



FIFTH FLOOR

restaurant and lounge

Fifth Floor

12 Fourth Street, San Francisco, CA 94103

www.fifthfloorrestaurant.com

Venison



Ingredients

Venison

1 ½ - 2 lbs venison
1 - 2 tbsp Extra virgin olive oil
Fleur de sel

Salad

1 whole vanilla bean
2 oranges, cut into segments with no pith
1 small shallot, brunoised
2 tbsp Extra virgin olive oil
2 - 3 parsnips
salt

Sauce

6 ounces venison scraps
1 medium shallot
½ cup red wine
1 tbsp honey
2 cups chicken stock
¼ wedge orange (left over from the salad)
1 tsp black pepper
1 tsp fennel seed
4 juniper berries
2 tbsp butter
salt

Directions

Salad

Take ¼ of the whole vanilla bean, split it in half, scrape the seeds out and infuse overnight in ~ 2 oz. of extra virgin olive oil. Segment the 2 oranges and set aside with the small shallot, lightly seasoning with salt. Peel and cut parsnips into batons, toss in extra virgin olive oil, salt and pepper and roast in the oven at 350° for around 10 minutes or until they are a medium, golden color.

Venison

Take the venison, and roast it in a sauté pan with a touch of olive oil on all sides to a medium roast. Let the meat rest for about 5 minutes. Slice 4 equal portions of about 5 - 6 ounces each.

Sauce

Take about 6 ounces of venison scraps and brown the meat in a pan with about 1 tbsp of butter. Add 1 sliced medium shallot and deglaze the pan with ½ cup of red wine, and 1 tbsp. of honey. Let it reduce and then cover with 2 cups of chicken stock. Add in ¼ wedge of orange (peeled, no pith), 1 tsp of black pepper, tsp of fennel seed, 4 crushed juniper berries and simmer until it yields about ½ cup of sauce. Finish the sauce with 1 tbsp. of butter, adding salt and pepper to taste.

To Assemble the Plate

Place the venison in the center of the plate and top with fleur de sel. Toss the orange segments in vanilla bean oil, watercress and season with salt. Place the salad on one side of the plate, near the venison. Spoon the sauce over the venison.