 

SPICED VENISON WITH ISRAELI COUSCOUS & VEGETABLE SALAD AND LEMONY SALSA VERDE served with THE CRATER RIM PINOT NOIR

SERVES: 4

INGREDIENTS – Spiced Venison

2T Salt

1T cumin

1T black pepper

1T coriander

1T paprika

1 ½ tsp cayenne pepper

1 ½ tsp garlic powder

500g venison backstrap or steak

COOKING DIRECTIONS – Spiced Venison

* Combine spice powder ingredients and coat venison. Cover and refrigerate over-night if time, or for at least several hours.
* Using a small amount of oil cook venison on all sides until medium-rare. Rest meat and cut into thin slices. Set aside for assembling salad.
* Store left-over spice in sealed plastic bag for future use.

INGREDIENTS – Israeli Couscous & Vegetable Salad

1 ½ cups Israeli couscous

60g rocket leaves

2 medium red onions

½ medium crown pumpkin

A little oil

Salt & pepper

1 large clove garlic

3T olive oil

1 tsp grated ginger

Grated rind and juice of one lemon

COOKING DIRECTIONS – Israeli Couscous & Vegetable Salad

* Cook couscous as per instructions on packet.
* Cut onions into wedges and pumpkin into small chunks and roast in a little oil and salt and pepper.
* Add roasted vegetables and rocket to couscous.
* Mix remaining ingredients to make a dressing and combine with salad ingredients.

INGREDIENTS – Lemony Salsa Verde

1 Spring onion

1 cup chopped parsley

½ cup chopped coriander

1 medium clove garlic

Grated rind and juice of one lemon

Salt & Pepper

1 cup olive oil

COOKING DIRECTIONS – Lemony Salsa Verde

* Place all ingredients apart from olive oil into a food processor and whiz until chopped finely.
* Add olive oil and combine.

ASSEMBLE SALAD

Place a pile of the salad across the centre of a plate and top with sliced venison and salsa verde.

