



## FALLOW DEER FILLET AND SUNROOT PUREE

### THE BEST DEER MEAT!

The start of a new year always inspires ambitious goals – especially when it comes to healthier eating habits. So here comes a simple, tasty and healthy recipe for fallow deer fillet and sunroot (also known as Jerusalem artichoke) puree, served with oven baked brussels sprouts.

## FALLOW DEER FILLET

### Ingredients

(Serves 4)

- Fallow deer fillet
- 2kg sunroot
- 800g brussels sprouts
- Juice of ½ lemon
- 2 gloves garlic
- 15ml olive oil
- 25g butter
- Freshly grated parmesan
- Salt and freshly ground pepper
- ½ tsp nutmeg
- (Optional) 50ml cream/milk for puree

Preheat your oven to 200 degrees  
(or 390°F)

🕒 50-60 min.

### Method

Preheat oven to 200 °C. Next, peel sunroots, cut in half and put them in a pot with water – bring to boil. They should be tender after about 10min.

Now, prepare the marinade for both the meat and the brussels sprouts by mixing olive oil, garlic, salt and pepper. Next, trim the fallow deer fillet, cover with half of the marinade and set aside.

To clean brussels sprouts, cut off the ends, cut into half and place on a baking tray. Mix with rest of the marinade. Add lemon juice and bake in the oven for 35min. After 25min, sprinkle the parmesan over the sprouts and bake for the another 10min.

To cook the meat, heat a frying pan on high heat with 25g butter. Fry fallow fillet for 1min on each side, until golden brown. Make sure to pour the butter over the meat while frying it. Next, transfer the fillet to a baking tray and put in oven for 8-12 min, or until it has a temperature of 53 °C. Let the meat rest for 10 min covered with kitchen foil and a tea towel.

To finish the sunroot puree, you can choose to prepare it with water, milk or cream. If you choose water, leave about 50ml of the cooking water in the pot. If you choose milk or cream, strain the sunroot and add 50ml of whichever you choose. Now puree the sunroot until it has a silky texture. If the mixture feels too rough, add a little bit more liquid. Season with salt, pepper and nutmeg.

Serve slices of fallow deer fillet on top of the sunroot puree with oven baked brussels sprouts on the side.

Happy cooking & Bon appétit.