

"Retour de Chasse" game goulash with elderberry



Game meat is a delicious complement to a varied and balanced diet. It offers a unique flavour and provides many important nutrients. Additionally, with the exception of wild boar, it is low in fat and rich in protein. Today we have selected a succulent goulash recipe for you which is perfect for autumn.

Ingredients for 4 persons:

600 g game meat, e.g. a piece from the shoulder or leg of venison or wild boar

2 tbsp oil

Salt



80 g onion

80 g carrots
80 g celeriac
60 g leeks
1 tbsp tomato puree
150 ml elderberry juice from berries
50 ml apple vinegar
250 ml stock (vegetable, chicken or beef)
250 ml apple juice
2 tbsp cranberries (as confiture)
1 bay leaf
10 juniper berries
1 tsp peppercorns
3 cloves

Tips:

- Red cabbage, carrots, broccoli or sugar snap peas make very good vegetable accompaniments to this dish.
- Pasta, spätzle or 'schupfnudeln' (German/Austrian rolled noodles or dumplings similar to gnocchi) are also ideal as more filling additions to serve with the goulash.
- This meal can also be easily frozen in small portions which can then later be prepared and are ready to eat in no time at all.

Preparation(preparation time 1 hour, cooking time 2.5 hours):



Chop the meat into 2 to 3 cm cubes.

Cut the root vegetables – carrots, onion, celeriac – into ½ cm by ½ cm cubes and slice the leeks into strips.

Sear the meat in the oil in a stew pot until it turns an even golden-brown colour. Then lightly salt the meat, add the vegetables and sauté on a medium heat for 3 to 4 minutes. Next add the tomato purée and

gently fry for a further 2 to 3 minutes. Deglaze the pan by adding apple vinegar and the elderberry juice and reduce the liquid down to half the volume.

Now add the stock, apple juice and cranberries to the goulash. Place the herbs and spices – bay leaf, juniper berries and peppercorns, cloves – into a tea infuser and place in the stew pot for the duration of the cooking time.



Leave the goulash to simmer for 2 ½ hours.

After this time season to taste and thicken slightly with cornflour if necessary.

Enjoy trying out this dish.

Bon appetit!