



Venison steaks with, Juniper, Black Pepper and Garlic ? Suitable for a Weight Watchers / Low fat diet.

Ingredients:-

- 1 Venison Steak per person
- 3 Teaspoons of Juniper Berries
- 3 Teaspoons of Black Peppercorns
- 2 Cloves of Garlic
- Onions & Mushrooms
- Wine (To Taste)
- Gin (To taste)

Method:-

- (1) In a Pestle & Mortar or processor break up the Juniper berries, black peppercorns & garlic, slightly.
- (2) Coat the venison steaks & add a splash of red wine & Gin.
- (3) Leave to marinate about an hour.
- (4) Pan fry very hot for a couple of minutes each side, leave to rest & use the juices to fry off the

onions & mushrooms. Add a splash more wine.

Recipe suggested by **Allison Whitton** from The Selby Cuisine Facebook Group (
<https://www.facebook.com/groups/202727156567960>)