



## VENISON BRAISED IN STOUT

### METHOD

Pre-heat the oven to gas mark 2, 275 F (140 C). Heat the oil to a high temperature in the casserole dish and brown the diced venison to a rich and brown colour on both sides. Take the meat out then add some more oil to the casserole along with the onion and brown this for about 8 minutes before adding the garlic and frying for another 2 minutes. Return the meat into the dish with the bay leaf and thyme, to join the onions. Stir in flour to soak up the juices, then pour in the stout and beef stock, add the walnuts and season well. As soon as it reaches a gentle simmer, put a lid on it. Then transfer the casserole to the middle of the oven and forget about it for an hour and a half. By which time the meat will be tender and the sauce will be marvellously dark and rich.

### INGREDIENTS

- 400-500g Diced Venison
- 1 clove of garlic
- 1 onion, sliced
- 1/2 tbsp plain flour
- Salt and pepper
- 150ml stout ( we use Lyme Regis brewery, black ven porter)
- 100ml beef stock
- 150g pickled walnuts, drained and halved
- 1 bay leaf
- Dried thyme