



# Wild and British

Venison recipes  
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# Venison shish kebab

## For the marinade and steaks

1. Roughly chop the garlic cloves and blend together with the olive oil, tomato purée, smoked paprika, harissa paste, cinnamon, cumin and thyme in a blender. Pound or blend to a paste, then add two full tbsps of the yoghurt and mix well.
2. Cut the steaks into 1cm-thick slices. Coat the meat in the marinade and place in a sealed container or in a vac-pac bag in a fridge overnight.
3. The following day, thread the meat onto a large skewer. If you have a rotisserie, you can cook the meat over coals. If not, brush with a little oil and cook on the grill bars, turning frequently. Cook for no more than 4 minutes, until the steaks are medium rare, then allow to rest for 5 to 10 minutes.

## For the flatbreads and dressing

1. Chop the coriander and mix with the rest of the yoghurt and the honey to make the dressing.
2. Warm the flatbreads on the grill and serve them with the venison and a dollop of the yogurt dressing. You can also roast some peppers to add extra colour and flavour.

## Ingredients

2kg venison haunch steaks  
3 garlic cloves  
3tbsps olive oil  
1tbsp tomato purée  
1½tsp smoked paprika  
2tsp harissa paste  
1tsp ground cinnamon  
1tsp ground cumin  
2tsp chopped thyme  
2tbsp coriander  
500ml Greek yoghurt  
12-16 folded flatbreads  
Salt and pepper  
2tsp honey

Serves 6 to 8

**Cooking time: around  
30 minutes (plus  
marinating overnight)**



## *Cajun spiced venison steaks*

### **For the steaks**

1. Generously brush the venison steaks with oil, then season and rub all over with the Cajun spices.
2. In a very hot pan, ribbed griddle plate or BBQ, sear the steaks on each side to the degree you prefer.
3. Once cooked, remove the steaks from the pan and allow to rest for 2 to 3 minutes. Slice the steak at an angle and place onto the plates.

### **For the gherkin dressing**

1. Skin, de-seed and finely dice the tomato. Chop the parsley and keep to one side with the tomato.
2. Finely dice the gherkins and shallots and mix well with the baby capers, vinegar and olive oil. Season to taste and add in the tomato and parsley.
3. Spoon a generous serving of the dressing over the steaks and serve straight away.

### **Ingredients**

4 haunch steaks or pavés  
50g baby gherkins  
1 small shallot  
50g baby capers  
1 tomato  
1tsp chopped flat leaf parsley  
2tsp of Cajun spices  
2tsp white wine vinegar  
4tsp olive oil  
Vegetable oil  
Salt and pepper

Serves 4

**Cooking time:**  
less than 30 minutes

# Venison lasagne

## For the venison mince

1. Bring the stock to the boil and then reduce heat to keep warm.
2. Heat a little oil in a large saucepan and add half the venison mince. Fry off until cooked then remove from the pan. Repeat the process with the second half of the mince, then remove the meat and keep to one side.
3. Finely chop the carrot, the celery sticks, the onion and the garlic. Add the onion and the garlic to the pan that the meat was fried in and sweat off in a little oil. Then, after about 5 minutes, add the carrot and the celery. Once the veg softens, add the meat and stir well before adding the tomato purée and the herbs.
4. Cook for 4 minutes, then add the flour and stir well. Then add the tinned tomatoes and cook for a further 5 minutes. Finally, pour in the hot stock and bring everything to the boil.
5. Cook on a gentle heat for at least 1½ hour. If the sauce reduces too much and becomes too thick, you can add a little more stock. Correct the seasoning and allow to cool before using.
6. Once the meat and the cheese sauces (see below) have cooled down, spoon a little of the cheese sauce over the bottom of a deep, oven-proof dish. Place the pasta leaves on top. Add enough meat sauce to coat the pasta well, cover with a second layer of pasta and then the cheese sauce. Continue layering until you are about 1cm below the lip of the dish. Finish with a layer of the cheese sauce and sprinkle the remaining Cheddar cheese on top.
7. Pre-heat the oven to 180°C and place the lasagne onto a baking tray to catch any overflow. Cook for 1 hour, checking that the centre is well cooked and piping hot.

