

Hinds and Haunches



Foil-Baked Fillet with Mushrooms and Rowanberry Jelly

Serves 4

Pure, gastronomic perfection – try very hard to acquire rowanberry jelly. It has a perfumed bittersweet flavour which marries so well with venison – redcurrant jelly may be substituted, but it is a very poor relation.

1 fillet (450-600g / 1 – 1 ½ lb)

1 heaped tablespoon rowanberry jelly

100g / 4oz sliced mushrooms

1 desert spoon crushed juniper berries

Salt and pepper

Pre-heat oven to 200oC / 400oF / Gas Mark 6.

1. Season the fillet with salt and pepper and the crushed juniper berries. Spread rowanberry jelly over the top side and place on oiled foil
2. Add the sliced mushrooms and wrap in loose parcel.
3. Cook for 30 minutes if you care for pink meat, 45 minutes or beige.
4. Slice at the table in thickest slices and serve with a potato puree and one green vegetable