

DINNER

Venison with Sherry-Mushroom Sauce

20 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
57 min	20 min	37 min	6	\$3.13	238 kcal



Venison with Sherry-Mushroom Sauce requires roughly 57 minutes from start to finish. For \$3.13 per serving, you get a main course that serves 6. One portion of this dish contains about 21g of protein, 13g of fat, and a total of 245 calories. A few people made this recipe, and 54 would say it hit the...

Ingredients

- ☐ 2 cups sliced mushrooms or baby bellas
- ☐ 4 tablespoons butter, divided
- ☐ ½ teaspoon ground sage
- ☐ ¾ cup sherry
- ☐ 1 cup chopped Vidalia onion
- ☐ ½ teaspoon black pepper
- ☐ 1 tablespoon all-purpose flour
- ☐ ½ teaspoon salt
- ☐ 18 ounce venison tenderloin steaks
- ☐ ¼ cup water

EQUIPMENT Frying pan, Whisk

Method

- 1 Combine 1/2 cup flour, sage, salt, and pepper in a resealable bag, set aside. Melt 1 tablespoon of butter in a large pan over medium heat. Stir in onion and cook until almost soft.
- 2 Add mushrooms, and continue cooking until soft.
- 3 Remove from pan.
- 4 Turn heat to medium-high and melt 2 tablespoons of butter in pan. Toss the venison steaks in the seasoned flour and shake off the excess. Sear venison in butter for 6 to 7 minutes per side and remove.
- 5 Reduce heat to medium-low, and melt the remaining tablespoon of butter.
- 6 Whisk in 1 tablespoon of flour, followed by the sherry and water. Return the vegetables and meat to the pan. Increase heat, and simmer for 15 minutes.

Nutrition per serving

238	20 g	13 g	5 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			6.7 g · 42% of daily needs
Fibre			0.6 g · 3% of daily needs
Sugar			2.3 g · 3% of daily needs
Sodium			306 mg · 13% of daily needs
Cholesterol			74.5 mg · 25% of daily needs
Vitamin C			2 mg · 2% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/venison-with-sherry-mushroom-sauce-144110