

Hinds and Haunches



Venison Casserole

Serves 8

2lb diced venison	250ml red wine or ruby port
1 x tablespoon olive oil	2 x garlic cloves
2 x chopped carrots	½ x chopped onion
6 x chopped chestnut mushrooms	1 x chopped celery stick
salt & pepper to taste	
425ml venison stock [beef stock cube as a substitute]	
1 x dessert spoon redcurrant jelly	
1 x tin tomatoes with juice	
½ eating apple sliced	
2 tablespoons plain flour for sauce thickening	

1. Cut vegetables into chunky pieces – carrots / onion / mushrooms / apple / celery – place into casserole pot
2. Add the chopped garlic cloves
3. Add the diced venison along with salt & pepper and redcurrant jelly – pour in the tin of tomatoes with juice
4. Add the tablespoon of olive oil or any other quality cooking oil
5. Pour in the 250ml red wine or ruby port – add the venison stock [made from boiled venison bones off a roast joint or you can use a beef stock cube as a good substitute]
6. Slacken the plain flour with a little water and then gradually pour this into the ingredients
7. Stir the ingredients well – add enough water to make sure the meat is covered and will not dry out whilst cooking
8. Place the lid on your casserole dish or slow cooker – if cooking in a slow cook crockpot then turn the heat setting on low and cook for approximately 6 to 8 hours. If cooking in the oven then a medium heat of approx. 170C for 2.5 to 3 hours – remember to put a lid on the casserole dish to prevent the meat drying out
9. Serve with mashed potatoes and seasonal vegetables – eat and enjoy !