

Venison stew with redcurrant jelly and bacon recipe

Venison stew with redcurrant jelly and bacon, a rich, flavoursome meat stew with a hint of fruit.

Photo: ANDY SEWELL

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Serves 4

Ingredients

750g diced venison

20ml sunflower oil

3 red onions, peeled and diced

2 white onions, peeled and diced

60g smoked bacon, diced

a sprig of thyme

120g carrots, peeled and diced

2 cloves of garlic, crushed

1 tbsp tomato purée

30g plain flour

900ml chicken stock

30g turnip, peeled and diced

20g redcurrant jelly

Preheat the oven to 150C/gas mark 2.

In a large, hot frying-pan, seal the diced venison in the oil until golden-brown all over. Then add the onions, smoked bacon, thyme and carrots, and season. Cook until the onions are soft and a light-brown colour. Add the garlic and tomato purée and cook for a couple of minutes. Sieve the flour into the pan, stir through the ingredients, add the chicken stock, turnip and redcurrant jelly.

Decant the stew into a casserole dish, cover and braise for 45-75 minutes in the oven until the meat breaks apart easily. Serve with seasonal vegetables.

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