

Roasted Seasonal Veg & Venison

Venison is one of the most sustainable and ethical meats you can enjoy. Sourced from free-range deer, it is naturally lean, high in protein, and rich in iron and B vitamins. Unlike intensively farmed meats, wild venison comes from animals that have roamed freely in woodlands and fields, feeding on a natural diet. This results in a deep, distinctive flavour while supporting wildlife management and reducing the environmental impact of imported or industrially produced meats. Pairing venison with seasonal vegetables not only celebrates the best of local produce but also ensures a nourishing, balanced, and sustainable meal.

This recipe is perfect for those cooler late summer evenings when a salad just isn't quite enough!

Ingredients

- 4 venison steaks (or why not use venison loin or sausages)
- 2 large potatoes, cut into wedges
- 2 medium beetroot, peeled and cut into chunks
- 1 courgette, sliced into thick rounds
- 200g runner beans, trimmed
- 200g peas (fresh or frozen)
- 10 cherry tomatoes, cut in half
- 1 red onion, cut into wedges
- 3 tbsp olive oil
- 2 cloves garlic, crushed
- 1 tsp fresh thyme leaves
- 1 tsp fresh rosemary leaves, chopped
- Salt and freshly ground black pepper
- 25g butter



Method

Preheat the oven to 220°C

Cut the potatoes and beetroot in chunks or wedges and blanch in a pan of salted water until tender.

In a shallow oven proof dish / tray, add a good splash of olive oil and place in the oven to pre-heat the oil.

Peel the onion and cut into 4/6 wedges, cut the courgette into 10cm thick rounds and trim the beans.

Once the oil is hot, add the potatoes, beetroot, onion, courgette and beans – and season with salt, black pepper, thyme and rosemary. Give it all a good stir and place in a middle/top of the oven. Allow 15-20 mins for veg to start to caramelise.

Heat a heavy frying pan or griddle over medium-high heat and add 1 tbsp olive oil.

Season the venison steaks with salt and pepper and then Sear for 2–3 minutes per side for medium-rare (adjust to preference). Add the butter to the pan in the final minute, spooning it over the steaks for extra flavour.

Remove the steaks from the pan, cover loosely with foil, and rest for 5-10 minutes.

Remove the vegetables from the oven and give them another good shake / stir , add the peas and tomatoes and return the oven while the venison is resting.

To Serve: Pile the roasted vegetables onto warm plates and top with the venison steaks – drizzle with the resting juices / butter from the pan.



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