



PAULANER 0,0%
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My favourite fitness meal

SERGE GNABRY

VENISON LOIN ON GLAZED ROOT VEGETABLES

Ingredients

200 g venison loin steak
150 g mixed vegetables, such as pumpkin, golden beetroot, carrot, bell pepper, mushrooms, tomatoes and baby leek
20 ml olive oil
50 ml tomatoe stock
1 piece ginger
1 clove garlic
1 sprig rosemary
1 handful mountain pine
Salt, pepper
Wild herbs & spices
Mixed dried flower petals or herbs
BBQ glaze (2 to 3 portions)
200 ml honey
100 ml soy sauce
50 ml red wine vinegar
1 tbsp spices, such as chilli, pimento, curry, peppercorns, anise, cloves, caraway seeds, laurel, coriander, cinnamon

Method

BBQ GLAZE

- 1.) Add spices to the red wine vinegar, bring to the boil and fully reduce.
- 2.) Add the soy sauce & reduce for a further approx. 2 mins.
- 3.) Finally add the honey.
- 4.) Leave to stand for a further 30 mins.
(note: the honey must not be cooked any further)
- 5.) Pass the glaze through a sieve.

VENISON LOIN

- 1.) Prepare the meat by removing any excess sinew.
- 2.) Massage the meat with wild herbs & spices and oil.
- 3.) Place the meat in a pan prepared with the mountain pine needles and cook for approx. 10-12 mins on indirect heat.
- 4.) Brush the cooked venison loin generously with the glaze.
- 5.) Garnish with mixed dried flower petals or herbs.

VEGETABLES

- 1.) Add olive oil to a pan.
- 2.) Add roughly chopped vegetables.
- 3.) Add salt.
- 4.) Cover with tomato stock or vegetable stock & simmer.
- 5.) Add spices & leave to stand.
- 6.) Serve together with the meat.

