

Aimpoint

**Wild Game Recipe
by Swedish Chef Peter Skogström**

SCANIAN FALLOW-DEER STEW WITH ROOT VEGETABLES, APPLES & PICKLED MUSHROOMS

INGREDIENTS:

2 lb/800 g	Fallow deer shoulder	2	Parsley root
2	Onions	2	Red, tangy apples
1	Garlic clove	4 cups/1L	Assorted mushrooms
1	Carrot	1 piece	Ginger
1 tbsp	Cacao of high quality	1 handful	Thyme and bay leaf
1 tbsp	Tomato purée	2	Parsnips
½ bottle	Red wine	1 cup/2dl	Pickling brine with bay leaves and black pepper. (1 part white vinegar 12 % acidity, 2 parts sugar and 3 parts water).
	Butter, Olive oil, salt and pepper	3 cups/6 dl	Game or chicken stock

PREPARATIONS:

The stew:

1. Peel and chop coarsely (1 cm) onion, garlic and carrot.
2. Brown the meat, add onions, carrot, cacao and tomato puree
3. Fry for a minute, pour the wine and add water to cover the meat
4. Skim while simmering the stew. Let simmer for about 90 minutes.

Vegetables:

1. Set the oven on 150 C / 300 F
2. Peel and chop the white root vegetables and add butter in small lumps, olive oil, salt, pepper and half of the thyme.
3. Bake the vegetables soft i oven
4. Core and cut the apples into wedges, fry in butter with some salt, pepper and thyme.

Pickled mushrooms:

1. Clean and cut the mushrooms
2. Shred ginger and onion
3. Bring the pickling brine to the boil
4. Add onion and mushroom
5. Simmer for 1 minute and pour into glass jar

SERVING:

1. When tender remove the meat, reduce the liquid until satisfactory taste, add some butter, flavour with salt, pepper and add the remaining thyme.
 2. Put vegetables, apples and meat into the pot.
 3. Serve with the pickled mushrooms.
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