



SIMPLE SPRINGBUCK LEG ROAST

Prep: 30 Mins
Total: 3 1/2 Hours
Serves: 6 ppl

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Ingredients

1.2kg Aloes Meat Springbuck Leg Roast
Salt
6 to 8 garlic cloves, peeled and cut into thick slivers
1/4 cup grape seed oil
1 cup of red wine, stock or water
2 tbsp sage, finely chopped
2 tbsp pepper

Method

1. Salt Leg Roast generously and set aside on a cutting board for 30 minutes before proceeding.
2. Preheat the oven to 220°C. Take a sharp knife with a narrow point and jab holes all over the roast tucking a sliver of garlic into each hole. Pat the venison dry, then rub with oil.
3. Set the leg on a rack in a roasting pan and pour enough wine, stock or water into the bottom of the roasting pan to just moisten the bottom.
4. Roast for 30 mins then remove and rub sage on the leg.
5. Set the leg back into the oven and roast until the deepest part of the meat reaches the temperature you want.
6. We recommend to keep the roast Medium rare or under as should you roast it medium well it dries out quickly due to the very low fat content of the meat.
7. When the venison has hit the temperature you want, move it to a cutting board and allow it to rest for 15 mins before carving.
8. Serve with roasted root vegetables.

