



Venison Stroganoff



Stroganoff Ingredients

- 2 tbsp oil
- 1 medium onion, very finely chopped
- 2 garlic cloves, finely chopped or 1.5 tsp garlic granules
- 400g mushrooms sliced
- 500g minced venison
- 0.5 tsp salt
- 0.5 tsp pepper
- 1 tsp paprika
- 0.5 tsp dried thyme or a sprig of fresh thyme if you have it
- 3 tbsp plain flour
- 2 tsp mustard (if you have English mustard only use 1 tsp)
- 1 tbsp ketchup (or tomato puree)
- 1/4 pint chicken or beef stock using 1 stock cube
- A dash of cream, yoghurt, sour cream, cream cheese (whatever you have)

PREP TIME: 10 MINS

COOKING TIME: 20 MINUTES

SERVES: 4-6 PEOPLE

SUITABLE FOR HOME FREEZING

How to make it

Heat the oil in a saucepan, add the onions and garlic and cook for 10 minutes until soft, adding a little water if it starts to stick.

Add the mince and break up with a wooden spoon.

Cook over a high heat for a few minutes, stirring well, until all the moisture has evaporated and the meat is browned.

Add the sliced mushrooms and sauté until cooked through.

Add the paprika, thyme, mustard, ketchup, and flour mixing for a minute. Add the stock and simmer gently for 20 minutes, until thickened and season to taste.

Just before serving, stir a dash of cream, yoghurt, sour cream or cream cheese (whatever you have) through the sauce.

Serve over pasta (tagliatelle or spaghetti) or mashed potatoes with a side of vegetables or salad.