



## Slow Roast Haunch

Recipe by Maxine Clark

*Maxine*

## Venison

This answers my most frequently asked question – “I have just been given a haunch of venison - what do I do with it?” This cooking method will give you tender, succulent meat with lots of good gravy. It will obviously be well-done, but will remain tender. A perfect family roast.

### You will need:

1.75kg (3.5lbs) haunch of venison (I used roe deer)  
200g (7oz) bacon lardons plus 8 rashers  
thyme sprigs  
150ml (1/4 pint) red wine  
500g (1lb) chopped carrots, leeks & parsnips  
2 garlic cloves, sliced  
50g (2oz) butter  
1 tbsp plain flour  
150ml (1/4 pint) ruby or tawny port  
salt & freshly ground black pepper

- Preheat the oven to 180<sup>0</sup>C / Fan 160<sup>0</sup>C / Gas Mark 4.
- Trim the joint, rinse and pat dry. Try to think of it as a leg of lamb but without the fat. Venison is very lean and needs added fat to keep it moist. Make deep little incisions all over the meat and push a bacon lardon into each one. Brown the joint all over. Season well and lay the remaining bacon over the top, with some thyme sprigs.
- Deglaze the pan with the red wine. Put the vegetables, garlic and more thyme into large roasting bag set in a roasting tin. Sit the meat on top, pour in the pan juices. Seal the bag as per instructions. Slow-roast for about 4 hours.
- Open the bag and transfer venison to a serving dish, cover with foil and rest for 20 minutes. Strain the contents of the bag into a jug and skim off the fat. Melt the butter in a saucepan, add the flour and cook for a couple of minutes, add the juices and port, then boil hard for 10 minutes to reduce by half. This will make quite a concentrated sauce. Taste and season, strain into a warm sauceboat and serve with the venison.

Note: For a bone-in haunch roast, to be generous, allow 8-12oz (225g-350g) per person.

**Serves 6**

