

North Indian Curry with Scottish Venison (serves 4)

This is a warming, aromatic medium spicy curry which is low in fat, yet amazingly tasty. Cooking it the day before makes it taste even better. It freezes brilliantly, so is perfect for batch cooking. The addition of wilted spinach at the end makes it even more tasty and nutritious and adds some colour. This will become your go-to curry dish.



Ingredients

20g ginger, peeled and grated
6 large garlic cloves, crushed
2 tbsp vegetable oil
3 green cardamom pods, bashed and seeds removed from the husk
1 large onion, finely chopped
800g diced venison
1 long green or red chilli, cut in half
1 tsp ground turmeric
1 tbsp ground coriander
1 tsp garam masala
1 tsp salt
1 tin chopped tomatoes
100ml water
150g baby spinach leaves, or 200g frozen spinach (optional)
Fresh coriander to garnish (optional)

Method

1. Heat a large heavy based saucepan. Add some of the oil and brown the venison in batches, adding more oil as you go. Remove the browned meat from the pan and transfer to a bowl.

2. Return the same pan to the heat with a little more oil and add the cardamon seeds. Once they begin to sizzle and pop add the chopped onions. Cook gently until they colour slightly (watch they don't catch and burn) for around 5 minutes. Now add the garlic and ginger and cook for another couple of minutes.
3. Add all the dry spices to the pan and allow them to cook gently until the aromas have been released (this takes around a minute to two) then return the meat to the pan. Mix everything together and cook until the venison seems dry.
4. Next, add the chopped tomatoes and a little water (50ml), season with salt and simmer gently with the lid half on for around 25-30 minutes. Stir the curry every so often and check to see if it seems too dry. If so add a little more water. If it seems very wet, remove the lid and allow the water to evaporate slightly.
5. Taste for seasoning, add more salt if required. Now add the spinach leaves, place the lid on the pan and continue to cook until the spinach has wilted. Give the curry a good stir.
6. Serve with some chopped fresh coriander and yoghurt and mint raita (recipe can be found [here](#)) and rice or naan.
7. The curry can be kept in the fridge for up to three days, or frozen for up to 6 months.