

How to cook Diced Venison

Fry some onion in a little oil in a large pan for 3-4 minutes until soft. While the onion is cooking, toss the venison in the flour seasoned with a little salt until well coated. Add the venison to the onion and brown for 3-4 minutes stirring now and again. Now add the garlic, vegetables, herbs, stock and wine. Give it a good stir, season to taste and bring to the boil.

Add potatoes to the pan and, if you need to, pour over enough hot water to just cover them. Give everything a good stir again and reduce the heat to a gentle simmer. Partially cover the pan (put the lid on, but not properly so it leaves a gap) and leave to simmer for 60 - 90 minutes until the potatoes are tender.

Give everything a good stir. Add a splash more water if the gravy is a little too thick, or simmer without the lid for another 5 minutes if it's too liquid.

A nice way to cook Diced venison

Ingredients

2 carrots, roughly chopped

140g turnip or swede, roughly chopped

2 onions, roughly chopped
3 celery sticks, roughly chopped
olive oil and butter, for frying
1 garlic clove, crushed
1kg boned leg or shoulder of venison, cut into large chunks (or buy ready-cubed venison for stewing)
5 tbsp plain flour, seasoned with salt and pepper
2 tbsp redcurrant jelly (or rowan or hawthorn jelly)
450ml dry red wine (Rioja is good)
450ml beef stock
2 thyme sprigs
1 bay leaf

Method

STEP 1

Heat oven to 180C/fan 160C/gas 4. Fry the vegetables in a little oil and butter in a heavy-based casserole for 4-5 mins until golden. Tip in the garlic and fry for a further min, then set aside.

STEP 2

Put the venison into a plastic bag with seasoned flour and shake to coat. Add a little more oil and butter to the pan, then fry the venison over a high heat, stirring now and then, until well browned. Don't crowd the pan – cook in batches if necessary. Set aside with the vegetables.

STEP 3

Add the redcurrant jelly and wine to the pan, and bring to the boil, scraping up all the bits that have stuck to the bottom. Pour in the stock, then add the thyme, bay leaf, meat and vegetables. Season if you like and bring to the boil. Cover and transfer to the oven for about 1½ hrs or until tender. Remove from the oven and check the seasoning.