



WILD. NATURAL. SUSTAINABLE.

Venison Medallions & Mushroom Scallopini

• Prep Time: 40 minutes • Yields: 2 - 6 servings

Ingredients:

2 pkgs. Fossil Farms' Venison Medallions, 3 x 4 Oz.

2 tbsp. olive oil

2 tbsp. crushed garlic

1 cup button mushrooms, sliced

1 cup beef stock

3 tbsp. sherry

2 tsp. lemon juice

2 tsp. cornstarch

Salt & pepper to taste

Optional:

1 sprig cilantro or parsley

Method:

1. Slightly pound the Venison medallions to flatten, then season with freshly ground black pepper.
2. Heat 1 tablespoon of the olive oil in a heavy-based saute pan.
3. Saute the Venison medallions over high heat for 1 minute per side until meat is just browned.
4. Remove the Venison medallions from the pan, then reduce the heat to medium.
5. Add remaining 1 tablespoon olive oil, garlic and mushroom, to the pan.
6. Cook until the mushrooms are dry and brown, then stir in the sherry and beef stock.
7. Bring sauce mixture to a simmer for a least 1 minute.
8. Mix lemon juice and cornstarch to create a paste then mix into the sauce, stirring continuously until the sauce thickens and boils.
9. Add the cooked Venison medallions to the pan with the sauce and heat for 1 to 2 minutes. Season to taste with salt and freshly ground black pepper.
10. Remove from heat, garnish with fresh herbs, serve and enjoy!

Equipment:

Stove

Large saute pan

Cutting board

Meat tenderizer mallet

Serving plates

Measuring spoons & cups

