

BEN RIGBY *Game*

# RECIPES

DELICIOUS AND EASY  
GAME RECIPES FOR YOU  
TO COOK AT HOME



# VENISON CASSEROLE



## INGREDIENTS

- Ben Rigby Game 500g Diced Venison
- Half a Bottle Red Wine
- 2 Bay Leaves
- 2 tbsp Redcurrant Jelly
- 3 Carrots
- 2 Celery Sticks
- 2 Onions
- 4 Cloves Garlic
- Stock
- 1 tbsp Plain Flour
- 2 Potatoes or Parsnips, peeled

3-4  
hours  
cooking

serves  
3-4  
people

## COOKING METHOD

Marinate the venison in a large bowl overnight with half a bottle of red wine, a bay leaf and 2 large tablespoons of redcurrant jelly.

The next day - drain the venison (reserving the liquid) and in batches, brown the meat in a little oil in a large saucepan, seasoning with salt and pepper as you go.

Roughly chop the carrots, celery and onions and crush the garlic.

When the venison is browned and set aside - in the same pan, fry the chopped onions, celery and carrots with the crushed garlic for 10-15 minutes, or until starting to brown.

Add the venison back to the pan, stir and add a tablespoon of plain flour. Stir over a medium heat until the flour has been absorbed.

Add the red wine marinade liquid, a bay leaf and enough hot stock to cover the venison and veg; also a good crunch of black pepper.

Bring to the boil and then put into a pre-heated oven at 175°C for 3 or 4 hours or until the meat is falling apart. Stir occasionally.

An hour before the end of cooking, roughly chop 2 medium potatoes or parsnips and add these to the stew for an hour, or until cooked.

This venison casserole is delicious served with some greens and some crusty bread.

*"The perfect meal for  
cosy winter weekends!"*

# STIR FRIED VENISON



## INGREDIENTS

*For the stir fry:*

- Ben Rigby Game Venison Steak x 2, sliced into thin strips
- 1-2 Red Peppers, sliced
- Vegetable Oil
- 1 Red Chilli, finely sliced
- 2 Cloves Garlic, sliced
- Noodles
- Spring Onions

30  
minutes  
cooking

serves  
2  
people

## INGREDIENTS

*For the dressing:*

- 1 tbsp Honey
- 3 tbsp Soy Sauce
- 1 tsp Sesame Oil
- Half a Lime
- 2cm Ginger, finely chopped
- 2 Cloves Garlic, crushed

## COOKING METHOD

Mix together the ingredients to make the dressing. Set aside.

Heat a wok or frying pan on a high heat.

Add the sliced garlic and chilli and stir fry for a minute or two.

Add the sliced venison steaks.

Stir fry for a few minutes on a high heat, and season with salt and pepper.

The venison should cook quickly and is done when it's lightly browned and cooked through.

Add the sliced pepper for a few minutes to cook lightly.

Mix the cooked noodles and the dressing into the venison mixture.

Serve immediately sprinkled with some sliced spring onions.

*"A quick, easy and delicious midweek dinner!"*

# WILD BOAR GOULASH



## INGREDIENTS

- Ben Rigby Game 500g Diced Wild Boar
- 2 tbsp Plain Flour
- Salt & Pepper
- 1 tbsp Vegetable Oil
- 75g Pancetta, diced
- 1 Onion, diced
- 1 litre Stock
- 2 Red Peppers, diced
- 1 Carrot, sliced
- 3 Garlic Cloves, crushed
- 1 tbsp Chopped Herbs - Thyme, Sage or Oregano

2-3  
hours  
cooking

serves  
3-4  
people

## INGREDIENTS (CONTINUED)

- 2 Bay Leaves
- 1 tbsp Tomato Puree
- Half tsp Chilli Powder
- 1 tsp Paprika
- 250ml Red Wine
- Sour Cream, to serve
- Parsley, chopped to serve

## COOKING METHOD

Preheat the oven to 175°C.

In a large bowl, coat the diced wild boar with the plain flour and some salt and pepper.

Heat the oil in a large heavy bottomed saucepan and brown the meat for 5-10 minutes, stirring frequently.

Add the pancetta and diced onion and fry for another 10 minutes or so.

Add the stock to the pan and bring to the boil.

Stir in all the other ingredients.

Bring to the boil, cover with a lid, and then transfer the pan to the pre-heated oven.

Cook for 2 hours, stirring occasionally, until the meat is tender and falling apart.

Serve with sour cream and chopped parsley, and some crusty bread on the side.

*"A tasty, warming dinner for the whole family to enjoy!"*



# 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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