



# Rutland, Steady, Cook!

## The King's Arms' Venison with Beetroot, Mushrooms, Black Pudding & Pancetta

### Ingredients

Saddle or Filet of Venison  
(150g per person)

4 Slices of Smoked Dry Cured Pancetta,  
Good Quality Thick Cut  
Thick Slice of Black Pudding  
(per person)  
300g fresh Beetroot

100ml of Balsamic Vinegar  
200g Red Wine  
50g Demerara Sugar  
30g Dark Chocolate  
Pinch of Chinese Five Spice  
Handful of Wild Mushrooms

### Method

#### Beetroot:

1. Peel the beetroot. Square off the ball shaped beetroot, save the trimmings for the puree. Make a dice of the squared of beetroot and set to one side.

#### Poaching Liquor:

1. In a pan add the balsamic vinegar and reduce by half, then add the red wine in and reduce by half again, finally add the sugar and five spice and cook until dissolved.
2. Poach the pre-diced beetroot cubes for 20 -25 mins until tender in the liquor and remove into a small saucepan with a couple of tablespoons of the poaching liquor and set to one side. Now add all of the beetroot trimmings to the remaining poaching liquor and cook until very tender and just covered with liquid.
3. Blend with a stick blender, and pass through a sieve to make a smooth puree. Whilst still hot add the chocolate and stir into the puree until fully dissolved.

#### Meat:

1. In a frying pan on medium heat fry the 2 slices of black pudding for 1 min on each side and place on a baking tray.
2. First season with salt and pepper and then brown the 2 venison loins of in the same pan and onto the baking tray. Then put the 4 slices of uncooked pancetta on the same baking tray. Place the tray in a preheated oven (180 – 200c) for 4 mins.
3. Remove the Venison and Black pudding from the oven and keep warm. Return the pancetta to the oven until crispy, about another 4 – 5 mins.

#### To Finish:

1. Slowly reheat the diced venison continually turning it until the poaching liquor coats it all leaving it thick and sticky with red wine syrup.
2. Use the meat frying pan to sauté off the mushrooms with either a drop of oil or butter or even better a little of both, season to taste.
3. Then assemble on the plate. A smooth dollop of puree topped with a slice of the black pudding, then venison and pancetta. Scatter the candied beetroot and mushrooms around the side and drizzle with the butter from the frying pan.  
Serve with your favourite potatoes, maybe a dauphinoise or good sauté.

Don't forget to share your own **Hungry Birds's Rocky Road** image on Facebook using **#RutlandSteadyCook**

**Thank you to:** The King's Arms, Wing