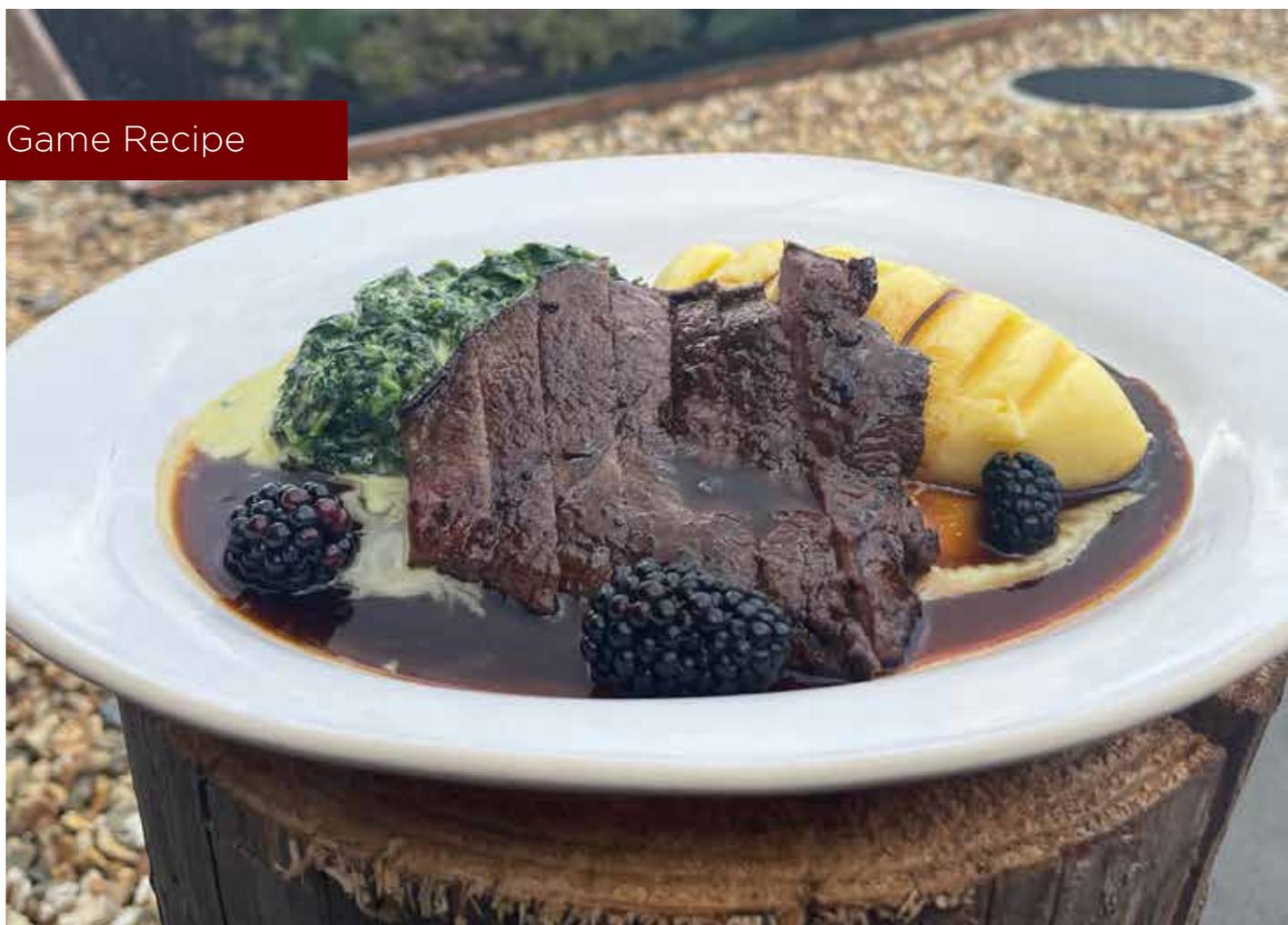


## Game Recipe



# Seared Venison Liver, Pickled Blackberries, Creamed Spinach, Mashed Potato & Red Wine Sauce by Stuart Banks, Head Chef at Crumplebury Estate



## INGREDIENTS

- 4 slices of venison liver
- 100g plain flour
- 50ml vegetable oil
- 50g butter
- 200ml red wine
- 1 litre rich beef stock
- 200g blackberries
- 100ml red wine vinegar
- 100ml water
- 100g caster sugar
- 450g blanched and drained spinach
- 500ml double cream
- 80g grated parmesan
- 5g salt
- 2g fresh grated nutmeg
- 1 kilo potatoes
- 250ml double cream
- 250g unsalted Butter

## METHOD

1. For the pickled blackberries, add 100ml of red wine, water, sugar and vinegar to a pan and bring to a boil to dissolve the sugar. Pour over the washed blackberries and leave to cool.
2. For the mash, peel and chop the potatoes and cover with cold water. Bring to a boil, then simmer for 20-25 minutes until tender. Drain off the liquid and allow to steam dry.
3. Meanwhile heat the cream and milk to reduce slightly. Pass the potatoes through a ricer and beat in the cream mixture until the desired consistency.
4. For the creamed spinach, bring the cream and parmesan to a boil, then add the chopped spinach, nutmeg and salt and mix well.
5. When ready to cook the liver, heat a larger frying pan on a medium to high heat, then add the oil. Dust the liver in seasoned flour and gently lay into the pan. Add the butter and fry for 2 minutes, turn the liver over for a further 2 minutes. Remove the liver from the pan to rest and drain off the fat.
6. Deglaze the pan with 100ml of red wine, reduce by half, then add the beef stock and bring to a boil to reduce to the desired consistency.
7. When ready to serve, drain the blackberries and add to the sauce. Slice the liver and serve along with the mash and creamed spinach, dress with the blackberries and sauce.