

INGREDIENTS:

Kilo of lean venison, cubed
3 tablespoons flour
2 teaspoons freshly-ground black pepper
1 teaspoon salt
3 large carrots
3 onions
1 large swede,
2 tablespoons duck fat
1 tablespoon Marmite

TIME: 2 hours**SERVING:** 4 people

Place the flour, salt and pepper on a baking sheet and bake for ten minutes in an oven preheated to 200C gas mark 6. Peel and thickly slice the carrots, peel and thinly slice the onions, peel the swede and cut into chunks. Melt the duck fat in a casserole, toss the venison in the seasoned flour and fry a few pieces at a time, removing with a slotted spoon once browned. Fry the onions until brown then add the carrots and swede and cook on for five minutes, turning to give a little colour. Replace the meat, sprinkle any left-over flour over the top then add enough hot water to just cover. Stir in the Marmite, cover and place in an oven heated to 190C gas mark 5 for an hour and a half. Check the seasoning. If the gravy appears a little too thin remove the lid and replace in the oven for another 10 minutes.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: