



**Miele**

# Venison, bone marrow and celeriac

By Shannon Bennett

**2 hours 30 minutes**

Prep time

**1 hour 30 minutes**

Cooking time

**8 Servings**

Serves

## INGREDIENTS

### Roots puree

2 celeriac  
4 parsnip  
4 tablespoons olive oil  
Murray River Sea Salt to taste  
15g horseradish

### Smoked bone marrow

1¼ litres water  
25g cooking salt  
300g raw bone marrow  
Smoking chips

### Crispy shallot rings

2 red shallots  
1 cup milk  
¼ cup rice flour  
1 litre sunflower oil

### Pommes soufflé

3 medium size desiree potatoes , peeled  
2 litres sunflower oil for frying Venison

### Venison

1kg venison loin

### Red wine sauce

Venison trimmings  
1 tablespoon olive oil  
1 onion, roughly chopped  
1 stick celery  
1 bay leaf  
1 carrot, washed and roughly chopped  
1 clove garlic, peeled  
3 mushrooms  
250ml red wine  
250ml quality flavoured chicken stock  
Murray River Sea Salt

### To serve

Rendered marrow  
1 tablespoon sherry vinegar  
1 sprig thyme  
Murray River Sea Salt to taste

### Garnish

Watercress  
Pommes soufflé

## METHOD

### Smoked bone marrow

1. Make a brine by combining 1 litre of water and the salt. Soak the bone marrow overnight in the brine, refrigerated.
2. Soak smoking chips in water for at least 1 hour.
3. Strain the marrow and discard the brine water.
4. Place the strained marrow with ½ cup of fresh water in a fry pan and cook over medium heat, Induction setting 6, for 5 minutes until just softened.
5. Line a medium gourmet induction pan with foil and add the soaked smoking chips. Heat on high heat, Induction setting 8-9. When beginning to smoke, add the bone marrow in a single layer (on a saucer) and cover the gourmet induction pan as quickly as possible. Cook for 1 minute to ensure the smoke is contained. Remove the pan from the heat and leave the marrow to smoke for 15 minutes.
6. Set the smoked marrow aside until required.

### Roots puree

1. Peel and slice the celeriac 3mm thick and place into a sous-vide bag.
2. Repeat the above process for the parsnips.
3. Add 2 tablespoons of olive oil into each bag and seal well. Place each bag into another 2 bags and seal both again (each vegetable should be double bagged).
4. Steam using sous vide function and at 90°C for 40 minutes, or until cooked through.
5. Place the cooked vegetables into a blender and puree until smooth.
6. Push vegetables through a fine sieve and add salt to season, along with grated horseradish to taste.
7. Stir through the butter until melted and mixed through. Set aside until required.

### Crispy shallots

1. Slice the shallots using a mandoline into 2mm rings.
2. Bring the milk to a simmer over medium heat, Induction setting 6. Reduce heat a little and add the shallot rings. Cook for 2 minutes, drain on kitchen paper.
3. Dip the shallot rings into rice flour and shake off the excess.
4. Heat the oil over medium heat, Induction setting 6 to 170°C using a digital thermometer.
5. Cook the onion rings, a few at a time, until lightly golden in colour. Drain on kitchen paper and set aside until required.

### Pommes soufflé

1. Heat the oil in the first pan to 140°C and the second pan to 180°C.
2. Slice the peeled potatoes 2mm thick using a mandolin. Stack and cut the slices into 3cm squares. Place 4-5 slices of potato in the pan set at 140°C, swirl with a slotted spoon by stirring constantly to keep the potato moving until they are puffed. Let them cook for a couple of minutes once they have puffed, then immediately transfer to the 2nd pan set at 180°C. Continue to cook until an even golden colour, drain on paper towel. Repeat with remaining potato squares.
3. Set aside until required.

## **Venison**

1. Trim the venison fillets (save the trimmings for the a sauce), cut fillets into 8 x 150g portions.
2. Tightly roll each venison portion tightly in a long strip of plastic wrap, making sure it is tied off at each end with a knot.
3. Steam the venison in a perforated steam tray at 65°C for 15 minutes, or until the core temperature is 45°C. Rest for 5 minutes before unwrapping.
4. 4. Set fillets aside, refrigerated, until ready for serving.

## **Red wine sauce**

1. Place a dash of olive oil in a pan and add the meat trimmings along with the onion, celery, bay, carrot, garlic and mushroom. Cook until well browned.
2. Add the wine and cook until reduced by 1/3. Add the chicken stock and continue to cook until the sauce has reduced and thickened slightly. Season with salt to taste, strain, discard solids and keep warm.

## **To serve**

1. Cut 16 slices of marrow (2 per serve) and set aside.
2. Heat a medium size pan on medium-high heat, Induction setting 7-8. Add the water and the remaining smoked marrow. Reduce the heat to low, Induction setting 4 and Cook for 25 minutes , or until the marrow is rendered down.
3. Add the red wine reduction, a little sherry vinegar and thyme. Cook to reduce a little and taste for seasoning.
4. Re-heat the root puree in the steam oven at 100°C for 5 minutes.
5. Heat another fry pan on medium-high heat, Induction setting 7-8, sear the venison on both sides for a few minutes until brown and warmed through. Set aside to rest in a warm place for 2-3 minutes before trimming the edges.
6. Place a large spoonful of the root puree in the middle of each warmed plate. Sit the venison on top, then the warmed marrow slices. Top with fried onion rings, pommes soufflé and garnish with water cress sprig.
7. Pour a little sauce around the plate and sevre.

## **Note**

- *This recipe needs to be started a day prior as the bone marrow needs to be soaked overnight.*