



ITEM

Nish Kabobs©* with Birch/Balsamic Glaze

YIELDS:

4 portions

“Nish” is slang for Anishnawbe.

INGREDIENTS

For Glaze

- 1/2 tablespoon crushed black peppercorns
 - 2 teaspoons fresh rosemary, chopped
 - 1 teaspoon fresh thyme, chopped
 - 2 garlic cloves, minced
 - 1 teaspoon Dijon mustard
 - 2 tablespoons balsamic vinegar
 - 2 tablespoon packed brown sugar
 - 1 tablespoon olive oil
 - 3 tablespoons soya sauce
 - 3 tablespoons lime juice
 - 1/2 teaspoon salt
 - 1 teaspoon birch syrup
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- 12 oz deer medallions, cut into 1-1/2 inch long strips
 - 1 tbsp olive oil
 - 16 oz cooked brown rice, cooked in beef broth instead of water
 - 2 tablespoons toasted pine nuts

METHOD:

1. Soak eight wooden skewers in warm water for 30 minutes
2. In a stainless steel bowl, mix peppercorns, rosemary, thyme, garlic, Dijon, balsamic vinegar, brown sugar, olive oil, soya sauce, lime juice, salt, and birch syrup; mix well.
3. Divide mixture into two and place half the mixture in a sauce pan and simmer on very low heat for 15 minutes, strain and reserve to glaze finished kabobs with a drizzle on final plate.
4. With the remaining mixture add the venison/deer and turn to coat evenly; let marinate at room temperature for 1 hour.
5. Drain and discard marinade. Thread deer onto wooden skewers.
6. Slightly brush with olive oil and grill over medium-hot heat or broil 2 minutes per side, turning occasionally, do not over cook.



7. Serve 2 skewers over 4 ounces of cooked rice. (per serving)
8. Garnish with toasted pine nuts and drizzle with the reduced glaze.

Notes:

A flavored balsamic syrup can be substituted for birch syrup
Birch syrup can be purchased on line at
<http://www.wildfoods.ca/products-syrups-birchsyrup.html>
Beef tenderloin or pork tenderloin can be substituted for
venison/ deer medallions.