

# Hinds and Haunches



## Pan Fried Venison Steaks

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Serves 2

Quick, easy and delicious ! This is a quick and easy meal that requires very little cooking time or preparation. Recommend the steaks are served with either mashed and fresh seasonal vegetables.

2 x venison haunch steaks

1 tablespoon olive oil or quality cooking oil

¼ onion chopped

Salt & pepper to taste

4 to 6 chopped chestnut mushrooms

2 tablespoon light soy sauce

1. Heat frying pan over a medium to high heat – add in olive oil
2. Add in venison steaks – oil should be hot enough to seal the meat ie., should be sizzling – pan fry for approximately 2 minutes turning the steaks to seal both sides
3. Turn the pan heat down to medium heat – add salt & pepper to taste - continue to cook the steaks turning frequently for a further 5 to 8 minutes depending upon taste ie., how rare or well done you prefer your steaks
4. Add the chopped onions, mushrooms and soy sauce approx. 1 to 2 minutes before you remove the steaks from the pan – cook until onion and mushrooms are browned
5. Check the steaks by making a small cut into the steak and checking how well cooked it is – cook for further time if you enjoy your steaks well done
6. Remove the steaks from the pan – serve with mashed potatoes and fresh seasonal vegetables – delicious !