichoke bottoms cut into quarters	Oregano, tarragon, thyme, basil or pesto, black pepper and salt,
1 packet of cocktail tomatoes	50ml oil
4 halves of roasted red capsicum (skinned and deseeded)	

## METHOD

Coat the venison with olive oil, garlic and herbs and stand for 1 hour. Season with salt and pepper. Grill or barbecue venison over high heat until medium rare. Keep warm.

### For onions

Brush whole onions with olive oil and roast with garlic in a moderate oven over 160-170°C for 1 1/2 hours.

### To assemble Pizza

Brush base with olive oil. Spread over the tapenade, followed by a layer of tomato and herb concasse.

Place the artichoke bottoms and arrange the rest of the ingredients except the venison attractively.

Slice the roasted onions and roasted garlic. Crumble the goat cheese over the pizza.

Bake in a very hot oven until cooked (bottom should be crisp).

### To serve

Slice the venison and divide among the 4 pizzas.  
Cut and serve.

## INGREDIENTS (Serves 4)

- |  |   |
|--|---|
| 400g of venison leg<br>(cut into 2-3cm pieces)   | 4 tomatoes (skinned, deseeded<br>and diced) |
| 1 packet of fusilli pasta  | 75ml olive oil                              |
| 200g mushrooms<br>(Combination of<br>Champignons, Morel,<br>Portobello, Porcini, Shiitake,<br>Chanterelle) | 1 tbsp fresh basil                          |
| 4 shallots or 1/2 medium<br>onion  | Salt and pepper                             |
| 2 cloves of garlic   | Porcini powder (optional)                   |
| 300ml cream  | Paprika                                     |
| 1 tbsp pesto   |   |

## FUSILLI PASTA WITH VENISON IN A PESTO CREAM SAUCE WITH WOODLAND MUSHROOMS

## METHOD

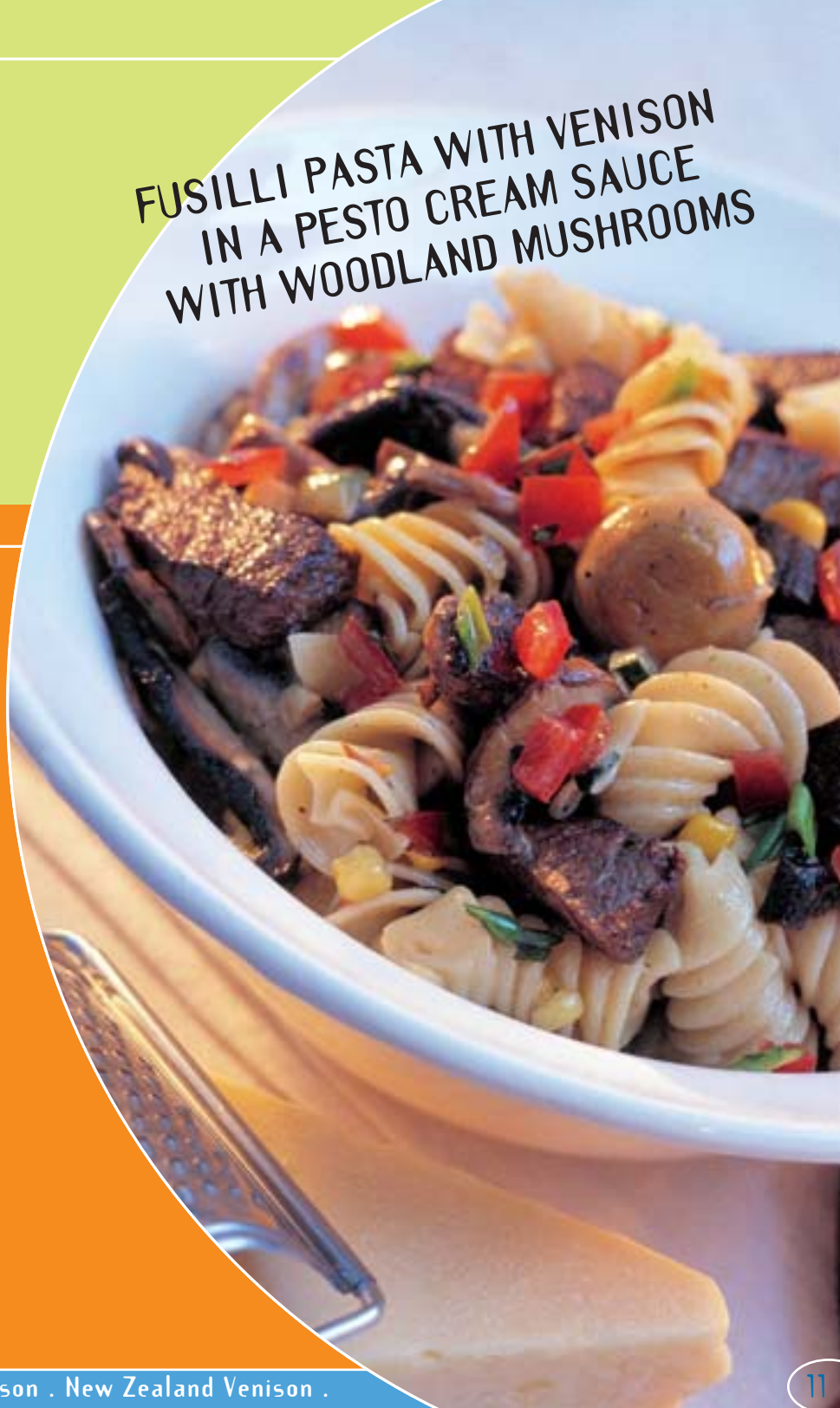
Cook the fusilli pasta until al denté, drain and put aside.

