

## VENISON CASSEROLE



MINUTES TO PREPARE  
25



TIME TO COOK  
1 hr 45 mins



SERVES  
4-5

### INGREDIENTS

**600g venison leg**, cubed  
**1 carrot**, peeled and sliced on the diagonal  
**1 onion**, peeled and finely diced  
**1 slice celeriac**, peeled and diced  
**3 rashers smokey bacon**, cut into cubes  
**4 cloves garlic**, peeled and crushed  
**1 tablespoon plain flour**  
**Good grind of black pepper**  
**1 teaspoon sea salt**  
**2 tablespoons rapeseed oil**  
**3 juniper berries**, crushed (optional)  
**100ml red cooking wine**  
**400ml beef stock**

### LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4
- 2 Place the flour in a bowl with 2 pinches of salt and a good grind of black pepper. Toss in the venison and leave to one side.
- 3 Heat 1 tablespoon of rapeseed oil in a casserole dish and add the onions, carrots and celeriac. Cook for 5 minutes until they start to soften. Add the bacon and garlic and cook for a further 5 minutes.
- 4 Heat the other tablespoon of rapeseed oil in a large frying pan. When the oil is hot, place in the floured venison. You may need to do this in batches. You want a single layer over the bottom of the pan otherwise it will stew rather than brown. Brown the meat on both sides and add to the vegetables in the casserole dish.
- 5 Once you have browned all of the venison and placed it in the casserole dish, heat the frying pan over a high heat and add the wine and juniper berries. Scrape the pan with a wooden spoon and let the wine bubble for 3 minutes until the alcohol has burnt off. Add the wine and berries to the casserole. Pour in the beef stock, season with salt and pepper and bring to a gentle boil.
- 6 Place a lid on the casserole and place in the oven for 1 hour 45 minutes.
- 7 Taste and season with salt and pepper to your liking.

*"This is a delicious winter stew. Venison gives a beautiful depth to a meal... it is a leaner cut of meat so you need the bacon to balance out the fat and make it tender. I like to use the bottom half of a haunch (essentially the shank) but any stewing meat will do. You can get venison in the winter from most butchers"*