

## **Hinds and Haunches**



### **Venison Medallions**

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Serves 2

Venison medallions are the answer to the ‘what will I have for super tonight?’ question. They are cooked in minutes, tender and juicy and only need a selection of simply cooked fresh vegetables or an interesting salad to complete the meal.

6 medallions of Venison, approximately 300g

1 tablespoon olive oil

Salt and freshly ground black pepper

1. Season the medallions with salt and pepper
2. Heat a heavy frying pan over a medium heat
3. Add the olive oil, wait until it heats up and then add the medallions. They should instantly sizzle.
4. Cook over a steady heat for 2-3 minutes. Do not move them around.
5. Turn over and cook on the second side for a further 2-3 minutes.
6. The venison should be pink and in no way overcooked.
7. Remove to a warm plate and leave to rest for 5 minutes before serving