

Venison with Morel Sauce

<http://userealbutter.com/2021/05/25/venison-morel-sauce-recipe/>
from [Hunter Angler Gardener Cook](#)

1 1/2 to 2 lbs. boneless venison backstrap
salt
2 tbsps canola or grapeseed oil

morel sauce

2 cups chopped fresh morel mushrooms*
1 cup minced onion
3 tbsps unsalted butter
1 tbsp flour
1/2 cup port wine
1 cup venison or beef stock**
salt to taste
freshly ground black pepper to taste

*Hank addresses how to prepare the sauce using dried morels in his recipe.

**In Hank's book, [Buck, Buck, Moose](#), this recipe called for 2 cups of venison or beef stock, simmered down to 1 cup, which is what I used and it was great. His updated web version of the recipe doesn't reduce the stock, so I imagine it works just as well and requires less effort.

Remove the venison from the refrigerator and pat it dry. Salt the meat well and allow it to sit at room temperature for 30 minutes.

Heat the canola or grapeseed oil in a large pan over medium high heat. Pat the venison dry again and when the oil is hot, sear the venison on all sides, about 2 minutes a side until the interior is your desired doneness. 125°F for rare, 130°F for medium rare, and 140°F for medium, but rare to medium rare is the recommended doneness for this cut of venison. I used a thermometer inserted in the center of the thickest part of the backstrap to measure 120°F assuming it would continue to rise a few more degrees while resting. Remove the meat from the pan and allow to rest.

Make the morel sauce: Add onions and morels to the same pan and allow the morel liquid to boil off. Place the butter in the pan and sauté until the mushrooms and onions begin to brown. Sprinkle flour over the mushrooms and stir until the flour begins to bubble. Stir in the port and deglaze the pan (scrape the flavorful fond or browned bits off the pan and into the liquid/sauce). When the port is nearly boiled off, incorporate the stock into the sauce. Let it come to a boil for a couple of minutes until the sauce thickens. Pour any accumulated venison juices into the sauce. Season with salt and pepper to taste. Serve sliced venison with morel sauce. Serves 4.