COWAL DEER VENISON

Cider & Wholegrain Mustard Casserole



Tender Cowal Deer diced venison slowly braised with apples, onions, thyme and dry cider, finished with a creamy wholegrain mustard sauce. A comforting family supper, delicious with buttery mash and seasonal greens.

SERVES	PREP	COOK	DIFFICULTY
4	20 min	2 hr 45 min	3 / 5

CATEGORY Slow Cooking

VENISON CUT Diced Venison / Casserole Cut

Ingredients

- 800g Cowal Deer diced venison (casserole cut)
- 2 tbsp plain flour
- 2 tbsp olive oil
- 2 medium onions, cut into wedges
- 2 carrots, peeled and thickly sliced
- 2 garlic cloves, finely chopped
- 2 eating apples, cored and cut into wedges
- 330ml dry apple cider
- 350ml beef stock
- 2 sprigs fresh thyme
- 1 bay leaf
- 2 tbsp wholegrain mustard
- 100ml double cream
- 1 tsp cider vinegar (optional)
- Salt and freshly ground black pepper
- 2 tbsp chopped parsley, to garnish
- Mashed potatoes and steamed greens, to serve

Method

1. Prepare the venison. Pat the diced venison dry, season lightly and toss with the flour until evenly coated.

2. Brown in batches. Heat 1 tbsp olive oil in a large flameproof casserole over medium-high heat. Brown the venison in 2–3 batches for about 3–4 minutes per batch, then transfer to a plate.

3. Soften the vegetables. Reduce the heat to medium. Add the remaining oil, onions and carrots; cook for 6 minutes, stirring. Add the garlic and apple wedges and cook for 2 minutes more.

4. Add cider and stock. Pour in the cider, stirring to release the browned bits from the pan. Return the venison and its juices, then add the beef stock, thyme and bay leaf. Bring to a gentle simmer.

5. Slow-cook until tender. Cover and cook in a preheated oven at 160°C conventional / 140°C fan for 2–2½ hours, stirring once or twice, until the venison is tender. Add a splash of stock or water if the sauce becomes too thick.

6. Finish the sauce. Remove the thyme stems and bay leaf. Stir in the wholegrain mustard and cream. Simmer gently, uncovered, for 5 minutes. Do not boil rapidly once the cream is added.

7. Season to taste. Taste the sauce and add salt and pepper as needed. If you prefer a sharper finish, stir in the cider vinegar. Ensure the venison is fully cooked and tender.

8. Serve. Sprinkle with parsley and serve hot with creamy mashed potatoes and seasonal green vegetables.

Susie's Kitchen Tips

PROPOSED — SUBJECT TO SUSIE'S APPROVAL

Choose a dry cider rather than a very sweet one, so the apples and mustard stay balanced. Add the cream only at the end and heat gently to keep the sauce smooth. This casserole can be made the day before; chill promptly and reheat until piping hot.