

Wild GOURMET

NATURALLY HEALTHY GAME, FISH, AND FOWL
RECIPES FOR EVERYDAY CHEFS

Herb-Crusted Venison Filets with Horseradish Sauce

CHEF CHRIS HUGHES | DOUBLE ARROW RANCH, INGRAM TX

3 – 5 Pounds Boneless Leg Filets or
Boneless Loin (Axis or South Texas
Antelope)

2 Tablespoons extra-virgin olive oil

3 Tablespoons Dijon mustard

3 Tablespoons cracked black
peppercorns

2 Tablespoons fresh rosemary, finely
chopped

2 Tablespoons fresh thyme, finely
chopped

Salt, Kosher, to taste

FOR HOISIN GLAZE:

1/4 Cup sour cream

1/4 Cup mayonnaise

1/4 Cup prepared horseradish

1 Tablespoons Dijon mustard

Tender cuts of venison are best prepared simply and cooked quickly. Keep the final doneness to rare or medium-rare to prevent drying out this very lean meat. This recipe is like a good pair of cowboy boots – easy everyday fare and, with a little polish, it's great for more elegant events.

Cook Time: 25 minutes

1. Rub **filets** with **olive oil**. Sprinkle a generous amount of **salt** over filets.
2. Rub filets with **mustard**. Mix **pepper**, **rosemary** and **thyme** then season meat with the herb mixture.
3. Cover or wrap the meat with plastic and allow to sit at room temperature for 1 hour. (Alternatively, meat can be seasoned in advance and placed in the refrigerator – just pull meat from refrigerator 1 hour before cooking.)
4. For sauce, mix **sour cream**, **mayonnaise**, **horseradish**, and **mustard** to create the sauce. Chill until ready to serve.
5. Heat oven to 425°F or prepare a medium-hot grill. Roast/grill venison filets to rare or medium-rare. For rare, pull meat when internal temperature is 115°-120°F, about 15-20 minutes total cooking time. For medium-rare, pull meat when internal temperature is 120°-125°F, about 20-25 minutes total cooking time.
6. Slice filets across the grain into 1/4 inch medallions and serve with the horseradish sauce. When done the filets will be plump and firm to the touch.

Serve with additional glaze drizzled over the top or on the side for dipping.



Wild Gourmet

will feature over 60 recipes for all types of wild game, fish, and fowl. Also included is a pull-out poster detailing meat cuts, butchering information, and cooking techniques.

Wild Gourmet - Hardcover

RETAIL \$34.95

Coming this Fall – Stay tuned for details!

SERVES
6-8