

Typ: Fleisch

Quelle: Mary Berry: Cooks the Perfect, S. 122

Bemerkungen: Roughly mashed carrots and potatoes make the perfect rustic topping for this wintry pie, as the taste and texture hold their own against the robust flavour of the venison.

Variante (Aug 25): Fleisch (Wildschweingulasch) im Dampfkochtop anbraten, rausnehmen. Im selben Topf Speck und Zwiebeln anbraten und weiter mit Schritt 4, aber KEIN Wasser hinzufügen! Im Dampfkochtop auf Stufe 2 15-20 min erhitzen. Gewürze: zusätzlich zu den unten angegebenen: 3 Nelken und 1 TL Fenchelsamen mit gemahlen.

Zutaten 900 g stewing venison, cut into bite-sized cubes
600 mL red wine
finely grated rind and juice of 1 orange
finely grated rind of 1 lemon
1 heaped tsp allspice berries, crushed
salt and freshly ground black pepper
30 g plain flour
2-3 tbsp sunflower oil
1 piece smoked streaky Bacon (Dörrfleisch), about 200 g, cut into 1-cm-cubes
1 large onion, coarsely chopped
250 g chestnut mushrooms, quartered
2 bay leaves
2 tbsp redcurrant jelly

FOR THE TOPPING

800 g carrots, cut into 1 cm thick slices
800 g smooth potatoes, peeled and quartered
50 g butter (room temperature)

Rezept: 1. Put the venison into a large, non-metallic bowl. Pour in the wine and add the orange rind and juice, lemon rind, allspice, and black pepper. Stir well, submerging the meat. Cover with cling film and marinate in the fridge for a minimum of 12 hours, preferably up to 2 days. Remove the meat using a slotted spoon, drain, and pat dry with kitchen paper, then transfer it to another large bowl. Reserve the marinade.

2. Preheat the oven to 160°C (fan 140°C). Spread out the flour on a large plate or tray and season. Coat one-third of the meat in the flour. Heat 2 tablespoons of the oil in a large, non-stick frying pan until hot. Fry the floured meat over a medium—high heat until browned all over; this should take about 6 minutes. Remove the meat from the pan using a slotted spoon and transfer to a bowl or large plate. Set aside. Divide the remaining meat into 2 batches and repeat the flouring and browning, adding more oil if needed.

3. Tip the oil and juices from the frying pan into a flameproof casserole. Add the bacon to the casserole and fry over a medium heat until the fat begins to run, then add the onion and fry for about 5 minutes, stirring occasionally, until the bacon and onion are lightly coloured. Stir in the mushrooms and fry for a few minutes until the juices run.

4. Tip in the venison and its juices and pour over the reserved marinade. Stir, then add up to 150 mL cold water, just enough so the liquid barely covers the meat (Eher nicht!). Stir

again, increase the heat, and bring to a simmer. Add the bay leaves, redcurrant jelly, and season with salt. Cover, transfer to the oven, and cook for 2 hours or until the venison is tender.

5. Meanwhile, make the topping: cook the carrots and potatoes together in a large pan of salted boiling water for 15-20 minutes or until tender. Drain in a colander, return to the pan with half the butter, and mash roughly with a potato masher. Season.

6. Remove the casserole from the oven and increase the oven temperature to 200°C (fan 180°C). Transfer just the meat and vegetables to the baking dish and spread them out in an even layer. Discard the bay leaves. Measure 200mL of the gravy and pour this over the meat and vegetables. (Bloß nicht zu viel Flüssigkeit, sonst kocht die nach oben und weicht das Püree des Deckels auf!) Spread over the mash and mark it in a criss-cross pattern with a fork. Grind over black pepper and dot with the remaining butter. Bake for 30-40 minutes until golden. Reheat the remaining gravy in a pan, pour it into a jug, and hand it round separately.