MOROCCAN-STYLE COWAL DEER VENISON
& Apricot Tagine



Tender Cowal Deer diced venison slow-cooked with warming Moroccan-inspired spices, sweet apricots, tomatoes and chickpeas. Served with fluffy couscous, it makes a colourful, comforting family meal.

VENISON CUT Diced Venison / Casserole Cut

RECIPE CATEGORY Slow Cooking

SERVES	PREP	COOK	DIFFICULTY
4	20 min	2 hr 30 min	3 / 5

Ingredients

- 800g Cowal Deer diced venison (casserole cut)
- 2 tbsp olive oil
- 1 large onion, finely sliced
- 2 carrots, cut into small chunks
- 3 garlic cloves, finely chopped
- 20g fresh ginger, finely grated
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp smoked paprika
- ½ tsp ground cinnamon
- ½ tsp ground turmeric
- 2 tbsp tomato purée
- 400g tin chopped tomatoes
- 350ml beef or vegetable stock
- 100g dried apricots, halved
- 400g tin chickpeas, drained (about 240g)
- 1 tbsp lemon juice
- 2 tbsp chopped fresh coriander
- 30g toasted flaked almonds (optional)
- 250g dried couscous, to serve
- 300ml boiling vegetable stock for couscous
- Salt and black pepper, to taste

Method

1. Prepare the venison. Pat the diced venison dry and season lightly with salt and pepper. Chop the onion, carrots, garlic and ginger, and measure the spices.

2. Brown in batches. Heat 1 tbsp oil in a heavy casserole over medium-high heat. Brown the venison in batches for 3–4 minutes each; transfer to a plate.

3. Soften the vegetables. Add the remaining oil, onion and carrots. Cook for 5–6 minutes. Stir in the garlic and ginger for 1 minute.

4. Build the flavour. Add the cumin, coriander, paprika, cinnamon and turmeric. Stir for 30 seconds, then add the tomato purée and cook for 1 minute.

5. Braise slowly. Stir in the tomatoes and 350ml stock, scraping the pan. Return the venison and any juices. Cover and cook at 160°C conventional / 140°C fan for 1 hour 45 minutes to 2 hours, until nearly tender.

6. Add apricots and chickpeas. Stir in the apricots and drained chickpeas. Cover and cook for 20–30 minutes longer until the venison is fork-tender. Add a splash of water if needed.

7. Make couscous. Put couscous in a bowl with 300ml boiling vegetable stock. Cover for 5 minutes, then fluff with a fork. Check the packet instructions if they differ.

8. Finish and serve. Stir lemon juice into the tagine, taste and season. Spoon beside the couscous and scatter over coriander and toasted almonds, if using. Serve piping hot.

Susie's Kitchen Tips

PROPOSED — SUBJECT TO SUSIE'S APPROVAL

For extra depth, prepare the tagine the day before and chill promptly; the spices develop overnight. Add the apricots near the end so they keep their shape. For a nut-free version, omit the almond garnish.