



VENISON IRISH STEW

Serves 4-6

Ingredients

- 2 pounds *Highland Farm Venison Stew Meat*
- 2 cans of Guinness
- 6 oz red wine
- 5-6 carrots (peeled and chopped)
- 3-5 big russet potatoes (peeled and cubed)
- 1 yellow onion (chopped)
- 1lb frozen peas
- 7-8 garlic cloves (minced)
- ½ small can of tomato paste
- 1-2 tablespoons of Worcestershire sauce
- 1 tablespoon brown sugar
- 1/3 cup olive oil
- ¼ stick butter
- 3-4 bay leaves
- 2 tablespoons thyme
- 1 teaspoon cayenne pepper
- Salt/ pepper to taste
- Flour to thicken
- 2 cans of beef broth

Preparation:

1. With the stove set to medium-high, heat the olive oil in a frying pan. Add the Venison stew meat and 5 cloves of minced garlic and sauté. Add salt and pepper as required for flavoring. Mainly, we're just looking to sear the outside of the meat.
2. In the crock-pot, add the following: Guinness, red wine, beef broth, thyme, Worcestershire sauce, tomato paste, bay leaves, brown sugar, salt and pepper (again, as required for flavoring), and for just a touch of warmth, a pinch or two of cayenne pepper. Stir it all up.
3. Add the content of the frying pan (meat and garlic) to the crock-pot.
4. In the frying pan (empty at this point), add 1/4 stick of butter and the potatoes, peas, onion, carrots, and about 3 minced garlic cloves. Over medium heat, sauté the veggie mix. After about 15 minutes, the butter should absorb into the veggies. Once it does, again dump the contents of the frying pan into the crock-pot.
5. Let it sit on high for 4-6 hours or on low for 8-10 hours. Add flour as required to thicken to the right consistency