

Venison Cutlets with Balsamic & Cabernet Sauce

Serves 4-5

A hunter friend recently gave me some venison cut from the leg. He told me to cut it very thin, dust the slices with flour, salt and pepper, and fry them in butter until just done. He said long cooking would make them tough. I did what he told me, but also created a little pan sauce. For a completely different version, you could top the meat with a few spoonfuls of a thick Italian tomato sauce.

- 1 pound boneless venison or beef tri-tip
- ¼ cup flour
- 1 teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- 2 tablespoons butter
- 1 tablespoon minced shallots
- ½ cup Cabernet Sauvignon
- ½ cup chicken broth
- 1 tablespoon balsamic vinegar

Instructions: Preheat an oven to 250° and place a platter in it.

Cut the meat against the grain into ¼-inch slices. You will have

10 or 12 thin slices. Put the flour on a plate, and dip the slices in the flour, and then place them on plastic wrap or another plate and sprinkle with the salt and pepper.

Melt 1 tablespoon of the butter in a frying pan over medium-high heat. When it foams, add the meat slices, without crowding them. Fry until browned, about 1 minute. Turn and repeat. Remove to the warmed platter and return platter to the oven.

Increase the heat to high and add the shallots, sauteing until soft, about 1 minute. Pour in the

wine, stirring to scrape up any clinging bits. Pour in the broth and the vinegar. Continue to cook, stirring, until the sauce is reduced by half to about ½ cup, and has thickened, about 10 minutes. Stir in the remaining 1 tablespoon of butter to make a smooth sauce.

Remove the platter from the oven, arrange the slices, and drizzle with the sauce.

Per serving: 195 calories, 22 g protein, 6 g carbohydrate, 7 g fat (4 g saturated), 90 mg cholesterol, 510 mg sodium, 0 fiber.