

# Topside of New Zealand venison sous vide

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**Cooking time:** 8 minutes



## Ingredients

1 kg topside of New Zealand venison  
50 g corn starch  
100 g porcine blood  
50 ml milk  
150 g Frank's pumpkin seed oil  
1 pc vanilla pod  
3 pcs red cabbage  
50 g Basic Texture  
120 ml sun flower oil  
4 pcs eggs  
80 g wheat flour  
10 g salt  
Pepper (corns), juniper berries, bay leaves

## Preparation

### Red cabbage jus:

Extract the juice from the red cabbage (3 pcs.) and reduce the juice to one third. Briefly infuse the reduced red cabbage juice with the pepper corns, juniper berries, and the bay leaves. Pour the infused red cabbage juice through a food mill and add 50 g Basic Texturizer to give it some texture and consistency.

### Pumpkin seed emulsion:

Heat 50 ml milk to 40 °C and mix it with salt and the pulp of a vanilla pod. Add sun flower oil to achieve a mayonnaise-like consistency („emulsify“).

### Roasted flour bread:

Roast approx. 80 g flour in a pan until dark brown. Let it cool off. In the meantime mix the eggs (4 pcs) with the sun flower oil and salt using a hand blender. Add the cooled-down, sifted flour and mix well. Fill the mixture into an ISI bottle. Load the ISI bottle with 2-3 chargers to foam the mixture. Spray the mixture into degreased plastic cups until half full. Cook it in the microwave at medium power for approx. 30 seconds.

### Topside of New Zealand venison (sous vide):

Vacuum the venison topside and cook in your **fusionchef** sous vide water bath at 70 °C for 8 minutes. To create a roasted flavor, roll briefly in foamy butter. Mix the blood with the Maizena until smooth. Brush the topside with the blood/Maizena mixture on one side. Roast and brush again. Repeat this procedure 3 to 4 times to achieve a crispy blood-crust.

The finale recipe of the competition “Young, Wild Chefs 2014” was kindly provided by Matthias Bernwieser.