COWAL DEER VENISON
& Smoked Paprika Goulash



Tender Cowal Deer casserole-cut venison slowly braised with sweet peppers, onions, tomatoes and smoked paprika. A warming, gently spiced family supper, delicious with buttery mashed potatoes and green beans.

VENISON CUT Diced Venison / Casserole Cut

RECIPE CATEGORY Slow Cooking

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

Ingredients

- 800g Cowal Deer diced venison (casserole cut)
- 2 tbsp olive oil
- 2 medium onions, sliced
- 2 red peppers, deseeded and sliced
- 1 yellow pepper, deseeded and sliced
- 2 carrots, sliced into thick rounds
- 3 garlic cloves, finely chopped
- 2 tbsp sweet smoked paprika
- 1 tsp ground caraway seeds (optional)
- 1 tbsp plain flour
- 2 tbsp tomato purée
- 400g tin chopped tomatoes
- 400ml beef stock
- 1 bay leaf
- 1 tsp dried marjoram or oregano
- 1 tsp Worcestershire sauce
- 1 tsp cider vinegar
- Salt and black pepper, to taste
- 2 tbsp chopped fresh parsley
- 4 tbsp soured cream (optional, to serve)
- Mashed potatoes and green beans, to serve

Method

1. Prepare the ingredients. Pat the diced venison dry. Slice the onions, peppers and carrots; finely chop the garlic. Mix the paprika, caraway and flour in a small bowl.

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

3. Soften the vegetables. Add the remaining oil. Cook the onions and carrots for 5 minutes, then add the peppers and cook for 4 minutes more. Stir in the garlic for 1 minute.

4. Add the spices. Sprinkle in the paprika, caraway and flour. Stir for 30 seconds over medium heat, then add the tomato purée and cook for 1 minute without scorching.

5. Build the sauce. Stir in the chopped tomatoes and beef stock, scraping the pan. Add the bay leaf, marjoram and Worcestershire sauce. Return the venison and its juices.

6. Braise slowly. Bring to a gentle simmer, cover and cook at 160°C conventional / 140°C fan for 2–2½ hours until the venison is fork-tender. Stir occasionally; add water if the sauce thickens too much.

7. Finish and season. Discard the bay leaf. Stir in the cider vinegar and season to taste. If the sauce is thin, simmer uncovered briefly; make sure the meat is thoroughly cooked and tender.

8. Serve. Spoon the goulash beside buttery mashed potatoes and green beans. Scatter with parsley and add a little soured cream, if liked. Serve piping hot.

Susie's Kitchen Tips

PROPOSED — SUBJECT TO SUSIE'S APPROVAL

Use sweet smoked paprika for a deep, rounded flavour without too much heat; add a little hot paprika only if you prefer it spicier. Keep the casserole at a gentle simmer so the lean venison stays tender. It tastes even better reheated the next day.