

Ingredients:

Serves 3-4 People

For the Goulash

- 500 g diced venison (or Kangaroo rump)
- 50 ml olive oil
- 1 good sized onion peeled and chopped
- ½ red pepper, de-seeded & chopped
- ½ green pepper, de-seeded & chopped
- 30 gm butter
- ½ cup tomato paste
- 2 tbsp smoked paprika
- 200 ml venison (or beef) stock
- Sea salt to taste
- Fresh ground black pepper to taste
- Flat leaf parsley to garnish

For the Potatoes

- 250 g potatoes (suitable for boiling)
- 100 ml fresh cream
- 1 leek, finely sliced
- 1 tbsp horseradish cream
- Sea salt & freshly ground black pepper to taste.

Total Preparation & Cooking Time:
45 Minutes

Recipe: Venison Goulash

with Horseradish & Leek Mash

Method:

Heat a heavy-based pan until very hot then add the olive oil, along with the diced venison and toss so the meat browns all round and begins to caramelise.

Add the butter, onions and chopped peppers and continue to cook for 1 minute without letting the onions take on colour.

Now add the tomato puree, stock, paprika and bring to the boil. Season to taste. Cook until the meat is tender (approximately 30 minutes).

For the potatoes

Peel the potatoes, cover with hot water and bring to the boil. Add salt to the water and continue boiling until the potatoes are just cooked, then strain.

Now mash the potatoes and add the cream, leek, horseradish cream and whip until light and fluffy. Check the seasoning and add sea salt and freshly ground black pepper to taste.

To serve

Place the goulash in a suitable bowl with a good dollop of the mash. Serve a bowl of sour cream alongside and sprinkle the plated meal with chopped flat leaf parsley.

NOTE: This recipe works equally well using diced Kangaroo Rump instead of venison.



Bon appetit!

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