

Venison Tenderloin with Cabernet Sauce

Prep Time: 20 minutes

Cook Time: 45 minutes

Total Time: 1 Hour 15 Minutes

Servings: 6-8

Ingredients:

2 1/2 lbs. venison loin

2 cloves garlic, minced

salt and black pepper

2 tablespoons olive oil

1 1/2 cups cabernet sauvignon wine

1/2 cup shallot, coarsely chopped

1 small carrot, thinly sliced

1 bay leaf

2 sprigs parsley

1 cup beef broth

1 tablespoon cold unsalted butter

Directions:

Preheat the oven to 450 degrees F.

Rub the venison with garlic and sprinkle with salt and pepper.

Put olive oil in a heavy skillet.

Add venison and sear over high heat until browned on all sides- about 3 minutes Place in oven and roast until medium-rare; for 16- 20 minutes, turning once.

Meanwhile, combine the wine with the vegetables and herbs and bring to a boil.

Reduce by half over medium heat- about 8 minutes.

Strain out vegetables and discard.

In a saucepan, reduce broth by half over high heat- about 7 minutes.

Combine all the liquids.

When meat is done, remove to cutting board and cover loosely with foil.

Pour any fat from the pan and deglaze with the reduced liquids

Whisk in the cold butter and add salt and pepper.

Spoon a bit of sauce over each meat serving.