Dinner

Tender Venison Casserole with Cranberries

Cubed venison is dusted in spiced flour, browned, then gently simmered with button onions, cinnamon and a fruity orange and cranberry gravy. Port soaked cranberries go in with the braising liquid, lending the rich sauce a sweet finish.



Nut free | Low fat

125 min	265	18.6 g	10.6 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 50 g pack dried cranberries
- [ ] 3 tbsp port
- [ ] 3 tbsp cornflour
- [ ] pinch ground allspice
- [ ] 1 tsp ground ginger
- [ ] freshly ground black pepper
- [ ] 900 g venison steak, cubed
- [ ] 1 tbsp rapeseed oil
- [ ] 1 cinnamon stick
- [ ] 18 button onions, peeled
- [ ] zest and juice 1 orange
- [ ] 2 tbsp cranberry sauce
- [ ] 450 ml low-salt beef/vegetable stock

Nutrition Facts

Per serving

Calories	265
Total fat	4.8 g
Saturated fat	1.3 g
Sodium	Not listed
Total carbs	18.6 g
Fiber	1.4 g
Total sugars	10.6 g
Protein	34.2 g

Method

- [ ] **1** Tip the port into a small bowl, stir in the dried cranberries and set the bowl aside so the fruit can soak for 30 minutes.
- [ ] **2** While the fruit soaks, spoon the cornflour into a large food bag along with the ground allspice and the ground ginger, grind in a good amount of freshly ground black pepper and shake the bag so everything combines.
- [ ] **3** Drop the cubed venison steak into the bag, hold the opening closed and give it all a good toss so every piece picks up the seasoned flour.
- [ ] **4** Pour the rapeseed oil into a large casserole dish set over the heat, then slide in the cinnamon stick and the button onions and let them fry for 3 minutes.
- [ ] **5** Scrape the venison into the dish together with whatever seasoned flour is left in the bag and carry on frying for 3 to 4 minutes until the pieces have browned.
- [ ] **6** Whisk the soaked cranberries and their port together with the orange zest and juice, the cranberry sauce and the low-salt beef or vegetable stock, then pour this mixture over the browned meat.
- [ ] **7** Let everything come up to the boil, fit the lid, drop the heat and keep the casserole simmering very gently for about 1 hour 20 minutes, by which point the meat should be tender.

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