## For the cheese sauce

1. Add the onion, cloves and the bay leaf to a saucepan with milk. Bring to the boil and then turn the heat off and keep warm.
2. Melt butter in a pan, add the flour and mix to form a roux. Cook for no more than two minutes, then take off the heat and allow to cool slightly.
3. Remove the onion, bay leaf and cloves from the milk. Stir a third of the milk into the roux, mixing continuously until smooth. Then add another third of the milk, again stirring until smooth. Finally, pour in the remaining milk and turn the heat down. Allow to cook for 30 minutes, then add half the Cheddar cheese and all the parmesan. Continue stirring well until all the cheese melts, and allow to cool.



## Ingredients

1kg venison mince  
1 onion  
1 large carrot  
2 celery sticks  
2 garlic cloves  
2tsp tomato purée  
1 thyme sprig  
1tsp oregano  
1 bay leaf  
50g plain flour  
800g chopped tomatoes (2 cans)  
1l venison stock or dark chicken stock  
400g fresh or dried pasta sheets  
Oil

## Cheese sauce

500ml milk  
50g butter  
½ onion  
1 bay leaf  
2 cloves  
50g plain flour  
25g parmesan  
50g Cheddar cheese

Serves 6 to 8

**Cooking time:**  
over 3 hours



## Venison and bacon cassoulet

1. Heat a little oil in a pan, season the venison and fry off in small portions – allowing the oil to heat up before each portion – until sealed on all sides and browned slightly.
2. Finely dice the onion and the garlic cloves and dice the bacon into larger chunks. Once all the venison is sealed off, add a little more oil to the pan, turn the heat down and sweat off the onions and garlic.
3. Once the onions are soft, add the bacon and cook for 5 to 6 minutes. Then add the smoked paprika and cook for a further 6 to 8 minutes.
4. Add the tomato purée and mix well. Chop the oregano and keep to one side. Deglaze the pan with the white wine and allow to reduce by half. Then add the tinned tomatoes and the passata and bring to the boil.
5. Add in the venison and half of the chopped oregano and bring to the boil once again before placing into an earthenware dish with a lid. Cook in the oven at 160°C for 1 hour 40 minutes or until the meat is tender.
6. Heat some oil in a frying pan and sear off the cocktail sausages to give them some colour, not allowing them to cook completely, then remove them from the pan.
7. Cut the peppers into chunks and fry in the same pan for 3 to 4 minutes, then keep to one side with the sausages.
8. Once the venison has cooked for 1 hour 20 minutes, add in the sausages and the peppers. Once the venison has finished cooking, add in all the beans, peas, the sweetcorn and the rest of the oregano.
9. Correct the seasoning if needed and cook for a further 10 minutes. Serve with a slice of warm, crusty bread.

### Ingredients

1kg diced venison shoulder  
½ onion  
2 garlic cloves  
150g smoked bacon  
2tsp smoked paprika  
1tsp tomato purée  
1 glass white wine  
400g chopped tomatoes (1 can)  
500ml passata  
1tsp fresh oregano  
12 Cumberland cocktail sausages  
1 Romano pepper  
100g tinned chickpeas  
100g tinned baked beans  
100g tinned kidney beans  
50g green peas  
50g soya beans  
50g sweetcorn  
150ml oil

Serves 6 to 8

**Cooking time:**

**2 hours 30 minutes**

# Chunky venison stew with golden croûtes

## For the pearl barley and croûtes

1. Wash the pearl barley in cold water and place in a pan with 300ml of cold water. Bring to the boil and cook for 30 minutes, then drain, refresh in cold water, and keep to one side.
2. Take the bread slices and cut out circles as large as the cup you plan to serve the stew in.
3. Melt 40g of butter in a saucepan and dip each circle of bread in it, ensuring each piece is well covered.
4. Place the butter-covered bread in a hot oven at 220°C. Turn a few times until golden-brown on both sides. Once ready, transfer onto a piece of paper towel to drain off excess butter.

