

BASC
Venison Butchery Workshop
By
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The following notes are those relating to either books or recipe used during the workshop.

Books

Practical Cookery – by Ceserani, kinton & Foscett

Hodder & Stoughton ISBN 0-340-74941-5

The River Cottage Meat Book -- by Hugh Fearnley-whittingstall

Hodder& Stoughton ISBN 0-340-82635-5

The secret of the cooked dishes is hot pans and quick cooking. Get everything ready and go for it. Total cooking time should be no more 3 or 4 mins.

Venison stroganoff

<i>4oz per portion</i>	<i>Strips of venison 50mmx3mm</i>
<i>1oz “ “</i>	<i>Finely chopped onions</i>
<i>1oz “ “</i>	<i>Sliced mushrooms</i>
<i>To taste</i>	<i>Smoked paprika</i>
<i>To taste</i>	<i>Dijon mustard</i>
<i>To taste</i>	<i>whisky</i>
<i>To taste</i>	<i>Double cream or crème fraîche</i>
<i>To taste</i>	<i>Salt & pepper</i>

1. Strip venison from a prepared muscle, firstly slicing across the grain of the muscle then cutting into strips.
 2. Dust raw venison with smoked paprika ensure all meat is covered.
 3. Heat a heavy bottomed pan with a little oil(not olive oil)
 4. Seal off meat in pan
 5. Add onions (keeping the heat in the pan)
 6. Flame with whisky (Don't be shy with the whisky, more is better)
 7. Add the mushroom and the Dijon mustard bring to a simmer
 8. Add the double cream(enough to give each person a good amount of sauce)
 9. Bring to boil for 30 seconds and serve
- Serve with freshly cooked tagliatelle Verdi or baked rice(pilaff)*

Venison steaks with whole grain mustard

<i>4/5oz per portion</i>	<i>venison streaks Taken from a round muscle or from the loin</i>
<i>1oz “ “</i>	<i>Finely chopped onions</i>
<i>To taste</i>	<i>Whole grain mustard</i>
<i>To taste</i>	<i>Whisky, red wine or port</i>
<i>To taste</i>	<i>Double cream or crème fraîche</i>
<i>To taste</i>	<i>Salt & pepper to taste</i>
<i>To taste</i>	<i>Chopped parsley (Optional extra)</i>

1. Cut venison from a prepared muscle or loin, slicing across the grain of the muscle. The steak should be no more than 20mm thick
2. Season venison with salt & pepper and allow to stand for a few minutes.
3. Heat a heavy bottomed pan with a little oil(not olive oil)
4. Seal off meat in pan (1minute tops!)remove from pan.

5. *Add onions (keeping the heat in the pan)*
6. *Flame with your choice. I would go for red wine or port (Don't be shy with it, more is better) ensure that most of the liquor has boil away*
7. *Add the whole grain mustard*
8. *Add the double cream(enough to give each person a good amount of sauce)*
9. *Bring to boil for 30 seconds*
10. *Replace the steaks into the pan, bring back to the boil and serve*
Serve with freshly braised red cabbage, parsnip & carrot mashed with butter, horseradish & nutmeg

Venison Carpatchio

<i>2 oz per portion</i>	<i>venison streaks Taken from a round muscle or from the loin</i>
<i>1 slice per portion</i>	<i>Brown bread</i>
<i>To taste</i>	<i>Venison pate or another good quality pate</i>
<i>To taste</i>	<i>Lemon juice</i>
<i>To taste</i>	<i>Salt & pepper</i>

1. *Take the crusts of the bread cut into triangles and fry in a light oil when crisp take out and place on kitchen paper to drain and cool.*
2. *Spread Pate on the fried bread*
3. *Cut venison from a prepared muscle or loin, slicing across the grain of the muscle. The steak should be no more than 10mm thick.*
4. *Place steak between two sheets of polythene bat out very carefully, you should be able to see light through the meat. Take your time.*
5. *Peel one sheet of the venison*
6. *Season venison with salt & pepper and lemon and a little drop of oil allow to stand for a few minutes.*
7. *Remove the venison from polythene sheet and neatly place on the pate croute*
Serve with freshly made creamed horseradish sauce or even better tartar sauc.