

Venison in orange and brandy sauce

500g diced venison
225 g shallots
1 clove garlic
2 tbsp flour
300ml venison or beef stock
2 oranges
3 tbsp brandy
1 tbsp tomato puree
1 tbsp black treacle
110g mushrooms
pinch of ground coriander
oil/butter, salt and pepper to taste

Serves 4

Heat oil in the frying pan and brown meat on all sides. Transfer to casserole dish. Fry onions and garlic until golden then add the flour to the pan and cook for a minute before stirring in the stock and bringing to the boil. Peel one of the oranges thinly, cut into matchstick strips and add to the sauce with the juice of both oranges. Add the rest of the ingredients and pour into your casserole dish. Cook for one and a half hours then add the mushrooms and adjust seasoning and cook for a further 15 minutes.