



haunch joint of venison

roast



The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!



Jeff Baker

Executive Development Chef

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cooking time from: 45 minutes

method

Remove the joint from the packaging, pat dry & bring to room temperature.

Preheat your oven to 180°C for fan assisted or 200°C for ovens without a fan(gas 6).

Choose a heavy-based oven proof frying pan.

Rub goose or duck fat all over the venison then season with good quality sea salt & cracked black pepper just prior to cooking.

Over high heat sear the venison until nicely browned, this will take around 5 minutes then place in the centre of the pre heated oven and roast for 15 minutes plus additional 15 minutes per 500g, the venison should be soft to touch with a little spring when pressed with your thumb, with a core temperature of 52°C before resting for medium rare.

Remove from the oven, put onto a clean tray and keep warm by covering with a sheet of foil.

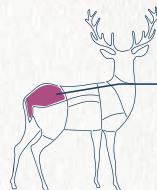
Rest for a minimum of 15 minutes before carving.

serving suggestions

Serve with spiced red cabbage, hasselback potatoes & red wine sauce.

for best results, roast this cut

Core Temperatures	Out of the Oven	After Resting
Rare	48-50°C	52-54°C
Medium Rare	52-54°C	56-58°C
Medium	56-58°C	60-62°C
Well Done	65-68°C	70-75°C



haunch

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