



# Seared Venison Medallions with Horseradish Cream & Maple Candied Sweet Potatoes



## INGREDIENTS

### For the Venison:

1 pound *Highland Farm* venison medallions  
1/2 cup red wine  
2 cloves of garlic, minced  
1/4 cup olive oil  
1 tsp dijon mustard  
1/4 tsp salt  
black pepper  
bacon grease or coconut oil

### For the Horseradish Cream:

1/2 cup sour cream  
2.5 tbs freshly grated horseradish root  
1/2 tbs dijon mustard  
squeeze of lemon

### For the Sweet Potatoes:

1-2 sweet potatoes  
1/4 cup butter  
2 tbs maple syrup  
1/4 tsp chili powder  
1/4 cup walnuts  
salt & pepper

### For the Swiss Chard:

3-4 leaves of swiss chard  
olive oil  
lemon juice

## INSTRUCTIONS:

1. Combine all ingredients for horseradish cream. Stir to combine and refrigerate, allowing flavors to meld together for several hours
2. Combine all ingredients for marinade and stir to combine. Pour over venison medallions and refrigerate for 1 - 8 hours. Remove from refrigerator 30 minutes prior to cooking.
3. Bring a pot of water to a boil. Peel sweet potatoes and add to water, covering and cooking for about 15 minutes. Remove sweet potatoes, but reserve water.
4. Bring a cast iron pan to medium high heat and add bacon grease (or coconut oil). Pat medallions dry, and add to hot pan, cooking for about 2-3 minutes per side, being careful not to overcook Remove from pan and allow to rest, covered with aluminum foil for 5-10 minutes before slicing.
5. In a pan, melt butter over medium heat and add maple syrup, salt, pepper and chili powder. Slice par-cooked sweet potatoes into thin rounds. Add rounds to pan along with chopped walnuts and toss to coat. Cook until potatoes are slightly browned and tender in the middle, shaking periodically and covering the pan if sauce reduces too quickly.
6. Add swiss chard leaves stem down into the reserved pot of boiling water, cook for about 2 minutes, until slightly wilted. Remove, drain and toss with olive oil and a squeeze of lemon.
7. Divide venison, potatoes, and swiss chard between two plates and serve with horseradish sauce.