

Venison Stew in Red Wine

Venison is becoming increasingly popular in Scotland as the large herds of farmed deer in the Highlands bring down the cost of their meat. Venison is also lower in calories, cholesterol and fat than most cuts of beef, pork, or lamb. Here's a tasty recipe for making venison stew, marinated in red wine.

Ingredients:

2 pounds (1 kilo 4 cups US) stewing venison, cut into 1" cubes

2 Bay leaves

One large chopped onion.

1 ounce (25g / quarter cup US) flour

1 tablespoon redcurrant jelly

Half pint (quarter litre / 1 cup US) cheap red wine

1 ounce (30g / quarter stick) butter

6 ounces (170g / 1.5 cups US) button mushrooms, sliced Salt and freshly ground black pepper

Method:

Place the chopped venison in a bowl with the red wine and bay leaves, cover and leave to marinate in the fridge for 48 hours. Strain the red wine and reserve, discarding the bay leaves. Gently sauté the chopped onion in the oil and butter for ten minutes. Then stir in the flour and continue to cook for about a further one minute. Slowly blend in the wine and stock, bring to the boil, stirring until thickened. Stir in the venison, redcurrant jelly and seasoning. Cover and boil for another 5 minutes. Reduce heat and then simmer in a slow oven for about four hours or until tender. Add the mushrooms for the last 30 minutes or so.

Serve with mashed or new boiled potatoes and green vegetables.