

Deer Backstrap Steaks in Mushroom Sauce

4 servings

Mushroom Sauce

2 tablespoons butter
2 tablespoons flour
1/2 cup chicken broth, cool
1/4 cup dry white wine
1/4 cup whipping cream
1 teaspoon Worcestershire sauce
Dash of Tabasco
1/2 cup red and green bell pepper, diced
2 green onions, white and green part, diced
2 garlic cloves, minced
2 cups fresh mushrooms, thinly-sliced
salt and pepper to taste

12 2 to 3 ounce venison medallions cut from the loin or eye of round
salt and pepper
2 tablespoons olive oil
4 sprigs Italian parsley

INSTRUCTIONS

Melt butter in a medium saucepan over medium heat. Stir in flour and cook while stirring until butter/flour mixture is smooth and beige in color, about 3 to 5 minutes. Stir in cool chicken broth, a little at a time, until incorporated. Stir in wine and cream until incorporated.

Add remaining sauce ingredients and simmer for 10 to 12 minutes, stirring often.

Season medallions with salt and pepper. Heat oil in a large skillet over medium-high heat, add medallions and sear on both sides until medium-rare. To serve, spoon sauce on to plate, arrange medallions over sauce and garnish with parsley.