



THE UPLAND COOK

# VENISON SHASLIK

*The Upland Cook Series: Day to Day*



Easy



30 minutes



Lunch/Dinner



3-4 Portions

Originating from Central Asia, shashlik recalls the nomadic era when warriors grilled meat on swords. Culinary traditions vary worldwide, each region crafting its unique marinade with local ingredients. In Russia, vinegar, oil, and spices dominate, while Georgia favors red wine and aromatic herbs. My twist on shashlik spotlights marinated teal in a fusion of red wine, pomegranate molasses, and spices, inspired by Épices de Cru.

Wild game enthusiasts can experiment with venison, boar, or duck, as the versatile marinade and grilling method enhance various flavors and textures. Regardless of the choice, the blend of red wine, pomegranate molasses, and spices elevates the dish to a delicious ode to shashlik's timeless tradition.

## INGREDIENTS

- 1 stick of butter (½ cup)
- 1 head of garlic
- 7-8 fresh basil leaves
- 6-8 teal breasts

### Marinade

- 250 ml (1 cup) dry red wine
- 45 ml (3 tablespoons) pomegranate molasses
- 3 shallots
- 5 ml (1 teaspoon) salt
- 5 ml (1 teaspoon) crushed black pepper
- 15 ml (1 tablespoon) Épices de Cru's kofte spices\*\*
- 45 ml (3 tablespoons) olive oil

\*\*Optional, this can be replaced with your favorite spices or a blend of four spices and cloves. You can order online from Épices de Cru website.

## STEPS

### Garlic Confit Butter

1. Position the oven rack in the center and preheat the oven to 180°C (350°F).
2. Cut off the tops of the garlic cloves, wrap them in aluminum foil, and bake in the oven for approximately 30-45 minutes until the garlic is confit; allow to cool.
3. In a bowl, combine the butter and garlic confit, then set aside.

### Marinade

4. Mix together the wine, molasses, sliced shallots, salt, pepper, spices, and oil.
5. Thoroughly blend the marinade and add the teal breasts.
6. Let the mixture marinate in the refrigerator for 12-24 hours.
7. Remove the breasts from the marinade and pat them dry.
8. Grill the breasts over high heat on charcoal for a maximum of 3-4 minutes.

After grilling, brush the meat with the garlic confit butter and sprinkle chopped basil over the hot meat.

