



Venison Tenderloin with Madeira Green Peppercorn Sauce

 Gluten Free

READY IN



50 min.

SERVINGS



2

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup demi glace
- ☐ 1 teaspoon peppercorns green in brine drained coarsely chopped
- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup madeira wine
- ☐ 5.5 tablespoons olive oil
- ☐ 2 servings parsnips
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup shallots finely chopped
- ☐ 1 teaspoon butter unsalted
- ☐ 0.5 lb venison trimmed for 30 minutes at room temperature ()

Equipment

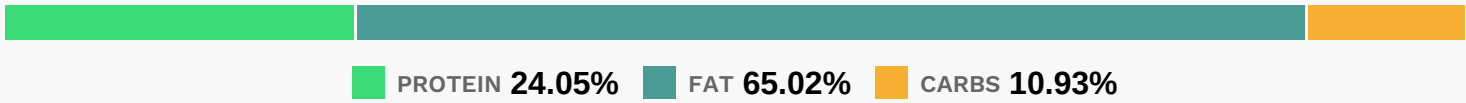
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Put oven rack in middle position and preheat oven to 425°F.
- ☐ Pat venison dry and sprinkle with black pepper and 1/4 teaspoon salt.
- ☐ Heat oil in an ovenproof 12-inch heavy skillet over moderately high heat until just smoking, then brown venison on all sides (except ends), about 3 minutes total.
- ☐ Transfer skillet with venison to oven and roast until thermometer inserted diagonally 2 inches into center registers 115°F, 4 to 5 minutes.
- ☐ Transfer venison with tongs to a plate and let stand, loosely covered with foil, 5 minutes (temperature will rise to 125°F for medium-rare).
- ☐ While meat stands, add shallot to skillet (handle will be hot) and cook over moderate heat, stirring, until golden, about 2 minutes.
- ☐ Add Madeira and deglaze skillet by boiling, stirring and scraping up brown bits, until liquid is reduced by half, about 1 minute.
- ☐ Add demi-glace and boil, stirring, until sauce is slightly thickened, about 1 minute. Stir in peppercorns, butter, remaining 1/4 teaspoon salt, and any meat juices that have accumulated on plate, then remove from heat.
- ☐ Cut venison into 1/2-inch-thick slices and serve with sauce.
- ☐ · Beef tenderloin can be substituted for venison. Use 1 (3/4-lb) filet mignon (3 inches in diameter). Brown on all sides (including ends), about 5 minutes total, then roast until thermometer inserted into center registers 120°F, 18 to 20 minutes.

- ☐ Let stand, loosely covered with foil, 10 minutes (temperature will rise to 130°F for medium-rare).
- ☐ Pour off all but 1 tablespoon fat from skillet before making sauce.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:1.45, Inflammation Score:-3, Nutrition Score:19.005217417427%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 650.29kcal (32.51%), Fat: 45.1g (69.38%), Saturated Fat: 7.69g (48.04%), Carbohydrates: 17.06g (5.69%), Net Carbohydrates: 15.93g (5.79%), Sugar: 6.22g (6.91%), Cholesterol: 101.76mg (33.92%), Sodium: 1484.92mg (64.56%), Alcohol: 3.09g (100%), Alcohol %: 1.52% (100%), Protein: 37.53g (75.06%), Vitamin B12: 7.16µg (119.33%), Vitamin E: 5.86mg (39.07%), Vitamin B3: 7.33mg (36.64%), Vitamin B2: 0.56mg (32.76%), Iron: 5.83mg (32.38%), Vitamin B6: 0.54mg (26.95%), Phosphorus: 254.31mg (25.43%), Vitamin K: 26µg (24.76%), Vitamin B1: 0.27mg (18.02%), Zinc: 2.54mg (16.93%), Selenium: 11.45µg (16.36%), Copper: 0.32mg (16.14%), Potassium: 492.18mg (14.06%), Manganese: 0.24mg (11.95%), Magnesium: 36.5mg (9.13%), Fiber: 1.12g (4.49%), Folate: 15.72µg (3.93%), Vitamin C: 2.54mg (3.07%), Calcium: 23.23mg (2.32%), Vitamin A: 66.39IU (1.33%), Vitamin B5: 0.12mg (1.15%)