




PERFECTLY JUICY

It's time to dedicate a #venisonwednesday to some tips on how to cook a perfectly juicy venison steak with a gorgeous crust. Try it out and let me know if it works for you.

PERFECT STEAK

Ingredients

- Venison Steak
- Olive Oil
- 2 Gloves of Garlic
- Fresh Herbs
- Salt and Pepper

 15-20 min.

Method

Take the steaks out of the fridge at least 45min. before cooking to let them come to room temperature.

Season your steak with salt and pepper – and be generous. The seasoning helps to create the crust we are looking for. Drizzle some olive oil on the steaks and rub it in.

Heat a frying pan on high heat. It should be very hot! If you are using butter to fry instead of oil, the pan is ready when the butter starts bubbling and turns brown. Add some garlic and robust herbs to the pan, if you want.

Start frying the steaks on the fat side (if there is one) for about one minute until the fat is rendered completely.

Sear your steak evenly on each side. Cooking time depends on the thickness of your steak, but I usually give it about 2 minutes on each side.

To keep the taste, tenderness and juice – let the steak rest for about 5 minutes on a cutting board. This step is very important to get a perfectly juicy steak. Now, all you need to do is slice the steak and serve with your favorite sides.

Happy cooking & Bon appétit.