



VENISON WITH COFFEE & BEETROOT

500g of beetroot
250ml of apple juice
250ml of beetroot juice
50ml of red wine vinegar

Method

Peel the beetroot and cut into even size pieces. Cover with the apple, vinegar and beetroot juice and cook for about 40 minutes until soft then blend until a smooth puree.

Coffee Powder

100ml of water
100g of sugar
50g of roasted coffee beans

Method

Boil the sugar and water together, then add the roasted coffee beans and simmer for two minutes. Remove from the stock syrup and place on a tray and dust with icing sugar. Leave on a warm dry place to crystallize for 24 hrs.

Roast the venison fillet with thyme and butter for around 7 minutes, turning every 2 minutes. Leave to rest for 7 minutes before carving. Serve with Thai basil, beetroot puree and coffee beans.

Created and expertly demonstrated by Luke Holder & Richard Lloyd at CookeryDemo.co.uk's Charity Chefs' Challenge on 12th July 2010.