



Pan Roasted Venison with Crushed Blackberry-Ancho Chile Sauce and Sweet Potato-Toasted Pine Nut Polenta

 Gluten Free

READY IN



86 min.

SERVINGS



4

CALORIES



1618 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 ancho chiles
- ☐ 1 tablespoon peppercorns black
- ☐ 1 cup blackberries fresh
- ☐ 1 medium carrots diced finely
- ☐ 2 celery stalks diced finely
- ☐ 5 cups chicken stock see

- ☐ 6 cups chicken stock see
- ☐ 1 cup cranberry juice cocktail concentrate
- ☐ 0.3 cup brown sugar dark
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 4 sprigs thyme leaves fresh
- ☐ 1 teaspoon garlic minced
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 cup hendrick's gin
- ☐ 8 juniper berries
- ☐ 4 servings olive oil
- ☐ 0.3 cup pinenuts toasted
- ☐ 0.5 cup port
- ☐ 1 cup port
- ☐ 1 large onion red finely chopped
- ☐ 1 cup red wine
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 sweet potatoes and into cooked peeled mashed
- ☐ 3 tablespoons butter unsalted
- ☐ 4 tablespoons butter unsalted
- ☐ 24 ounce venison tenderloins
- ☐ 3 cups water boiling
- ☐ 2 cups cornmeal yellow
- ☐ 2 small onions diced yellow finely

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

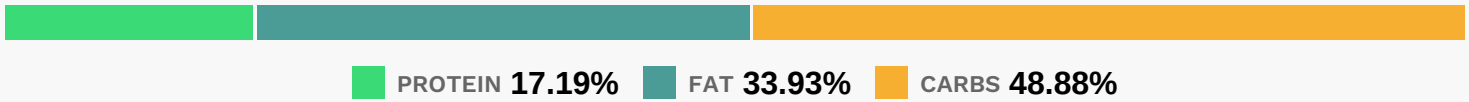
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Whisk together the gin, Port, red wine, thyme, and juniper berries in a medium shallow baking dish.
- ☐ Add the venison and turn to coat. Marinate at room temperature for 20 minutes.
- ☐ Remove from marinade and pat dry.
- ☐ Heat olive oil in a large saute pan over high heat. Season the venison with salt and pepper and cook on 1 side until golden brown, about 3 to 4 minutes. Turn over, reduce heat to medium and continue cooking for 3 to 4 minutes.
- ☐ Plate with the Sweet Potato-Toasted Pine Nut Polenta, drizzled with the Crushed Blackberry-Ancho Chile Sauce.
- ☐ Brush a little oil on a baking sheet and set aside.
- ☐ Heat 1 tablespoon of olive oil in a medium saucepan over medium heat.
- ☐ Add the onions and garlic and cook until soft.
- ☐ Add stock or water plus salt, increase heat to high and bring to a boil. Slowly whisk in the cornmeal with a wire whisk.
- ☐ Once all of the cornmeal is whisked in turn the heat to low and continue cooking, mixing with a wooden spoon, until the mixture begins to pull away from the sides of the pan. Stir in the mashed sweet potato and butter and mix until combined. Stir the pine nuts into the mixture, season with salt and pepper and pour the mixture into the prepared baking sheet. Cover the top with plastic wrap and refrigerate until firm and chilled.
- ☐ Remove from the refrigerator and cut into triangles, circles, or squares.
- ☐ Heat oil in a large saute pan, season the polenta slices with salt and pepper, and saute on both sides until golden brown.

- ☐
- Melt the butter in a medium non-reactive saucepan over medium heat. Cook the celery, carrot, and onions until soft.
- ☐
- Add the peppercorns, port, red wine, cranberry juice, ancho puree, brown sugar, and stock and cook over high heat, stirring occasionally, until reduced by half. Strain into a clean pot, add the blackberries, and cook over medium heat until the blackberries are soft, using the back of a fork, gently crush the blackberries. Season with salt, to taste.
- ☐
- Combine the ancho and water in a small bowl and let stand 1 hour.
- ☐
- Drain well, reserving the soaking liquid.
- ☐
- Remove the seeds and stems and puree in a food processor with the garlic, cilantro, and about 1/2 cup of the liquid, or more if needed.

Nutrition Facts



Properties

Glycemic Index:132.08, Glycemic Load:45.19, Inflammation Score:-10, Nutrition Score:60.534347627474%

Flavonoids

Cyanidin: 36.1mg, Cyanidin: 36.1mg, Cyanidin: 36.1mg, Cyanidin: 36.1mg Petunidin: 7.16mg, Petunidin: 7.16mg, Petunidin: 7.16mg, Petunidin: 7.16mg Delphinidin: 4.72mg, Delphinidin: 4.72mg, Delphinidin: 4.72mg, Delphinidin: 4.72mg Malvidin: 93.65mg, Malvidin: 93.65mg, Malvidin: 93.65mg, Malvidin: 93.65mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 4.36mg, Peonidin: 4.36mg, Peonidin: 4.36mg, Peonidin: 4.36mg Catechin: 26.5mg, Catechin: 26.5mg, Catechin: 26.5mg, Catechin: 26.5mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 10.76mg, Epicatechin: 10.76mg, Epicatechin: 10.76mg, Epicatechin: 10.76mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 3.14mg, Isorhamnetin: 3.14mg, Isorhamnetin: 3.14mg, Isorhamnetin: 3.14mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 16.48mg, Quercetin: 16.48mg, Quercetin: 16.48mg, Quercetin: 16.48mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 1618.27kcal (80.91%), Fat: 54.01g (83.09%), Saturated Fat: 18.64g (116.5%), Carbohydrates: 175.1g (58.37%), Net Carbohydrates: 153.71g (55.9%), Sugar: 73.42g (81.57%), Cholesterol: 206.26mg (68.75%), Sodium: 2416.5mg (105.07%), Alcohol: 30.15g (100%), Alcohol %: 2.41% (100%), Protein: 61.55g (123.11%), Vitamin A: 19067.61IU (381.35%), Vitamin B12: 10.77µg (179.58%), Manganese: 2.68mg (133.97%), Vitamin B3: 21.4mg (107.02%), Vitamin B2: 1.63mg (95.68%), Vitamin B6: 1.84mg (91.85%), Fiber: 21.38g (85.54%), Phosphorus: 793.12mg (79.31%), Iron: 12.91mg (71.74%), Potassium: 2308.88mg (65.97%), Copper: 1.28mg (64.13%), Vitamin C: 52.76mg (63.96%), Vitamin B1: 0.9mg (60.25%), Magnesium: 238.32mg (59.58%), Vitamin K: 61.4µg (58.47%), Zinc: 8.08mg (53.85%), Selenium: 31.09µg (44.41%), Vitamin E: 5.64mg (37.58%), Folate: 98.27µg (24.57%), Vitamin B5: 1.86mg (18.57%), Calcium: 143.79mg (14.38%), Vitamin D: 0.37µg (2.45%)