



HUNTER'S LUXURY STEW

THE PERFECT WARM WINTER DINNER

Are you looking for the perfect warm winter dinner full of flavor? It's right here. I call it luxury, because I cook this stew with the best cut of meat, if you ask me - the tenderloin. That also means that this stew only takes about 30 min. to cook. You can also use the neck, front or back leg, but then I would make it simmer for 2-3 hours to make the meat as tender as possible. Even more luxury? Then add some sliced wild meat sausages to the stew.

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Ingredients


- 1 tenderloin (fallow, roe- or red deer)
- 300 g. mushrooms, cut in half
- 3 onions, sliced
- 1 garlic, minced
- 100 g. high quality bacon, cut into cubes
- 3 tbsp. paprika
- 1 tsp. chili
- 3 carrots, sliced
- 3 tbsp. tomato puree
- Salt and pepper
- 4 dl. venison stock (or beef)
- 3 dl. cream
- Bonus! 150 g. wild meat sausages, sliced

Method

First, take the meat out of the fridge about 20 min. prior to cooking, so it gets to room temperature. Meanwhile cut onions, garlic, bacon, carrots and mushrooms. Fry everything, except the mushrooms, in a pot with olive oil over medium heat for about 5 min. Transfer the onions, garlic, bacon and carrots to a bowl and set aside.

Now, cut the tenderloin into bite-size chunks and fry in the same pot you used for the vegetables and fry the meat for 2 min until browned. Once browned, remove from the pot and set aside.

Add more olive oil to the pot and fry the mushrooms until they are soft. If you like, add venison sausages and fry for 2 more min. Now, add paprika, chili, salt and pepper, the meat and the onion mix into the pot. Then you can add tomato puree and venison stock. Let it simmer for 5 min., add cream and cook 5 more min. Taste and season with some salt and pepper if you think it needs it. Serve with rice, mashed potatoes or a crispy kale salad. Bon appétit.

 40 min.

Happy cooking & Bon appétit.