

Seared Miso Crusted Fallow Venison, Grilled Mushroom Salad, Japanese Mustard Sauce

Recipe courtesy of [Rural Industries Research and Development Corporation](#) and **Tony Carroll**, [Jolley's Boathouse Restaurant](#) :

Ingredients

Venison
480gm fallow venison round (split)
Miso Base
100mls mirin
150gm white miso
70gm castor sugar

Sauce

40gm wakame seaweed (soaked)
40gm cooked baby spinach (warm)
1 teaspoon Japanese mustard powder
60mls rice wine vinegar
60mls chicken stock (warm)
120gm miso base

Garnish

30gm enoki mushrooms
30gm shimeji mushrooms
30gm chestnut mushrooms
30gm shiitake mushrooms
1 cup mizuna leaf
Sesame seeds toasted
25mls Japanese soy sauce
Shiso cress

Method

Miso Base

1. Flame mirin in a hot pan then reduce the heat and add the miso and sugar. Keep stirring until fully dissolved then remove from heat and cool
2. When cool brush all over the venison

Sauce

1. With a hand blender puree seaweed, miso, chicken stock to a fine paste
2. Add Japanese mustard powder and rice wine vinegar to taste.

Garnish

1. Clean and quarter all mushrooms and sauté in hot olive oil until just cooked
2. Add sesame seeds, Soy sauce, Shiso cress and Mizuna leaves

Fallow venison

1. Brush cool Miso base all over the venison
2. In a hot pan sear the venison until a nice crust forms on all sides
3. Roast in a hot oven at 180 0C for 5 to 8 minutes and remove from the oven and rest for 8 to 10 mins

To serve

1. Spread a thin bed of sauce across the base of a plate
2. Slice the venison thinly across the grain and layover the sauce
3. Place the mushrooms down the centre of the venison

Glossary

Mirin (White Miso) - A seasoned rice based wine of low alcohol content (Shiromiso) - Thick paste made from fermented barley, rice or soya bean often used in Japanese recipes
Shitake Mushrooms - Native Japanese mushrooms
Enoki Mushrooms - Long, thin white mushrooms often used in Asian cuisines
Mizuna - A Japanese leafy vegetable with a pleasant peppery flavour