## For the stew

1. Heat a little oil in a large pan until hot to the point of smoking.
2. Season the venison with salt and pepper, and dust in the flour. Fry in the hot oil to seal and colour.
3. Meanwhile, bring the stock to the boil in a separate pan and add the dried porcini mushrooms. Turn down to simmer.
4. When all the venison is sealed, remove it from the pan, add a little more oil and turn the heat down. Finely chop the onion and the garlic clove, add them to the pan, and cook for 3 to 4 minutes, but do not let them turn brown.
5. Slice the chestnut mushrooms and add them in. Cook until the onions turn soft, then add the venison chunks back in. Add the tomato purée and cook for a further 3 minutes.
6. Add the red wine and allow to reduce by half. Add in any remaining flour, stirring continuously.
7. Transfer the stock with porcini mushrooms into the pan with the meat. Stir well, season and add the thyme sprigs. Simmer on low heat for at least 90 minutes or until the meat is tender.
8. If the sauce is a little watery when the meat is already cooked, you can reduce it further. Remove the meat and keep it warm in a covered dish. Then bring the sauce to the boil and reduce it until it coats the back of a spoon. Cut any remaining butter into cubes and stir them into the sauce to give it a lovely shine.
9. Add the pre-cooked pearl barley to the sauce and bring to a simmer. Once the sauce is hot, add the meat back in.
10. Stir carefully and serve in a large cup topped with the golden bread croûte.



## Ingredients

600g diced venison  
4 slices of white bread  
25g flour  
½ onion  
1 large garlic clove  
1l dark chicken/venison stock  
30g dried porcini mushrooms  
150 chestnut mushrooms  
1tsp tomato purée  
100ml red wine  
2 thyme sprigs  
120g pearl barley  
50g salted butter  
Vegetable oil  
Salt and pepper

Serves 4

**Cooking time:**  
over 2 hours

# Roast saddle of venison with fruity stuffing

1. Debone the venison saddle.
2. Finely chop the fresh chives, thyme and the onion, then mix with the sausage meat and all the nuts in a bowl. Season to taste.
3. Wash the spinach and blanch in salted water for 20 seconds. Drain and refresh in cold water. Carefully squeeze all the water out. Follow the same process with the wild garlic, then add it to the spinach and chop roughly, mixing well.
4. Lay a piece of cling film out on a chopping board, place the sausage mix on it and cover with another piece of cling film. Using a rolling pin, flatten the sausage meat into a square, roughly the same size as the venison.
5. Remove the top layer of cling film, season and add the apricots, pressing them down into the meat. Place the spinach and wild garlic on top and season again.
6. Carefully roll the sausage meat into a cylindrical shape. Place in the fridge for 20 minutes.
7. Lay out the venison bottom up and season with salt and pepper. Carefully remove the cling film and place the sausage meat roll in the centre, filling the space where the backbone was.
8. Wrap the venison around the stuffing so both ends overlap and the stuffing is completely enclosed. Using butchers' string, tie six knots around the joint to hold it in place.
9. Mix the sweet smoked paprika, the onion and the garlic powders and 2tbsps of olive oil.
10. Place the venison joint on kitchen foil (shiny side in) ensuring the meat overlap is facing down. Brush the paste all over the meat and wrap in foil.
11. Crimp the two ends of foil over the top to form a seal.
12. Place joint on a baking tray and in a pre-heated oven, or BBQ, at 220°C for 10 minutes. Then turn the temperature down to 180°C and cook for a further 35 minutes.
13. After 35 minutes, the core temperature of the meat should be at around 56°C. Take it out of the oven or, if it's cooking on a BBQ, pull to one side and pierce the foil at the bottom of the joint, allowing the liquid to drain out.
14. Remove the foil and increase the heat to crisp up the joint for about 8 minutes.
15. Allow the joint to rest uncovered in a warm place for 15 to 20 minutes. Serve with your favourite chunky tomato sauce.



## Ingredients

2kg venison saddle  
600g sausage meat (any type you like)  
60g skinned pistachio nuts  
60g pine nuts  
2tsp chives  
2tsp thyme  
600g spinach  
150g wild garlic (optional)  
120g dried apricots  
2tsp sweet smoked paprika  
2tsp onion powder  
1tsp garlic powder  
2tbsp olive oil  
Salt and pepper

*Serves 8 to 10*

**Cooking time:**  
**over 2 hours 30 minutes**



FROM THE TEAM THAT BROUGHT YOU  
*VENISON* AND *FEATHERS*  
WORLD RENOWNED FOOD PHOTOGRAPHER  
STEVE LEE AND GAME CHEF / TOG FOOD  
AMBASSADOR JOSE L SOUTO



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