

PAN SEARED VENISON WITH ROSEMARY AND DRIED CHERRIES



Prep Time: 20 minutes

Cook Time: 25 minutes

Total Time: 45 minutes

Yield: 4

- 1 ½ tsp chopped fresh rosemary
- 1 tsp coriander seeds
- 1 large garlic clove
- 1 ½ tsp Séka Hills extra-virgin olive oil
- 1 lb South Texas Antelope Boneless Loin, South Texas Antelope Filet Steak or Axis Venison Boneless Loin
- ½ cup dry red wine
- ¼ cup dried tart cherries
- ¼ cup fat-free beef broth
- ½ cup water
- 1 tsp cornstarch
- 2 tbsp black-currant jelly



Instructions

1. Grind 1 teaspoon of rosemary with coriander seeds and garlic with a mortar and pestle to make a paste, then stir in ½ teaspoon of oil.
2. Pat venison dry and put in a bowl, then rub with paste. Season well with pepper, then cover and chill for 20 minutes. Preheat oven to 450°F.
3. Heat a well-seasoned cast-iron skillet over high heat until hot, then add remaining teaspoon of oil, tilting the skillet to coat evenly. Season venison well with salt, then brown, turning once, for about 6 minutes total.
4. Transfer skillet to middle of oven and roast venison until an instant-read thermometer inserted diagonally into center registers 125°F; approximately 7 to 10 minutes. Transfer meat to a plate and cover tightly with foil.
5. Add wine and cherries to skillet and deglaze by boiling over moderately high heat, stirring and scraping up brown bits. Stir together broth, water, cornstarch, and remaining 1/2 teaspoon of rosemary in a bowl and add to skillet. Simmer, stirring, until thickened; about 5 minutes. Whisk in jelly and salt and pepper to taste.
6. Cut venison into ¼" thick slices and serve with sauce.