

Meat, Poultry and Game



Slow Braised Venison with Anchovies and Capers

Serves 4

Make this with beef if you prefer, using an inexpensive cut like stewing steak. Don't be put off by the addition of anchovies - these melt in to create a rich sauce.

Ingredients

3 tbsps olive oil
1lb 8oz venison, cubed
12oz onion, peeled and thickly sliced
1oz can anchovy fillets in oil, drained
2 tbsps capers in vinegar, drained and chopped
2 tbsps parsley, chopped
1 tbsp fresh thyme, chopped
1 tbsp ready made English mustard

Method

Heat the oil in a deep casserole, and brown the meat well, a few pieces at a time, and remove. Stir in 4 tbsps water to loosen any sediment from the pan. Return the meat to the casserole. Add the onions, anchovies, capers, herbs and mustard, mix thoroughly together.

Crumple a piece of wet greaseproof paper and press down over the meat. Cover the casserole and cook at 170C/325F for 2 hours, or until the meat is tender. Check after 1 hour and add a little water if it looks dry. Serve with mashed potatoes.

Pheasant and Parsley Crumble

Serves 4

Method

Place the pheasant in a pan with the stock or water, and cider. Add the bay leaves and bring to the boil. Simmer for about 45 minutes, until the birds are cooked. Remove the birds and strain the stock. When cool, take the meat off the birds and cut into chunks. Heat the butter in a pan and add the bacon, onion, celery and mushrooms, and fry for about 10 minutes. Add the 2oz of flour, stir and gradually add the reserved stock. Simmer until thick, season well, then return the meat to the pan. Rub the topping ingredients together, place the pheasant mixture in a shallow gratin dish, and sprinkle over the topping. Bake for about 1 hour at 180C/350F until golden brown.

2 oven-ready pheasant
10 floz stock or water
10 floz dry cider
2 bay leaves
2oz butter
7oz streaky bacon, chopped
1 onion, peeled and chopped
2 celery sticks, chopped
4oz button mushrooms
2oz plain flour

for the topping

2oz porridge oats
5oz plain flour
1tbsp parsley, chopped
2oz walnuts, chopped
4oz butter, diced

Venison Bridies

Make these with your own flaky pastry, or use a good shop-bought pastry. You will need about 1lb pastry. Chop 1lb shoulder of venison, and add 3oz beef suet and 1 small onion, peeled and finely chopped. Roll out the pastry to a rectangle about 12" x 18", and divide into 4. Shape 4 ovals, season the meat mixture well, and divide between the pastry ovals, leaving a border all round. Dampen the border and fold over to form a neat horseshoe shape. Make a slit in the top for steam, and chill for an hour or so. Bake at 200C/400F for 30-40 minutes. If browning too quickly, cover loosely with baking parchment or tinfoil.