



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>)