

Hinds and Haunches



Venison Stroganoff

Serves 4

450g / 1lb best fillet steak

225g / ½ lb button mushrooms.

2 chopped leeks or 1 small chopped onion

275ml / ½ pint sour cream or thick yoghurt

Grated nutmeg

25g / 1oz butter

1 teaspoon olive oil

1 teaspoon fresh chopped parsley to garnish

1. Slice the fillet steak into pieces about 2in / 5cm x ½ in / 1cm thick. The dish is improved by the uniformity of the pieces, so abandon the sherry until later in the recipe for maximum concentration
2. Melt the oil and butter in a heavy-based pan and add the chopped onion or leeks. Stir-fry gently for about 5 minutes
3. Add the fillet steak and fry again for a further 10 minutes
4. Take off the heat. Stir in the sour cream or yoghurt and garnish with a liberal grating of fresh nutmeg and the chopped parsley
5. Serve on a bed of rice or tagliatelli.