

Date Wed 05 Sep 2007 12:41:35 MDT



## DESCRIPTIONS

Although the recipe calls for “pan-seared” venison medallions, the medallions can also be grilled or broiled as long as you don’t overcook them. When using hindquarter cuts, slice the meat with the grain into strips about 4 inches wide. Slice across the grain of each piece, about 1/2 inch wide, to make the medallions.

4 servings

2 pounds well-trimmed venison medallions, about 4 inches wide by 1/2 inch thick (see above)

salt and pepper

2 tablespoons olive oil

1/2 teaspoon fresh rosemary leaves, minced

2 cloves garlic, minced

1/4 cup dry red wine

1/4 cup balsamic vinegar

1 tablespoon plum preserves

3 tablespoons chilled butter, cut into pieces

3/4 cup fresh berries, any kind

1/4 cup blue cheese crumbles

## INGREDIENTS

## INSTRUCTIONS

Season meat evenly with salt and pepper. Heat olive oil in a large skillet over medium-high heat. Add meat and brown on each side, about 1 – 2 minutes each side, but not past rare. Add rosemary, garlic, wine, balsamic vinegar and plum preserves. Remove meat after 1 minute and keep warm. Reduce liquid to a few tablespoons. Whisk in chilled butter until melted. Immediately remove pan from heat and stir in berries. Arrange medallions on plates, spoon sauce over and top with blue cheese crumbles.

## NOTES

<b>Difficulty</b>	Low	<b>No of Servings</b>	0
<b>Vegetarian</b>	No	<b>Preparation Time</b>	0minutes
<b>Hits</b>	2985	<b>Cooking Time</b>	0minutes
<b>Votes</b>	87	<b>Calories</b>	K. cal.