



# Pot Roast of Coopershill Venison in Red Wine

***Serves 6-8 - Cooking time 2 hours***

***Ingredients:***

4 lbs (2kg) Boned & Rolled leg of Venison  
2 oz (60g) vegetable oil  
2 onions sliced  
1 small turnip, chopped  
8 oz (250g) carrots, chopped  
Bouquet Garni  
8 oz (250 ml) good stock - either beef or chicken  
Juice of a lemon  
1 tbsp tomato puree  
1 tbsp brown sugar  
6 Juniper berries  
Seasoning

***For the Sauce:***

1 tbsp Redcurrant Jelly  
1 wine glass of full bodied red wine  
1 - 2 tsp arrow root or cornflower & 1 tblspn cold water, make a paste

***Instructions:***

Brown the joint in hot oil and lay on a bed of diced root vegetables, herbs and onions. Pour over sufficient stock mixed with the lemon, brown sugar and tomato puree to half cover the joint.

Cover securely and cook slowly in a low oven (Gas 2, 150C, 300F) for 15 minutes to the lb, or 10 minutes for pinker meat, if it is farmed venison; for wild venison cook for 30 minutes to the lb. When tender cover the venison and keep it warm. Allow the meat to rest for about 20 minutes before carving, while making the sauce.

To make the sauce, drain off the pan juices, thicken the pan juices with the arrowroot, and add the redcurrant jelly and the wine. Bring to the boil, and then simmer for about 10 minutes.

Carve the joint and serve with roast or mashed potatoes and red cabbage, and beans.