

# MINCED VENISON

## SLOW COOK



### FOR BEST RESULTS, SLOW COOK THIS CUT

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!

*Jeff Baker*

Executive Development Chef

### METHOD

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- 1 Take 450g of freshly minced venison.
- 2 In a heavy based casserole add a few drops of light olive oil (pomace) or vegetable oil and heat until just starting to smoke, carefully add the mince and fry for a few minutes stirring frequently until the mince is rich and golden.
- 3 Next add 300ml light game or chicken stock (Essential Cuisine is our all time favourite if not making your own), a teaspoon of tomato purée and bring to a simmer.
- 4 Thicken slightly with 1 teaspoon of corn flour mixed to a paste with cold water and stirred into the mix, place in an oven covered with a lid on 125°C (gas mark 2) for 45 minutes.
- 5 Meanwhile take one large onion, 2 carrots, a 100g of celeriac all finely diced and sweat these in a separate pan till soft and translucent, then add a few fresh thyme leaves, and a bay leaf to the veg.
- 6 Remove the venison casserole dish from the oven, add the vegetable garnish and pop on top of stove and cook gently for another 15 minutes, taste for seasoning adding a little cracked pepper and sea salt to finish.

### SERVING SUGGESTION

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We use this base for many midweek meals including a game shepherds pie, we sometimes add a little garlic and chopped tomato to use in a bolognaise or lasagna.

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