



DEER OSSOBUCO IN THE DARK

The Upland Cook: Gastronomy

THE UPLAND COOK



Easy



60 minutes



Dinner



3-4 Portions

Introducing our latest culinary masterpiece: Deer ossobuco in the Dark! 🍷 Savor the exquisite flavors of venison, birch syrup, elderberry vinegar, haskap berries, and black garlic, all served atop a velvety parsnip puree, accompanied by honey-glazed Anicet carrots. A symphony of tastes awaits! 🍴👩🍳 #GourmetDelight #NewRecipe"

INGREDIENTS

2 or 3 osso buco of venison
 125 ml Lac St-Jean blueberries
 125 ml honeyberry
 60 ml elderberry balsamic vinegar
 25 ml birch syrup
 2 cloves black garlic
 250 ml veal or game stock
 250 ml red wine
 2 cups mirepoix
 30 ml flour
 30 ml vegetable oil
 10 mushrooms, trumpets and morels, quantity and variety according to availability

Flour the osso buco and roast them in a cast-iron pan with the vegetable oil.
 Remove the osso buco, add the mirepoix and cook for 2-3 minutes
 Add the crushed black garlic and cook for another 2-3 minutes
 Deglaze with wine, add balsamic vinegar, birch syrup, blueberries, cherries, game stock
 Add the trumpet mushrooms.
 Cover and bake at 325 degrees for 2-3 hours, until meat falls off the bone.
 Remove the osso buco, strain the cooking juices and recover the trumpet mushrooms
 Reduce the cooking juices and add the morels.
 Just before serving, reheat the osso buco in the sauce.

Sides

Parsnip purée

- Organic parsnips
- Dune pepper (Alder crisp)
- Spruce tips
- Butter or cream

Carrots with honey

- Carrots with leaves
- 15 ml honey (Summer Anicet honey)
- Sweet gale

