

Roe Deer Fillet in Vanilla Blossom

SAUCE
approx. 3 hrs

MEAT
30 min at 100 °C

BONES
250 °C

SERVINGS
6

FOTO

INGREDIENTS

- ☐ 1 saddle of venison (roe deer, on the bone)
- ☐ 100 g butter
- ☐ 2 bay leaves
- ☐ 12 juniper berries
- ☐ 5 peppercorns
- ☐ 100 g blueberries
- ☐ 1 vanilla pod
- ☐ 2 tbsp blueberry syrup
- ☐ 200 ml stock (chicken, beef or vegetable)
- ☐ 500 ml red wine
- ☐ 3 shallots
- ☐ 5 tbsp diced root vegetables
- ☐ icing sugar
- ☐ 1 tbsp cornflour

CHANTERELLE DUMPLINGS

- ☐ 12 slices white toast bread
- ☐ 3 tbsp dried chanterelles
- ☐ milk
- ☐ 2 tbsp flat-leaf parsley, chopped
- ☐ 2 eggs
- ☐ 2 tbsp breadcrumbs

METHOD

PREPARING THE MEAT

- 1 Bone the saddle: lay it with the long bone facing up, cut along the bone with a filleting knife and remove the two loins along the ribs. Turn the saddle over and remove the two small fillets from the rib section in the same way. Carefully remove the membrane, wrap the meat in cling film and refrigerate.

SAUCE

- 2 Chop the bones into small pieces with a cleaver or sharp knife and roast in an oven preheated to 250 °C for 20 minutes until dark brown.
- 3 Melt 2 tbsp butter in a pan, caramelise a pinch of icing sugar in it, then fry the root vegetables and one finely chopped shallot. Add the browned bones.
- 4 Add a little red wine and reduce; repeat several times, reducing for about 5 minutes each time. Only once a rich base sauce has formed, add enough stock and wine to cover the bones.
- 5 Add the blueberry syrup and half the spices (bay, juniper, peppercorns) and simmer for at least 2 hours. Strain, add the remaining spices and simmer for another 30 minutes. Pass through a fine cloth, chill and remove the layer of fat completely.

COOKING THE MEAT

- 6 Heat 2 tbsp butter in a large frying pan until foaming. Slit the vanilla pod 2 cm and add the whole pod to the butter. Pepper the meat and sear on all sides in the nut-brown butter.
- 7 Place the meat, in the butter, in an oven preheated to 100 °C. Remove after 30 minutes, season carefully with salt, cover with foil and leave to rest.

CHANTERELLE DUMPLINGS

- 8 Finely grind the dried chanterelles, heat the milk and pour it over the powder. Cut the toast into small cubes.
- 9 Briefly sweat a finely chopped shallot and the parsley in butter until translucent and pour over the bread. Crack the eggs over it, add the hot chanterelle milk, mix gently and bind with breadcrumbs as needed.
- 10 Divide the mixture in two and roll each into a sausage shape in cling film. Hold upright and tap the top so no air pockets remain. Wrap tightly in two layers of foil and place in barely simmering water – do not boil – for at least 20 minutes.

TO SERVE

- 11 Warm the sauce, thicken with cornflour mixed with water and add the blueberries. Do not boil.
- 12 Cut the meat into medallions and drizzle with the vanilla butter. Slice the dumplings and serve with the blueberry sauce.

NOTES

You can ask the hunter or game dealer to bone the saddle – but be sure to take the bones as well. Boning it yourself sounds more complicated than it is.

Do not salt the sauce or dumpling mixture at first: season the sauce just before serving, and the dumpling mixture just before wrapping.

Instead of cornflour, the sauce can be finished with ice-cold butter flakes. The dumplings can stay in the hot water for several hours, which makes them easy to prepare ahead.