



British Deer Society
Cooking Demonstration
Recipes

From Simon Crockford,
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Searched Venison Loin
Moroccan Spiced Braised Venison Tagine
Venison Loin Salad
Sika Venison, Juniper and Rosemary Sausages

Sika - Dorset

Seared Venison Loin

(Serves 4)

Braised Red Cabbage

1 small red cabbage
50ml red vinegar
100g butter
1 cinnamon stick
3 star anise
700ml red wine
200g muscovado sugar
Salt

- Slice the cabbage finely.
- Add the butter to a pan and melt, add cabbage and fry for 5 minutes.
- Add the spices and continue to cook for 3 minutes.
- Add the vinegar and sugar and then the wine and allow to simmer.
- Cook for about 90 minutes or until the cabbage begins to become soft.

Roast Pumpkin with Hazel Nut Crust

400g pumpkin
Garlic clove
60g butter
100g chicken stock
100g crushed hazelnuts
20ml malt vinegar
20ml maple syrup
3 leaves of chopped sage

- Cut the pumpkin into approx 100g wedges and remove the seeds but keep the skin.
- Heat a pan and drizzle some oil in then fry the pumpkin to get a charred colour on each side.
- Add the butter, garlic and the stock and reduce slightly.
- Place the pan in the oven for 8 minutes.
- Roast the hazelnuts, then chop finely and add chopped sage.
- Bring the maple syrup and vinegar to the boil to make a caramel.
- Remove the pumpkin from the pan, brush with the syrup and then scatter the hazelnuts over.
- Grill slightly or place in the oven for 2 minutes.

Parsnip Puree

200g parsnip
80g butter
200ml milk
Seasoning

- Peel the parsnips and dice.
- Melt the butter in a pan, then begin to sweat down the parsnip.
- Add the milk and cook until soft.
- Blend in a food processor, remove and season.

Quince

1 fresh quince
500ml water
300g sugar
Juice of 1 lemon
5 star anise
2 bay leaf

- Cut the quince into eighths then cut the core out.
- Bring the rest of the ingredients to the boil then add the quince.
- Cook on a simmer for 25 minutes or until the fruit is soft.

(G) Contains gluten, (D) Contains dairy/milk, (N) Contains nuts,
(E) Contains egg, (S) Contains soya, (C) Contains celery,
(SD) Contains sulphur dioxide



Muntjac - Monmouthshire

Moroccan Spiced Braised Venison Tagine

(Serves 6)

2kg diced venison haunch
250g diced red onions
200g diced carrots
300g diced butternut squash
50g garlic
50g ginger
1 tbsp coriander seeds
2 tbsp ras el hanout
2 cinnamon sticks
300g chopped tomatoes
2 bay leaves
100g tomato puree
200g chick peas
Sprig of rosemary
2 litres veal stock
Veal jus and pomegranate to finish

- Sear the meat in a hot pan to colour.
- Add the diced vegetables to the same pan or pot and continue to cook.
- Grind the garlic, ginger and spices to make a paste.
- Add the paste and the ras el hanout and cook for another 5 minutes.
- Add the tomato puree and the chopped tomatoes and finally the stock.
- Put a lid on the pan or pot and bake in the oven for 3.5 hours at 150°C.
- Once cooked, remove from oven add a splash of venison jus.
- Garnish with coriander, yoghurt and pumpkin seeds.

Venison Pastilla

1 cooked venison shank (pulled)
2 finely diced banana shallots
2 cloves garlic
10g ginger
2 tbsp chopped coriander and parsley
1 tbsp of raisins
1 tbsp capers
6 sheets of filo or brick pastry
Butter for sticking the pastry

- Combine all the ingredients, if a little dry add a little of the braising stock.
- Lay out the pastry and roll in to cylinders similar to spring rolls use the butter to seal the edges.
- Cook on 170°C in a fryer until golden brown.

Cauliflower Rice

800g raw cauliflower
50g rapeseed oil
300ml chicken stock
5g fennel seeds
Seasoning

- Grate the cauliflower.
- Heat the oil in a pan and add the cauliflower and fennel seeds.
- Cook for three minutes then add a little stock, season and serve.

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Fallow – Monmouthshire

Venison Loin Salad

(Serves 6)

Salad cream recipe

1 tbsp plain flour
2 tbsp caster sugar
2 tbsp mustard powder
100ml white wine vinegar
400ml double cream
2 eggs

- Place all the ingredients except the cream into a bowl.
- Cook over a pan of simmering water, whisking continuously.
- Cook out until the mix begins to thicken.
- Add the cream and whisk in, strain and serve.

Salad dressing

1 tbsp whole grain mustard
1 tbsp savora mustard
1 tbsp honey
1 tbsp of apple cider vinegar
50ml rapeseed oil
100ml nut oil

- Emulsify all together by whisking or by using a hand held blender

Poached Cranberries

300g fresh cranberries
500g water
300g sugar
½ orange
1 cinnamon stick

- Bring the water and the sugar to the boil.
- Add the cranberries, cinnamon and oranges.
- Simmer for 20 minutes.

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Sika - Dorset

Sika Venison, Juniper and Rosemary Sausages

Sausage Mix

2.5 kg venison trim
1.2 kg pork fat
250g diced pancetta
1 cup of rusk
1 cup ice cold water
Sausage Casings

- Put all the meat through a mincer.
- Add to a kitchen aid mixer and combine the water seasoning and the rusk.
- Place the mix into a sausage press to encase in the sausage skins.
- Tie to the sizes required then allow to rest in the fridge.
- Fry and put in the oven for 15 minutes on 170°C.

Sausage Seasoning

3 tbsp kosher salt
3 tbsp black pepper corns
3 tbsp ground rosemary
3 tsp crushed juniper berries
4 bay leaves
Pinch pink salt

Salt Crust Celeriac

600g plain flour
150g salt
150g celery salt
4 free range egg whites
150ml of water
1 large celeriac

- Mix all the ingredients except the celeriac in a kitchen aid mixer to make a paste.
- Cut the top and bottom of the celeriac.
- Add a mound of the salt crust mixture to a sturdy baking tray and spread out slightly to make a base for the celeriac, ensuring the base is slightly wider than the bottom of the celeriac.
- Place the celeriac on top and use the remaining salt crust to completely cover the celeriac.
- Bake for three hours so the pastry hardens.
- Allow to cool slightly and crack open the salt crust. Scoop and serve.

Stocks and Jus Recipes

Venison stock

3kg venison bones
1.5kg venison trim
6 carrots
6 banana shallots
4 celery sticks
4 bay leaves
Sprig of thyme

- Roast the bones in a hot oven and the off cuts until they are golden brown.
- Chop and fry all the vegetables in a splash of oil until brown.
- Place the bones in the pan with the vegetables.
- Cover with water and bring to the boil.
- Allow this to simmer (not boil) for 5 hours and skim throughout.
- Strain and chill.

Venison Jus

1.5 kg venison trim
4 large carrots
4 banana shallots
2 celery sticks
1 bulb of garlic
5 tsp tomato puree
1 bottle red wine
2 sprigs of thyme
4 litres of venison stock

- Fry the trim until it colours and remove from the pan.
- Chop and fry the vegetables and garlic in the same pan.
- Add the trim and the puree and continue to fry.
- Add the wine and thyme and reduce by half.
- Add the stock and simmer until it has reduced to a quarter in volume.
- Strain and serve.