



SCOTTISH
VENISON

Smoky Cowboy Beans and Venison Meatballs

Delicious and fun to make



Serves:

4

Ingredients:

- 350g venison mince
- 400g tin or jar of cooked beans (butter beans / white beans)
- 3 garlic cloves, finely chopped
- 1 red onion, peeled and finely chopped
- ½ tsp ground allspice
- ½ tsp ground coriander
- ½ tsp ground cumin
- ½ tsp cayenne pepper (optional)
- ½ tsp crushed fennel seeds
- 1 tsp smoked paprika
- 250g tomato passata
- 1 sprig of fresh thyme
- 2 fresh bay leaves
- A glug of olive oil
- Salt and pepper
- A handful of fresh parsley, chopped (to serve)

Method:

1. Make the meatballs

Season the venison mince with salt and pepper in a large bowl. Add a third of the garlic, thyme and 1/3 of the spices. Mix well until combined and roll into evenly-sized balls, slightly smaller than a golf ball.

2. Brown the meatballs

Heat the oil in a large ovenproof pan. When hot, add the meatballs. After a minute turn them and continue turning until they are nicely browned all over. Set them aside on a plate.

3. Make the sauce

After the meatballs have been removed, add the onion, remaining garlic, spices and herbs. Stir occasionally, until the onion softens and it starts to smell amazing. Add the beans and their liquid and the passata. Stir, season with salt and pepper and bring to a gentle simmer.

4. Bake in the oven

Place the meatballs back into the pan, spreading them out evenly. Place the pan in the oven at 180°C and bake for 30 minutes.

5. Rest and serve

Remove from the oven and leave to rest for 15 minutes before serving, this helps the flavours come together. Scatter over the chopped parsley and serve!



Recipe Notes:

Serving ideas: Great with a fresh seasonal slaw and herby yoghurt or sour cream. Try it with rice, flatbreads or pasta.

Why venison?

Venison is a super, healthy, lean meat. It's highly nutritious, and one of the best meats you can eat.

Recipe from Tim Maddams
scotlandprivatechef.co.uk

More of Tim's venison recipes are available at scottish-venison.com

This project is supported by funding from the Scottish Government.



Scottish Government
Riaghaltas na h-Alba
gov.scot