

Roast Venison & Pear Salad

Ingredients

1 Thyme Stem
2 Bay Leaves
3 Garlic Clove
100ml Rapeseed Oil
400g Venison Loin
30g Butter
5 Black Peppercorns

Dressing

1tbsp Dijon Mustard
1tbsp Red Wine Vinegar
50ml Rapeseed Oil

To Serve

1 Head Radicchio
1 Head Chicory, halved, cored & separated
1 Torn Round Lettuce
2 Pears peeled & thinly sliced
40g Hazelnuts toasted & lightly crushed

Method

- 1 Mix the thyme, bay, peppercorns, garlic and rapeseed oil in a large bowl, then add the venison loin and toss well. Cover and leave to marinate overnight.
- 2 For the dressing, whisk together the mustard and vinegar until emulsified. Slowly add the rapeseed oil until combined, thick and creamy, then season to taste.
- 3 Pre-heat a heavy based frying pan, add the venison steak cook for 4 minutes (depending on size, looking for 50C temperature). Spoon 1 tbsp of the marinade over the cooked Venison, then add the butter to the pan, roll the venison in dressing, allow to rest for 10 minutes then thinly slice.
- 4 Tip the salad leaves into a bowl with a little seasoning, some of the hazelnuts and the pear slices. Add enough of the dressing to coat the leaves well and toss.
- 5 To serve, plate alternate layers of venison, salad leaves and pear, then finish with more of the hazelnuts.

Vietnamese Venison Fillet Banh Mi

Serves 4 | Prep time 45 minutes | Cooking time 15 minutes

Ingredients

4 Venison round or loin steaks
2tsp Rapeseed Oil
Sea Salt
Black Pepper
4 Bread Buns
12ml Mayonnaise
20ml Sriracha Sauce
1 Bunch of watercress
4 Dashes of liquid seasoning

Chua Pickles

8 Radish thinly sliced
1 Large Carrot, peeled and shaved
1 tbsp Sea Salt
100ml Water
4 tbsp Caster Sugar
4 tbsp Rice Vinegar

Method

- ① To make the pickles, add radish and carrot to a glass or ceramic bowl and toss well with the salt. Let it sit on the counter for 20 minutes as you prep the rest of the ingredients for the recipe.
- ② Drain the salted vegetables and give them a quick rinse with cold water (Brining).
- ③ Add the water to a medium pot over high heat and bring to a boil. Add the sugar and stir to dissolve. Take off the heat and stir in the vinegar. Pour the hot liquid over the vegetables.
- ④ Either use the pickles now or transfer them to glass jars and put them in the fridge for up to a week.
- ⑤ Season the steaks generously with salt. Pre-heat a heavy based frying pan until hot. Add the venison steak cook for 4 minutes (depending on size, looking for 50C temperature) cut into small, bite-sized slices, add liquid seasoning.
- ⑥ Split the bun open and mayonnaise both sides. Stack the sandwiches with fresh watercress, steak cubes, do chua pickles, sriracha. Sandwiches can be eaten as-is or warmed briefly in the oven before serving.

Roast Venison Keema Curry

Serves 4 | Prep time 10 minutes | Cooking time 30 minutes

Ingredients

2 tsp Garam Masala
2 tbsp Rapeseed oil
1 Cinnamon stick
4 Cardamom pods, squashed
250g Onion, chopped.
3 Garlic cloves, crushed.
2 tsp Grated ginger (frozen can be used)
300g Venison Mince
1 tsp Ground turmeric
1 tsp Chilli powder
3 tbsp Tomato purée
2 Green chillies sliced (de seeded)
1 for recipe & 1 to serve

2 tsp Dried fenugreek leaves
100g Frozen peas defrosted
250ml Boiling Water
Salt to taste

Cucumber raita

1/4 Sliced Cucumber, seeds scraped out
200g Greek yogurt
30g Coriander chopped including stalks
20g Mint chopped

