

How to cook Venison Steak

Add a butter and oil mix and wait until butter is brown then add steak

Brown the steak in the frying pan by letting it sit still until the gain heat again. Don't keep pushing the steak about otherwise you may throw off the water, stopping them browning.

Reduce the heat and part cook them.

Rest the steak to let it relax and finish off cooking. By undercooking the steak and allowing it to rest lets the steak relax, distributing the juices evenly throughout the meat.

Serve up and enjoy

If you're cooking in a pan, preheat a well-seasoned cast-iron pan over medium-high heat until it's very

very hot. Place the steaks on the grill or in the pan and cook for about 5-7 minutes per side (this will depend on steak thickness), but keep an eye on the internal [temperature](#).

A nice way to cook Venison Steak

Ingredients

750g small potatoes, halved or quartered if some are large

2 tbsp olive oil

4 venison steaks

1 tbsp cracked black pepper

chopped parsley, to serve (optional)

For the sauce

zest 1 orange, removed in strips, plus its juice

6 tbsp redcurrant jelly

4 tbsp port

1 cinnamon stick

Method

STEP 1

Make the gravy by simmering all the ingredients together until the redcurrant jelly has completely melted. Keep warm.

STEP 2

Steam or simmer the potatoes until just tender, about 8 mins, then drain well and add a few drops of oil.

STEP 3

Lay the venison on a board. Sprinkle some of the black pepper and a little salt on each side, pressing the pepper into the steaks. Heat the remaining oil in a pan. When it has a shimmering surface, add the steaks, 2 at a time. Cook for 2 mins on each side for rare, 3 mins for medium and 4 mins for well done.

When cooked, return them all to the pan and pour over the sauce. Warm for 1 min, sprinkle with parsley.
Serve with the potatoes and peas, if you like, and any extra sauce spooned over.