



VENISON BOLOGNESE



INGREDIENTS:

300g Venison mince
70g Pancetta
50g unsalted butter
1 medium onion, peeled & finely chopped
2 cloves of garlic, peeled & finely chopped
1 medium carrot, peeled & finely chopped
2 celery stalks, finely chopped
100g button mushrooms, finely chopped
2 bay leaves
15g tomato paste
220ml crushed tomatoes or passata
200ml red wine
200ml vegetable stock
Spaghetti -cooked according to packet instructions
Grated Parmesan cheese

METHOD:

Melt the butter in a heavy-based pan, pop in the pancetta and let it cook for 4-5 minutes stirring occasionally, without colour. Add the onion, garlic, carrot, celery, mushrooms and bay leaves, stirring well.

Cook for 8-10 minutes over a medium heat, stirring frequently, until the vegetables are tender.

Turn up the heat and tip in the minced Venison, breaking it up well with a wooden spoon. Leave to cook without stirring for 3-4 minutes, or until the bottom is browned, then stir again and cook for a further 3-4 minutes, or until golden-brown all over and cooked through.

Pour in the red wine, tomato paste, crushed tomatoes, vegetable stock and season with salt and freshly ground black pepper.

Bring to the boil, then reduce the heat to a gentle simmer. Partially cover the pan with a lid and leave to simmer for 1 hour 30 minutes, stirring occasionally.

To serve, season to taste with salt and freshly ground black pepper, then stir in the cooked pasta and pile onto serving plates.

Serve with grated parmesan on the side.