
Duo of Venison with Faithlegg's ice house lager

Deer is a native animal to Ireland that has been roaming the hills and lands of Ireland long before we decided to take up residents here.

It is a very lean piece of meat, with little or no fat, very high in protein.

The lager is made with metal man microbrewery from the heart of Waterford city.

I have used the haunch of venison which is the top end of the hind of the deer.

I am using fallow deer which is a smaller deer which tends not to be as strong as other species of deer.

I bone out the haunch using the seams as a guide keeping the larger pieces of meat in one piece and the smaller pieces I diced and keep for the stew.

I make a game stock from the bones, but you could use beef stock also for this recipe.

For the stew us about 2kg of diced venison

Ingredients:

2 carrots diced	thyme
¼ turnip	1 bay leaf
1 onion diced	4 juniper berries
3 celery sticks	30ml butter
Olive oil for frying	2 tomatoes
1 clove garlic	200g pearl onions
2tsp red currant jelly	
450ml ice house lager	
450ml game stock	

- Fry the vegetables in a little oil and butter in a heavy-based casserole for 4-5 mins until golden. Tip in the garlic and fry for a further min, then set aside.
- Fry the venison in a hot pan, stirring now and then, until well browned.
- Add the redcurrant jelly and lager to the pan, and bring to the boil, scraping up all the bits that have stuck to the bottom. Pour in the stock, then add the thyme, bay leaf, meat and vegetables. Season if you like and bring to the boil. Cover and cook for about 1½ hrs or until tender. Remove from the heat and add check the seasoning.

The whole piece of venison season well and seal on a hot pan serve with braised red cabbage

Finely chop ¼ of a head of the cabbage 1tbsp of brown sugar

200ml red wine vinegar

100ml orange juice

¼ of an apple chopped pinch of cinnamon

Slice the deer with the grain of the meat to keep tender and serve with the braised red cabbage and whipped potatoes, exactly what you would want on those winter nights.

Add a glass of our ice house lager.