

Game Recipes of Tribune Eagle November 2009

Chopped Venison with Dried Plums & Coffee

(Recipe also good for Wild Hare)

Serves 4

1 cup prunes/dried plums

1 ¼ cups dry white wine or coffee (these are interchangeable in this recipe)

1 pound 5 ounces venison Cubed (or you can use rabbit in this recipe but remove bones once cooked)

1 onion thinly sliced

1 garlic clove

¼ cup butter

2 tablespoons bottled strained tomatoes

salt & pepper

1. Place prunes in a bowl, pour in wine or coffee and set aside.
2. Season meat and dust with a little flour then sauté over high heat just long enough to brown outside. Add cold water to cover and bring to simmering point. 3. Add onion and garlic cover and simmer over medium heat for about 1 hour; adjust seasoning and drain, reserving the cooking liquid.
3. Melt the butter in another pan, add the strained tomatoes and meat and cook over high heat, stirring frequently, for a few minutes, then lower the heat, add the prunes to the pan. Simmer for about 20 minutes. If the meat seems to be drying out, add some of the reserved cooking liquid.
4. Transfer to a warm serving dish and accompany with boiled or mashed potatoes and crusty bread. You could also serve with pasta ribbons.

5. Roast Saddle of Venison with Cranberries

Serves 6-8

1 saddle of venison (backstrap)
4 tablespoons olive oil
¼ cup butter
2 carrots chopped
1 onion, chopped
1 celery stalk, chopped
1 garlic clove
1 cup hot meat stock
½ cup red wine
3 tablespoons sugar
3 ½ cups cranberries, thawed if frozen
2 tablespoons heavy cream
Salt and pepper

1. Preheat the oven to 350 degrees F.
2. Gently rub the meat with salt and pepper. Heat the olive oil and half the butter in a large skillet, add the venison and cook, turning frequently, until browned all over.
3. Transfer to a roasting pan, surround with the vegetables and garlic and roast, basting frequently with the cooking juices and stock, for 1 ½ hours. Remove the venison from the roasting pan, rest for 15 minutes in a warm place, then carve into thin slices, place on a warmed serving dish.
4. Remove and discard the garlic from the cooking juices, pour in the wine and cook over high heat until reduced. Cut the remaining butter into small pieces, add to the roasting pan and stir until the sauce is thick and velvety, then spoon it over the venison.
5. Stir the sugar into ¾ cup water to dissolve, then pour into the pan, bring to a boil and boil for a few minutes. Add the cranberries and simmer over low heat for 5 minutes. Stir in the cream and cook until thickened.
6. Serve the venison with the warm cranberry sauce.

Pheasant with Fruit

Serves 4

5 ½ cups mixed white and black grapes

4 Pheasant breasts

¼ cup butter

Juice 2 oranges, strained

¾ cup dry white wine

¼ cup brandy

20 shelled walnuts, coarsely chopped

1 tablespoon all-purpose flour

Grated rind of ½ orange

Salt and pepper

Orange slices, to garnish

1. Squeeze the juice from 3 ½ cups of the grapes, or substitute grape juice (1 cup if you wish).
2. Melt half the butter in a pan; add the pheasant and cook, turning frequently, until browned all over.
3. Pour the grape juice, orange juice, wine and brandy over the bird, season with salt and pepper, cover and simmer over low heat for 30 minutes. Meanwhile blanch the remaining grapes in boiling water for 1 minute, then drain, refresh under cold water and peel. Add the grapes and walnuts to the pheasant and simmer for a further 10 minutes.
4. Transfer the pheasant breasts to a serving dish and keep warm.
5. Add remaining butter to the cooking juices, sprinkle with the flour and stir well.
6. Bring to a boil, add the orange rind and remove from heat.
6. Surround the pheasant with slices of orange and the peeled grapes and serve with the sauce.