

VENISON HEART

BURGUNDY STYLE

COOK TIME: **TWO HOURS**

SERVES: **FOUR**



INGREDIENTS

Deer heart
2 stalks of celery
2 carrots
1 medium yellow onion
6 cloves garlic
2 c. white wine
2 T. lemon juice
3 T. butter
1 t. salt
1/2 t. pepper
2 bay leaves
1/2 t. dried thyme
10 small golden potatoes
3-4 T. olive oil
1 c. red wine
3 T. flour
2 c. water
1 c. assorted dried mushrooms
1 head of roasted garlic

COOKING INSTRUCTIONS

Slice celery, carrots and onions. Run garlic cloves through garlic press. Clean and cut heart into small 1" cubes removing all fat, veins and hard outer layer. Place cubes in a bowl & cover with 1 c. white wine & lemon juice. Let sit.

Melt 2 T butter in a dutch oven on medium heat. Add celery, carrots and onion. Stir and cook for 9 min. Add pressed garlic and cook 1 min. Add cup of white wine. Cover & cook for 10 minutes.

In skillet on high heat, add 3 T olive oil. Strain the liquid from the heart and add heart to pan. Sear meat on all sides. Pour in red wine. Cook for 1 min and then add entire contents of skillet, salt, pepper, thyme, bay leaves and potatoes to the dutch oven. Stir, cover and set on low heat. Cook for 1.5 hours.

After time has elapsed. Place dried mushrooms in a bowl. Boil 2 cups of water and pour over mushrooms. Let sit for 5 min. Remove mushrooms from liquid and chop if desired. Add to dutch oven.

In a small sauce pan melt 1 T butter and 1 T of olive oil. Stir in flour and make a paste. Stir into dutch oven. Add roasted garlic cloves. Cook for another 15 min.

Spoon stew into bowls and serve with fresh bread.