



Arcticberry Crusted Venison with Cauliflower Ragout, Mocha Reduction

READY IN



45 min.

SERVINGS



4

CALORIES



770 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup arctic berry chutney
- 0.5 cup butter
- 1 head cauliflower
- 0.5 tablespoon bitter cocoa powder
- 2 tablespoons coffee-bean granita green
- 0.5 cup cup heavy whipping cream
- 0.5 head fennel bulb cored halved thinly sliced
- 1 tablespoon fennel seeds

- 0.5 optional: lemon
- 0.5 tablespoon olive oil
- 0.5 cup panko bread crumbs
- 4 servings salt and pepper
- 2 cups veal stock
- 4 servings vegetable oil for searing
- 1 cup vegetable stock
- 20 ounce loin of swordfish

Equipment

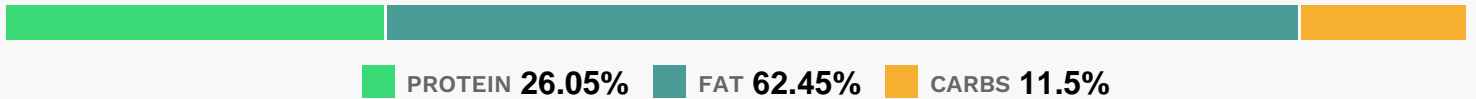
- frying pan
- oven
- whisk
- pot

Directions

- Preheat the oven to 400 degrees F.
- Cut the venison into 5-ounce pieces.
- Heat a large saute pan over high heat. When the pan is hot, add the oil and heat.
- Add the venison and sear until brown on both sides, about 2 minutes per side.
- Transfer the pan to the oven and cook to rare, about 5 minutes.
- Remove from the oven.
- Spread the chutney on the venison and then press the panko into the chutney so it sticks. Return to the oven and cook to medium rare, about 5 more minutes.
- Crush the coffee beans and toast lightly in a hot pan.
- Remove from the heat and set aside. Clean and slice the fennel. In a pot, toast fennel seeds on low heat to golden brown.
- Add the olive oil and fennel and sweat until soft.
- Add coffee beans and veal stock and bring to a simmer for 15 to 20 minutes. Strain.

- Whisk in the cocoa powder and cook for 2 minutes.
- Place the cauliflower puree on 4 plates. Top with a venison steak and finish with a little of the sauce.
- Clean and trim the cauliflower into small bouquets.
- Cook the scraps and 1/2 of the white parts in vegetable stock until soft, about 10 to 15 minutes.
- Add the cream.
- Remove from the heat and puree. Season, to taste, with salt and pepper.
- Saute the remaining cauliflower bouquets in a hot saute pan with a little butter. When the cauliflower just starts to get tender, but is still crunchy, add the puree and mix well. Season, to taste, with lemon and salt and pepper.

Nutrition Facts



Properties

Glycemic Index:49.38, Glycemic Load:2.49, Inflammation Score:-9, Nutrition Score:39.964347673499%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Petunidin: 3.52mg, Petunidin: 3.52mg, Petunidin: 3.52mg, Petunidin: 3.52mg Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Eriodictyol: 3.2mg, Eriodictyol: 3.2mg, Eriodictyol: 3.2mg, Eriodictyol: 3.2mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 770.01kcal (38.5%), Fat: 54.32g (83.56%), Saturated Fat: 25.47g (159.17%), Carbohydrates: 22.5g (7.5%), Net Carbohydrates: 16.65g (6.06%), Sugar: 8.38g (9.31%), Cholesterol: 206.6mg (68.87%), Sodium: 1052.85mg (45.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.01mg (4%), Protein: 50.97g (101.94%), Vitamin C: 80.93mg (98.1%), Vitamin B3: 17.96mg (89.79%), Vitamin B6: 1.47mg (73.31%), Vitamin K: 75.9µg (72.28%), Vitamin

B2: 1.04mg (61.44%), Phosphorus: 560.34mg (56.03%), Vitamin B12: 2.72µg (45.27%), Iron: 7.83mg (43.51%), Potassium: 1450.9mg (41.45%), Zinc: 6.12mg (40.81%), Vitamin B1: 0.61mg (40.63%), Selenium: 24.59µg (35.13%), Folate: 118.1µg (29.52%), Manganese: 0.54mg (27.2%), Copper: 0.53mg (26.54%), Vitamin A: 1324.66IU (26.49%), Vitamin B5: 2.46mg (24.57%), Vitamin E: 3.62mg (24.16%), Magnesium: 94.28mg (23.57%), Fiber: 5.85g (23.39%), Calcium: 128.17mg (12.82%), Vitamin D: 0.48µg (3.17%)