

View from the Fridge – Recipes from Brian Donkin

Recipe # 49 – Game Sauce

Preparation time: 10 mins – Cooking time: 2 hours

Ingredients

1lb game bones, chopped small (ask butcher to do this)
salt and pepper
1 onion, roughly chopped
1 carrot, roughly chopped
1 small white turnip, roughly chopped
2 stalks of celery, roughly chopped
3 bay leaves
1 pinch of thyme
2 pints of meat stock
50gms butter
50gms plain flour
25gms tomato puree
25gms redcurrant jelly
1 glass red wine

Method

1. Fry bones, onion, carrot, turnip and celery in butter in thick-bottomed pot for 10 minutes.
2. Add in the flour and stir and then add the rest of the ingredients
3. Bring to boil and simmer for 1 hour.
4. Skim froth of top every 30 minutes.
5. After 1 hour, strain through fine sieve into another pot. This should make around 2 pints. When cold, this can be placed in plastic cups with lids and frozen.