

Monarch Venison Steaks with a Raspberry Dressing on Curly Kale

Ingredients:

- 10 ml Scottish rapeseed oil
- 2 x 100g Monarch venison steaks
- 100g kale, washed and shredded
- 4 medium potatoes peeled and cut in a small dice
- Freshly milled pepper
- A light pinch of salt
- A drizzle of raspberry vinegar

Method:

1. Brush venison with oil and season with pepper.
2. Heat a heavy frying pan and sear venison on a high heat for a couple of minutes. Reduce heat and cook for 3 more minutes. Turn over steaks and cook for a further 6 minutes for medium cooked steaks.
3. Place steaks on a warmed plate and cover loosely with foil. Allow to rest for 10 minutes.
4. Meanwhile add potatoes to pan with a drizzle of the Black & Gold rapeseed oil to loosen the tasty venison residues and toss frequently to cook through.
5. Whilst the potatoes are cooking cook kale in boiling lightly salted water for 5 minutes then drain.

To serve, place a spoonful of kale in the dish. Slice venison and set on top of kale. Add a spoonful of potato and finish with a generous drizzle of raspberry vinegar. Serve immediately.