

Stew - Venison and Wild Mushroom

Rachel McCormick - DFAIT/MAECI

Ingredients:

- 6 strips bacon, cut into 1/2-inch pieces
- 1 large parsnip, peeled and diced
- 1 leek, white only, diced
- 2 teaspoons minced garlic
- 1 pound sliced wild mushrooms, (wood ear, chanterelle, morel, or shiitake)
- 1 12 ounce bottle amber beer
- 2½ quarts veal or beef stock
- 2 Pounds of venison shoulder cut into 1 inch cubes
- 2 tablespoons Worcestershire sauce
- 6 sprigs fresh thyme
- 1 teaspoon allspice
- 3 bay leaves
- 2 tablespoons tomato paste
- 2 baking potatoes, like russets, peeled and cubed
- 1 pound cooked egg noodles

Directions:

- In a large stockpot cook the bacon over high heat until crispy
 - Remove the bacon from the pan and drain on paper towels
 - Season the venison with salt and pepper, and lightly dust with flour
 - Add the oil to the pot and sear the venison on all sides over medium high heat
 - Remove the meat from the pot and add any remaining flour, stirring constantly
 - Deglaze the pot with the red wine, scraping with a wooden spoon
 - Add the onions and cook over medium high heat until translucent, about 3 minutes
 - Add the carrots, celery and parsnips and sauté for 2 minutes, then add the leeks and garlic and cook for 2 minutes
 - Add the mushrooms to the pot and cook until they release their moisture, about 5 -- 7 minutes
 - Add the beer and scrape to remove any browned bits from the bottom of the pan
 - Add the veal stock, Worcestershire sauce, thyme, allspice, bay leaves and tomato paste
 - Bring the stew to a boil, then reduce heat to a simmer
 - Cook until the meat is tender and the stock is reduced, 1½ hours
 - Add the potatoes to the pot and continue cooking until they are cooked through, about 20-30 minutes.
- Season to taste and serve with egg noodles tossed with butter