

INGREDIENTS:

600g lean minced venison
1 heaped tablespoon flour
2 large onions, olive oil
2 large carrots
1 tablespoon herbes de Provence
1 glass good red wine
1 dessertspoon Marmite
150ml hot water
1 tablespoon each Worcestershire
sauce and tomato puree
1 kilo potatoes, 75g butter
2 generous tablespoons crème
fraiche
1 bunch spring onions, finely
chopped
10 gratings of nutmeg
Sea salt and freshly-ground black
pepper

TIME: 1 hour**SERVING:** 4 - 6 people

Finely chop the onion and grate the carrots. Heat a dash of olive oil in a large frying pan and brown the venison and onion in small batches over a high flame. Put all the cooked ingredients back in the pan, add the carrots and herbs and cook for a minute or so more. Add the wine and allow to bubble down for a minute or so. Turn down the heat and stir in the flour, mixing it well, then then add the water, Marmite, Worcestershire sauce and tomato puree, and 10 grindings of black pepper. Turn down the heat and simmer, uncovered, until most of the liquid has cooked off. Check the seasoning and turn into a large shallow dish.

Meanwhile boil the potatoes in plenty of salted water, drain and mash with the butter. Stir in the crème fraiche, nutmeg and spring onions and season well. Spread over the top of the meat, brown under a grill for three to four minutes and bake for 15 minutes at 190C gas mark 4

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: