



## Venison Wellington

 Popular

READY IN



130 min.

SERVINGS



6

CALORIES



783 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 700 g loin of venison trimmed
- ☐ 1 tbsp olive oil plus a little extra
- ☐ 1.5 tbsp mustard english
- ☐ 50 g butter
- ☐ 1 large shallots finely chopped
- ☐ 1 garlic clove crushed
- ☐ 400 g chestnut mushroom very finely chopped
- ☐ 1 tbsp thyme leaves finely chopped

- ☐ 1 tbsp parsley finely chopped
- ☐ 2 tbsp brandy
- ☐ 12 slices pancetta
- ☐ 375 g pack all-butter puff pastry
- ☐ 2 egg yolks beaten
- ☐ 6 servings root veg mashed
- ☐ 6 servings gravy

## Equipment

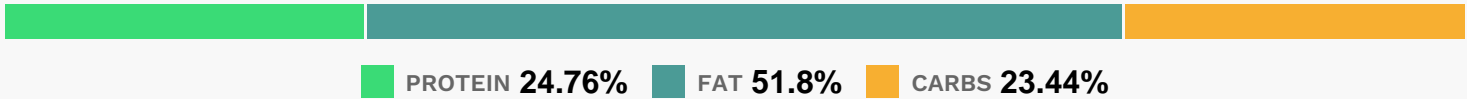
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ baking pan

## Directions

- ☐ For detailed step-by-step images to help with creating your Wellington, visit our [guide page](#). Firstly, dry the venison with kitchen paper, then season well.
- ☐ Heat the oil in a frying pan and sear the meat all over for about 8 mins.
- ☐ Brush with mustard, leave to cool, then chill for 20 mins. Reserve any juices for the gravy.
- ☐ Melt the butter and soften the shallot and garlic.
- ☐ Add the mushrooms, herbs and seasoning, and cook for 10 mins until you have a paste-like mixture.
- ☐ Add the brandy and cook until its evaporated. Leave to cool.
- ☐ Overlap 2-3 sheets of cling film on a clean surface and lay the prosciutto in 2 rows, slightly overlapping each slice.
- ☐ Spread the cooled mushroom paste all over the prosciutto, creating a thin, even layer.
- ☐ Place the fillet in the centre of the mushroom mixture. Using the edge of the cling film, carefully draw the layer of prosciutto and mushroom around the meat.

- ☐ Roll into a sausage shape, twisting the ends of the cling film as you do, to form a tight log. Chill for 30 mins to firm up.
- ☐ On a lightly floured surface, roll the pastry to a rectangle a little larger than a magazine, and trim the edges to neaten.
- ☐ Carefully unwrap the prosciutto parcel and lay in the middle of the pastry.
- ☐ Fold over the bottom half of the pastry. Lightly brush the rest of the sheet with beaten egg.
- ☐ Roll the whole thing around the meat to encase. Neatly fold under the shorter edges to create a parcel.
- ☐ Transfer to a baking sheet and, using your hands, smooth the pastry around the meat, pressing it firmly to avoid any air being trapped.
- ☐ Brush the pastry all over with beaten egg yolk.
- ☐ Chill for at least 30 mins or up to 24 hrs. Then, using the back of a knife, mark the pastry, being careful not to cut all the way through.
- ☐ Heat oven to 220C/200C fan/gas
- ☐ Lightly oil a non-stick baking tray and heat until hot.
- ☐ Put the Wellington on the tray and bake for 30 mins (35 mins for well done).
- ☐ Remove from oven, brush with extra egg and rest for 20 mins.
- ☐ To make venison gravy, melt a large knob of butter in a medium pan, add 1 finely chopped shallot, 1 crushed garlic clove and 1 thyme sprig, and cook until soft.
- ☐ Add 1 tbsp flour, brown for about 1 min, then pour in 250ml Port and reduce by two-thirds.
- ☐ Add 400ml beef stock and any reserved juices from the venison, then reduce again by two-thirds until syrupy. Season, add 1 tbsp redcurrant jelly, if you like, and strain before serving.

## Nutrition Facts



## Properties

Glycemic Index:50.5, Glycemic Load:19.41, Inflammation Score:-10, Nutrition Score:39.084347984065%

## Flavonoids

Apigenin: 1.4mg, Apigenin: 1.4mg, Apigenin: 1.4mg, Apigenin: 1.4mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 783.13kcal (39.16%), Fat: 44.66g (68.71%), Saturated Fat: 14.5g (90.61%), Carbohydrates: 45.46g (15.15%), Net Carbohydrates: 40.15g (14.6%), Sugar: 2.49g (2.77%), Cholesterol: 185.52mg (61.84%), Sodium: 755.75mg (32.86%), Alcohol: 1.67g (100%), Alcohol %: 0.55% (100%), Protein: 48.03g (96.06%), Vitamin A: 5031.29IU (100.63%), Vitamin B3: 19.52mg (97.59%), Selenium: 55.12µg (78.74%), Vitamin B2: 1.23mg (72.62%), Vitamin B6: 1.14mg (57.24%), Phosphorus: 547.87mg (54.79%), Vitamin B1: 0.81mg (53.99%), Iron: 8.05mg (44.72%), Zinc: 6.1mg (40.64%), Vitamin B12: 2.41µg (40.21%), Copper: 0.78mg (38.95%), Manganese: 0.7mg (35.15%), Potassium: 1060.92mg (30.31%), Folate: 114.24µg (28.56%), Vitamin B5: 2.46mg (24.61%), Vitamin K: 23.92µg (22.78%), Fiber: 5.31g (21.22%), Magnesium: 78.41mg (19.6%), Vitamin C: 12.66mg (15.35%), Vitamin E: 1.83mg (12.18%), Calcium: 66.61mg (6.66%), Vitamin D: 0.45µg (3.03%)