

Cookery Demonstration
Spring Flower Show Sunday 25 April
Paul Mackie

Herb Crusted Venison Fillet
smoked oil mash, venison straw, carrot & cardamom puree

Wakefield Rhubarb Eton Mess, Longley Farm Yoghurt, Rhubarb & Ginger Compote

Ingredients sourced from Fodder (local Suppliers)

180g venison fillet
100g herbs (thyme, rosemary, parsley, chervil etc)
150g breadcrumbs or brioche crumbs
1 potato (Wakefield)
1 tsp Wharfe Valley smoked oil
50g butter
1 carrot (Goole)
2 cardamom pods
500ml duck fat
100g cheap cut of venison (eg haunch slow cooked for the straw)
100ml whipping cream
200ml good stock (beef, chicken etc)
50ml red wine
A sprig of thyme
½ clove of garlic
½ shallot
1 sheet of spring roll pastry
Salt and pepper

Method

Season the venison fillet and seal in a hot pan and leave to one side.

Blitz the breadcrumbs and herbs until they are all incorporated and green in colour, and then add a layer of the mixture on top of the venison fillet.

For the straw add the cheap cut of venison to the duck fat and cook slowly at about 100°C for 4-5 hours until soft and tender. Remove and flake the meat. Mix with a little salt and pepper, layer the spring roll pastry out and place a pencil shaped layer of the meat along it. Roll up, sealing with a little egg **or water**. (This is almost like a spring roll but longer and thinner) Deep fry in hot oil and leave to one side.

For the mash, peel and cut the potato into small chunks, cook in salted boiling water until tender. Remove the water and leave on the heat to dry out. Put through a ricer or masher with a little butter and the smoked oil. Season to taste, mix until smooth and set aside.

Cut the carrots into small pieces and cook in the cream and butter with the cardamom seeds until soft, blitz and pass **through a sieve** to remove lumps. It should be double cream consistency.

For the sauce, sweat the shallot, thyme and garlic, add the red wine and reduce by half, then add the stock and reduce again. Sieve and whisk in a little butter to enrich the sauce.

To assemble the dish

Cook the herb crusted venison in a hot oven at about 180°C for 8 -10 minutes and then rest for 5-10 minutes and slice downwards into 5 pieces.

Spoon the carrot puree along one side of the plate.

Pipe on the mash and layer the venison across.

Cut the straw in half and lean it against the mash. Spoon the sauce around.

Enjoy with a good glass of red wine.

Eton Mess

Ingredients

1 meringue from Fodder (made by a lady near Selby, these are wonderful)
15g fresh ginger
1 tub of low fat Longley Farm yoghurt
2 sticks of rhubarb
200ml whipping cream (whipped)
100g caster sugar
1 vanilla pod
A mixture of fresh strawberries, raspberries and blueberries, chopped

Method

Add chopped rhubarb, sugar, half a vanilla pod and a little water to a pan and stew until it is a jam like consistency.

Crush the meringue into a bowl, add the fruits, whipped cream and yoghurt, place into a cocktail glass.

Add the chilled rhubarb and ginger compote and enjoy on a warm summer's day.

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