

BEN RIGBY *Game*

RECIPES

DELICIOUS AND EASY
GAME RECIPES FOR YOU
TO COOK AT HOME



VENISON LASAGNE



INGREDIENTS

- 1 tbsp Olive Oil
 - Ben Rigby Game 500g Minced Venison
 - 1 Large Onion, finely chopped
 - 2 Carrots, finely chopped
 - 4 Cloves Garlic, crushed
 - 1 Tin Tomatoes
 - 1 tbsp Tomato Puree
 - Worcestershire Sauce
 - 2 tsp Dried Oregano
 - Glass White Wine
 - 350ml Stock
 - Lasagne Sheets (dried)
 - 300g grated Cheddar
- 2
hours
cooking
- serves
4
people
- For the Cheese Sauce*
- 50g Plain Flour
 - 50g Butter
 - 450ml Milk
 - 1 tsp Mustard
 - Worcestershire Sauce

COOKING METHOD

Preheat the oven to 200°C.

Heat the oil in a large saucepan and fry the chopped onion and carrot for 10-15 minutes or until softened.

Add the mince, season and brown the venison all over - stirring over a medium heat.

When the meat is browned, add the garlic and stir for a few minutes before adding the wine and letting the alcohol cook off over a high heat, stirring.

Add the tinned tomatoes, the tomato puree, a dash of Worcestershire Sauce, the oregano, and the stock.

Bring to the boil and cook for an hour or so, over a medium heat until the sauce is thick.

To make the sauce - in a saucepan, mix together the butter and flour, whisking all the time over a low heat.

When the butter and flour are combined, start adding the milk, ladle by ladle, whisking gently all the time.

Each time you add milk, bring the sauce to the boil. Keep adding milk until the sauce is thick and smooth.

Add the mustard and a dash of Worcestershire Sauce. Stir to combine thoroughly and then take off the heat before adding two thirds of the grated cheese.

Using a dish that is deep enough for two layers - start with half the mince. Cover this with a single layer of lasagne sheets, and then top with just less than half the cheese sauce.

Repeat with another layer of mince, lasagne and the rest of the cheese sauce. Top with the remaining cheese.

Cook the lasagne for 30-40 minutes or until browned on top. Check the lasagne to make sure it's cooked throughout before serving.

Rest for 10 minutes before slicing and serving.

VENISON SHEPHERD'S PIE



INGREDIENTS

- 800g Potatoes, peeled and chopped
- Knob of Butter
- 4 tbsp of Milk
- 1 tbsp Vegetable Oil
- 1 Onion, chopped
- 2 Carrots, chopped
- 1 Stick Celery, chopped
- 1 Parsnip, chopped
- 2 Cloves Garlic, crushed
- Ben Rigby Game 500g Minced Venison
- Worcestershire Sauce
- 150ml Red Wine
- 250ml Stock

1-2
hours
cooking

serves
4
people

COOKING METHOD

Preheat the oven to 200°C.

In a large saucepan, boil the chopped potatoes until soft (15-20 minutes). Drain and mash the potatoes, seasoning with salt and pepper and adding a large knob of butter and 4 tablespoons of milk. Stir or beat well to combine. Set aside.

In a large heavy-bottomed saucepan, heat the oil and fry the chopped onions, carrots, celery and parsnip for 10 minutes or so over a medium heat.

Add the crushed garlic and cook for another minute.

Increase the heat, add the red wine, and reduce for a few minutes, stirring frequently.

Add the minced venison to the pan and stir frequently until all the meat is browned. Season with salt and pepper and add a dash of Worcestershire Sauce and the stock.

Simmer the mince on a gentle heat for 25-35 minutes, or until cooked through and thick.

When the mince is cooked, spoon into a pie dish and cover with the mashed potato.

Bake in the oven for 30-35 minutes until the top is crisp and browned.

Serve with some steamed green beans or cabbage.

*"A great twist on
a family favourite"*

VENISON CHILLI



INGREDIENTS

- Ben Rigby Game 500g Minced Venison
- 1 tbsp Vegetable Oil
- 1 tsp Cumin Seeds
- 1 tsp Coriander Seeds
- 2 Onions, chopped
- 3 Cloves Garlic, crushed
- 2 Carrots, finely chopped
- ½ tsp Dried Oregano
- ½ tsp Cinnamon
- ½ tsp Ground Cumin
- ½ tsp Ground Coriander
- 1 Red Chilli, chopped
- 400g Tin Chopped Tomatoes
- 100ml Stock
- Tin Kidney Beans, drained

2½
hours
cooking

serves
3-4
people

COOKING METHOD

Heat the oil in a large heavy-bottomed saucepan, add the coriander seeds and cumin seeds and fry gently over a medium heat until you can smell the spices cooking.

Add the chopped onion, carrot and garlic and cook over a low heat for 15 minutes or so until soft and browned, seasoning with salt and pepper and stirring frequently.

Add the minced venison, the oregano, cinnamon, ground cumin, ground coriander and chilli, and cook over a medium heat until the meat is browned, stirring frequently and breaking up the mince as you stir.

Add the chopped tomatoes and stock, and stir.

Cover with a lid and simmer gently for 1-1½ hours, stirring occasionally and adding a little water if the chilli looks dry.

The sauce should be nicely thickened when it's done.

Before serving, add the drained kidney beans and check the seasoning.

Cook for a further 10-15 minutes.

Serve with rice or tortilla chips.

*"Perfect for a weekend
get together!"*



WHY CHOOSE GAME?

Ben Rigby Game is:

NATURALLY GRAZED
WILD AND SUSTAINABLE
TOTALLY HORMONE FREE
LOW IN SATURATED FAT
HIGH IN IRON & PROTEIN
FANTASTICALLY TASTY



BEN RIGBY *Game*

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