

Venison Tenderloin Dibona

Venison Tenderloin- Remove All Silver tone Material, Leave Only Red Meat.

Spice Rub- Coarse Salt, Fresh Coarsely Ground Black Pepper, Chopped Garlic, Chopped Parsley. Liberally Coat Meat with Spice Rub. Brush Entire Surface of Tenderloin with Virgin Olive Oil.

Grill Loin for 3 minutes per side. Turn Meat A Quarter Turn. Meat Should be no More Than Medium Rare. 10-12 Minutes for the Average size Venison Tenderloin. Let Loin Rest for at Least 10 Minutes.

While Meat is Grilling Coarsely Chop Equal Portions Of Onions, Green Peppers and Mushrooms in Olive Oil Sauté Veggies in Virgin Olive Oil for about 5-10 Minutes.

In a Sauce Pan Heat 1/4 cup Demi-glace Sauce with 1 Tablespoon Butter a Pinch of Flour, Chopped Garlic and Chopped Fresh Parsley to Taste and a Splash of Red Wine.

Place Meat on an Ovenproof Platter or Casserole Dish. Top with a slice of Provolone Cheese Veggie Mix. Place Meat on the Top Shelf of a 350 Degree Oven Until the Cheese is Melted. Remove Meat from Oven and Top with Veggies. Drizzle with Demi-glace Sauce and Enjoy a Great Recipe from The Great Outdoors Created by a Great Chef at a Great Carver Restaurant Mama Mia's.