



SCOTTISH
VENISON

Venison Goulash

*Rich and smoky with fragrant spices,
the ultimate comfort dish*



Serves:4

Ingredients:

- 500g diced venison
- 3 tbsp vegetable oil
- 3 onions, finely sliced
- 4 garlic cloves, peeled and sliced
- 1 tbsp plain flour
- 2 tbsp sweet smoked paprika
- 1 tsp chilli flakes (optional)
- 1 tsp fennel seeds
- 2 juniper berries, lightly crushed
- 1 large sprig of thyme
- 2 bay leaves
- 400g tin of chopped tomatoes (or 350ml tomato passata)
- 200ml venison or other stock
- Salt and pepper

To finish:

- A pinch of smoked paprika
 - A small pot of sour cream
 - A small bunch of parsley or basil, chopped (optional)
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Method:**1. Brown the venison**

Dust the diced venison with the flour and season well with salt and pepper. Heat the oil in a medium casserole pan over a moderate heat, then fry the venison until browned all over. Spoon it out onto a plate and set aside.

2. Cook the onions

In the same hot pan, add the onions, garlic, thyme and bay leaves. Cook over a medium heat for about 10 minutes, stirring occasionally, until the onions are soft.

3. Add the spices and sauce

Add the venison back to the pan. Stir well, then add the chilli flakes (if using), paprika, and fennel seeds. Cook for another minute or two, then add the tomatoes or passata, stock, and juniper berries. Give everything a good stir.

4. Slow cook

Put the lid on and cook for around 1 hour 30 minutes - either on the hob or in the oven at 160°C. Give it a stir every now and then. The goulash is ready when the meat is tender.

5. Rest and serve

Check the seasoning. If the flavour needs sharpening up you can add the juice of half a lemon. Turn off the heat and leave to rest for at least 20 minutes before serving.

**Recipe Notes:**

Serving ideas: Try with garlic buttered flatbreads and lashings of soured cream or keep it traditional with boiled potatoes and steamed greens.

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**

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