



ISLE OF SKYE
MATURE SCOTCH WHISKY

MELLOWED IN OAK **8** FOR EIGHT YEARS

RECIPE CARD



**Collops of
Highland Venison
with Pearl Barley
Risotto**

COLLOPS OF HIGHLAND VENISON WITH PEARL BARLEY RISOTTO, WILD MUSHROOM & ISLE OF SKYE 8 YEARS OLD BLENDED SCOTCH WHISKY CREAM SAUCE

This is a delicious dish to impress your friends and family with. The Scottish word “collop” is derived from the French word “escalope”. The pearl barley risotto may be prepared in advance and the venison takes only minutes to cook similar to a fillet steak, together with the Isle of Skye Whisky Cream Sauce to serve.

Ask your butcher for 4 x thick slices from a single loin of venison, or more if you are serving a larger party.

INGREDIENTS - for 4 servings

4 slices of venison loin similar in size and shape to fillet steaks
Olive oil and unsalted butter for cooking the meat and the mushrooms
250mls fresh double cream
125mls Isle of Skye 8 year old blended Scotch whisky plus 1 extra tablespoonful
150g mixed exotic, or wild mushrooms, washed and sliced
200g pearl barley
2 tblsp olive oil
1 medium onion, finely chopped
1 medium leek, finely chopped
50g plump golden sultanas
50g pine nuts
Zest of 1 small orange
1 teasp lemon thyme, finely chopped
750ml light vegetable stock which should be hot when adding to the pearl barley mixture.
Ground sea salt and black pepper

METHOD

The night before, put the golden sultanas in a small bowl, cover with 1 tblsp Isle of Skye blended Scotch Whisky, cover and leave to soak. Prepare the pearl barley by first placing it in a sieve and running it under cold water until the water runs clear. Set aside to drain. Finely chop the onion and leek. Zest the orange rind, de-stalk and roughly chop the lemon thyme. In a fairly large wide saucepan, heat 2 tblsp olive oil. Add the washed pearl barley and turn in the oil over a medium heat until it is beginning to colour. Add the onion and leek and stir together with the pearl barley. Cook gently until the onion and leek are soft. Add the orange rind, the whisky soaked sultanas and the lemon thyme. Season to taste with salt and pepper. Add the pine nuts and stir together well. Pour in the hot stock and bring back to the boil. Reduce heat and simmer until all the liquid is absorbed and the barley is cooked al dente. At this stage the pearl barley mixture can be set aside and kept warm, or refrigerated until the following day.

Prepare the venison collops by bringing to room temperature and seasoning well on both sides with freshly ground black pepper and sea salt. Heat 1 tablespoonful of olive oil and 50g unsalted butter in a thick-based, non-stick frying pan. Sauté the prepared mushrooms until just cooked, season with salt and pepper and set aside in a warm place. Lightly wipe the hot pan with some kitchen paper, taking care not to burn your fingers! Add a further 2 tblsp olive oil and heat ready for pan-frying the venison collops. Quickly seal the venison in the hot oil until beginning to colour through the centre of the meat. This will take approximately 3 minutes. Turn over the collops and seal the other side. Cook for a further minute and add the unsalted butter. Lift the collops from the hot pan, place on a warm dish and leave to rest in a warm place. Add the Isle of Skye blended Scotch Whisky to the hot, buttery pan and “flame” to burn off the alcohol. When the flames die down, add ¾ of the double cream, bring back to boiling point and reduce heat for a few minutes while the cream thickens. Return the cooked mushrooms to the cream sauce and stir. Check seasoning of sauce, keep warm and set aside ready for serving. While the meat is cooking,reheat the pearl barley risotto with the remaining double cream. Place some on each pre-heated serving plate to make a “bed” for the venison. Place the venison collops on top. Spoon the sauce over the meat and around the pearl barley. Serve with lightly cooked, shredded curly kale, savoy cabbage, or other seasonal green vegetable.

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