To Serve

4 Roti
60g Sliced red onion
4 Lime wedges

Method

- 1 Heat the oil in a large, wide pan. Add the cinnamon and cardamom and sizzle for 2 minutes.
Add the onion and cook for 10 minutes or until softened and starting to colour.
- 2 Add the ginger and garlic, and cook for 1 minute, then add the venison and cook, stirring to break up, until browned. Stir in the ground spices and tomato purée, then add 250ml of water and the green chilli, and simmer for 20 minutes.
- 3 Stir in the fenugreek, peas and garam masala, and cook for 1 minute, then serve sprinkled with coriander and extra green chilli. Season with salt to taste.
- 4 To make the raita, stir everything together with a big pinch of sea salt.
- 5 Serve the curry and raita with roti, sliced red onion and lime wedges.

Saffron Venison, Squash & Pomegranate Tagine

Serves 4 | Prep time 15 minutes | Cooking time 6 hours slow cooker

Ingredients

Slow Cooking

500g Diced Venison.
4 tbsp Rapeseed oil
1 Chicken stock cube
A pinch of Saffron
600ml Boiling water.
2 Red onions sliced.
30g Ginger (frozen chopped can be used)
4 Garlic cloves, paste
1 Cinnamon stick
100g Dried apricots
2 heaped tsp tagine spice mix
200ml Pomegranate juice

After Slow Cooking

15g Fresh Coriander chopped
15g Fresh Mint chopped
100g Baby leaf spinach, washed
1 Butternut squash (400g)
Sea salt, to taste
Freshly ground pepper, to taste
400g Tin of chickpeas, drained

To Serve

1 Pomegranate, seeded.
30g Honey, drizzled
50g Pistachios, crushed (optional)
15g Fresh Coriander, chopped.
15g Fresh Mint, chopped.

Method

- 1** Place a large pan on a medium heat for a few minutes. When warm, drizzle in 2 tbsp olive oil and add the diced venison and fry for 6-8 minutes until browned on all sides. Meanwhile, boil the kettle. When browned, use a slotted spoon to lift the venison out of the pan and into a bowl. No need to wipe the pan clean.
- 2** Crumble the stock cube into a jug and add a pinch of saffron. Pour over 600ml hot water from the kettle.
- 3** Place the pan back on the heat and add the onion. Cook for 5 minutes until softened then add the ginger and garlic and fry for 2 minutes.
- 4** Add the venison back to the pan along with 2 heaped tsp of the tagine spice mix. Stir then pour in 200ml pomegranate juice. Bring to a bubble then pour in the saffron infused chicken stock. Drop into the slow cooker the contents of the pan, add apricots and a cinnamon stick then pop on a lid. Cook on a medium heat for 6 hours, you can add more stock if you prefer a runnier sauce.
- 5** Meanwhile, preheat your oven to 200°C/Fan 180°C/Gas 6. Peel the butternut squash, halve it and scoop out the seeds. Chop the squash into 2-3cm chunks. Tumble them onto a baking tray and drizzle with 2 tbsp olive oil. Add plenty of salt and pepper and toss to coat. Slide into the oven to roast for 40-50 minutes, till the squash is softened and caramelised on the edges. Turn the oven off and set the roast squash to one side.
- 6** Drain and rinse the chickpeas, finely chop the herbs.
- 7** Halve the pomegranate. Hold a half in the palm of your hand, cut side down, over a bowl. Using a spoon, bash the pomegranate and the seeds should tumble through your fingers into the bowl. Repeat with the remaining half.
- 8** When the tagine is cooked add the squash, baby leaf spinach and chickpeas and half of the fresh chopped herbs to the pan. Gently fold together.
- 9** Taste the tagine and add more salt or pepper if you think it needs it. For some sweetness, add a tsp or 2 of honey. You can also add a little more tagine spice mix, to taste.
- 10** Top the tagine with remaining chopped herbs, pomegranate seeds and pistachios, and serve with a side of warm, fluffy couscous.