Dust the venison with paprika, salt, pepper and porcini powder. Sear in a hot pan with a little olive oil until browned. Remove to a warm place.

In the same pan, add the shallots and garlic with the sliced mushrooms and cook until lightly coloured. Add the pesto and the cream and cook until the sauce thickens.

Add the tomatoes, chopped basil, cooked fusilli and the venison, heat through for 2 to 3 minutes and serve immediately.

Top with freshly grated parmesan cheese and chopped fresh basil.





THAI VENISON SALAD WITH  
UDON NOODLES & GREENS

## INGREDIENTS (Serves 4)

600g of venison leg meat  
or stir fry  
Udon noodles  
Mesclun greens  
6 limes  
Sugar (Demerara or palm sugar)  
Coriander (1 bunch)  
Peanut oil  
1/2 tsp fish sauce

1/2 tbsp light soy sauce  
1/2 cup of roasted peanuts  
(coarsely chopped)  
Mint (1 small bunch)  
4 shallots cut finely  
1 Thai chilli (seeds removed  
and chopped)  
Sea salt and cracked szechuan  
pepper

## METHOD

Slice venison into 5cm strips. Season with salt and szechuan pepper and sear in very hot oil. Keep rare and rest in a warm place.

### Dressing

Take the juice and zest of 3 limes and add chopped shallots, sugar, soy sauce and fish sauce. Mix well.

Add the venison and the peanuts with chopped mint and coriander.

To serve, place a handful of washed mesclun greens into a deep bowl and mix with the udon noodles. Add the sliced venison and cover with dressing. Garnish with sprigs of coriander and mint leaves, with crispy fried noodles as an option.

## Kitchen Tips

Always wash your hands before and after food preparation and handling meat. Wash knives, utensils and chopping boards after preparation of raw meat.

Store raw meat in the bottom of the fridge, and keep raw meat away from ready to eat foods. Once cooked, do not put meat back on the plate that held the raw meat.

## How do I cook New Zealand Venison?

Always pre-heat the oven, grill, heavy frypan or barbecue before cooking New Zealand Venison.

There is no need to marinate New Zealand Venison, which is naturally tender if cooked correctly. However, if you prefer, a brief marinade may be used as a light flavour enhancement.

It is important not to overcook New Zealand Venison. Cook New Zealand Venison quickly over high heat and serve medium rare for maximum flavour and tenderness.

Rest New Zealand Venison after cooking either covered, or in a warm place, for 5-10 minutes (depending on the size of the cut) before serving to allow natural juices to disperse evenly. Do not reheat New Zealand Venison unless it is in a casserole.

Like other meat, New Zealand Venison should not be eaten raw or undercooked during pregnancy or by people with weakened immune systems.



## Nutritional profile of New Zealand Venison

(based on 100g portions).

	Calories	Fat (g)	Cholesterol (mg)	Protein (g)	Iron (mg)
Venison (Denver leg) roasted	157	6	73	27	4
Beef (leg), Lean and roasted	183	5	81	34	4
Pork (leg), Lean and roasted	251	13	102	33	3
Chicken (leg) Skinless and grilled	197	11	148	24	3

(Source: New Zealand Food Composition Database.)



New Zealand Venison is naturally tender and lean.

Its sophisticated, subtle taste goes well with most culinary styles, from an Italian pasta, or summer salad to an Asian stir-fry.

For more inspirational recipe ideas, visit: [www.nzvenison.com](http://www.nzvenison.com)

