



U C O O K
— COOKING MADE EASY


RUBY VENISON BOURGUIGNON

with smooth potato mash & bright kale

Julia Child described bourguignon as "one of the most delicious beef dishes concocted by man". We've used venison for a rich and complex flavour, making this classic French stew even more astounding.

Prep + Active Time: 35 minutes

Total Cooking Time: 45 minutes

 **Serves:** 2 people

 **Chef:** Alex Levett

 **Easy Peasy**

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Ingredients

400g	Potato <i>peeled & cut into bite-size pieces</i>
320g	Pre-Cubed Venison Steak
125g	Button Mushrooms <i>quartered</i>
20ml	Beef Stock
1	Onion <i>peeled & diced</i>
240g	Carrots <i>peeled & cut into bite-size pieces</i>
2	Garlic Cloves <i>peeled & grated</i>
4g	Fresh Thyme <i>rinsed & leaves picked</i>
10ml	Tomato Paste
200ml	Red Wine
100g	Kale <i>rinsed & roughly shredded</i>
10ml	Corn Flour

From Your Kitchen

Sugar/Sweetener/Honey
Salt & Pepper
Butter
Water
Milk (optional)
Oil (cooking, olive & coconut)
Paper Towel

1. BOILED POTATOES

Place a pot of salted water over a high heat. Add in the potato pieces and bring to the boil with the lid on. Once boiling, remove the lid and reduce the heat. Simmer for 15-20 minutes until soft. Remove from the heat on completion and drain.

2. VENISON

Boil the kettle. Pat the venison steak cubes dry with some paper towel. Place a large pot over a medium-high heat with a drizzle of oil. When hot, sear the venison cubes for 3-4 minutes, shifting as they colour. On completion, they should be crispy but not cooked through. To ensure the best results, fry them in batches in a single layer. Remove from the pan on completion and set aside.

3. MUSHIES

Return the large pot to a medium heat with another drizzle of oil. When hot, fry the quartered mushrooms for 3-5 minutes until golden brown. Remove from the pot and set aside with the venison. Dilute the beef stock with 250ml of boiling water.

4. BOURGUIGNON

To make the stew, return the pot to a medium heat and add another drizzle of oil, if necessary. Add in the diced onion and chopped carrot and fry for 2-3 minutes until soft and lightly caramelised. Add the grated garlic and thyme leaves and fry for another minute until fragrant. Then, put the venison and mushrooms back into the pot and stir in the tomato paste. Pour in the red wine and enough stock to cover the meat. If this isn't enough liquid, add a little hot water from the kettle. Bring to the boil. Once boiling, lower the heat and allow to simmer for 10-15 minutes until the venison is tender and the sauce has reduced and thickened.

5. NOURISHING KALE

While the stew is on the go, place the shredded kale in a bowl with a drizzle of oil and some seasoning. Using your hands, massage the kale until soft and coated in oil. If you prefer your kale cooked, lightly sauté in a pan for 2-3 minutes.

6. FINISH OFF

When the stew is nearing completion, place the corn flour and 2 tbsp of the stew sauce in a bowl and mix well. Stir this mixture into the stew and cook for 2 minutes. Taste to test and add a sweetener of choice and seasoning to taste.

7. MASH IT UP

When the potatoes are cooked, mash with a potato masher or fork until smooth. Add a splash of milk or water and a generous knob of butter. Mix until creamy and season to taste.

8. ET VOILÀ!

Make a bed of decadent mashed potato, spoon over the venison Bourguignon, and serve with the bright kale. Bon Appétit!

Nutritional Information

Per Serving

Energy (kj)	2770
Energy (kcal)	662
Protein	60
Carbs	72
of which sugars	14
Fibre	14
Fat	5
of which saturated	2
Salt	7

Cook within: 4 days

Allergens: Allium Sulphites Alcohol

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