

Sous vide saddle of venison with pears and lentils

Author: Heiko Antoniewicz
Preparation time: 30 minutes
Cooking time: 1 hour 40 minutes



Ingredients

For 4 servings

Saddle of venison (sous vide):

480 g saddle of venison, trimmed
1 bunch of flat-leaved parsley, leafed and finely chopped
Salt and fresh pepper from the mill
8 allspice corns
50 g butter

Pears (sous vide):

2 pears
2 twigs of sage
40 g butter
40 ml pear juice

Lentils (sous vide):

100 g fine lentils
200 ml water
1 bay leaf
30 ml balsamic vinegar
30 g butter
5 g sugar

Preparation

Saddle of venison (sous vide):

Cut the meat into 4 equal-sized pieces and roll them in the parsley. Cover well and roll into cling wrap several times. Close the ends of the roll with a knot. Cook in a **fusionchef** sous vide water bath at 65 °C for 20 minutes. Froth the butter with the allspice. Remove the saddle of venison from the bag and sear in the butter. Salt lightly and slice.

Pears (sous vide):

Peel the pears, remove the seed and cut into equal-sized slices. Vacuum them together with the other ingredients and cook sous vide at 85 °C for 15 minutes. Cool in ice water and heat in a pan as required.

Lentils (sous vide):

Vacuum all ingredients together and let them soak overnight in the fridge. Cook sous vide at 95 °C for 65 minutes and cool in ice water. Heat in a pan as required and season well.

We recommend serving this dish with a dark gravy or herbed butter.
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