

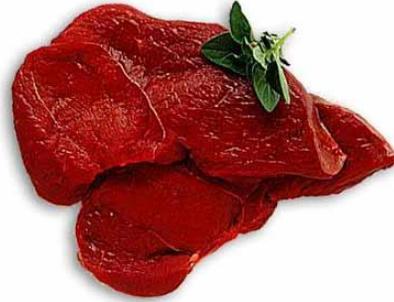


RECIPES CREATED FOR THE AFTERNOON SHOW ON BBC RADIO OXFORD 95.2FM

Venison Steak and Oyster Sauce

Ingredients

4 200g Venison steaks
8-12 oysters
2 banana shallots diced
200g chestnut mushrooms
50ml Red Wine Vinegar
225ml Red Wine
125ml Port
3 teaspoons cornflour
1 Bay Leaf
2 teaspoons chopped Thyme – dried will do
Chives finely chopped for presentation
salt and pepper for seasoning



Serve with Pommes Lyonnaise or Pommes Dauphinoise and vegetables, or game chips and salad.

Method

Oven on at 200C/180C Fan/ Gas 6.

Open the oysters carefully, firstly to be sure you dont injure yourself with the oyster knife, secondly to preserve all of the liquid with the oysters. Keep to one side in a bowl.

Put the Red wine vinegar and thyme in a pan and heat until the vinegar is almost gone. Add the port and bring to a boil and then reduce until nearly gone. Then add the shallots and mushrooms – allow to boil gently for 5-10 minutes to reduce further. Stir in the cornflour and the liquid should go thicker and glossy. Move to one side.

Season the steaks and have a cast iron frying pan on the heat – it should be quite hot. Add some oil. Fry the steak on each side for about 2-3 minutes until they are coloured. Put the pan in the hot oven. Follow the guide below.

How long should you cook a steak for?

These timings are based on cooking a steak that's about 1-2cm thick.

(Cooking times will vary depending on the type and thickness of the steak, and how hot your pan is.)

Blue: 1 minute each side

Rare: 1½ minutes each side

Medium rare: 2 minutes each side

Medium: 2¼ minutes each side

Medium-well done: 2½ - 3 minutes each side.

If the steak is thicker than 2cm you can cut it in half or when the steak is browned put the pan in the oven for 5-10 minutes (No more and depending on how good your oven is). This will allow the steak to cook to the point you want it and when serving add the juices to the sauce before serving. Remove the steaks from the oven, add the juices to the sauce and rest the steaks for a few minutes before serving.

Other information

Serves 4

Preparation time - 15 minutes

Cooking time – 15 minutes