

Confit Venison



This recipe is for the more time available cooks and those looking to be more adventurous with their cooking. This is not a complete recipe but more as a 'base' for creating fantastic dishes using the 'confit' preserved venison instead of fresh meat. Once your meat is preserved it can be stored for ages and pulled out when required to create fantastic pasta dishes, rich mains or even great to be heated and served with salads and bread for a casual lunch.

INGREDIENTS:

- Venison shanks, shoulder meat especial Muntjac Shoulder can be used for this recipe.
- Preserving jar(s) that will accommodate the venison joints, leaving space for the duck fat to form an air tight seal above
- Goose or duck fat – enough to fill the jar covering the meat
- 1 tbsp Sea Salt per Rabbit
- 1 Lemon per jar
- 1 Lemon for cooking
- 1 tbsp Black Peppercorns per jar
- A handful of fresh rosemary stalks per jar

METHOD:

1. Salt the jointed venison meat
2. Add duck / goose fat to an oven-safe pot (this will be heated on a stove and transferred into an oven)

3. Place the venison meat in the duck fat and add some lemon zest and rosemary.
4. Bring the pot to a simmer
5. Remove pot from the stove and place in the oven on a low heat for 3hrs (220 F) until meat is tender
6. Allow the pot to cool before spooning the meat into sealable jars with more lemon zest, black pepper and sprigs of rosemary
7. Cover the meat with the fat from the pot and seal tightly

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