

## Venison, swede and blackberries

### Ingredients

1 small swede, cut into 1cm/½in cubes  
150g/5½oz unsalted butter  
200g/7oz venison loin  
1 bunch thyme, leaves picked  
1 bunch purple sprouting broccoli  
salt and freshly ground black pepper

### For the sauce

2 tbsp olive oil  
2 banana shallots, finely chopped  
200ml/7fl oz port  
500ml/18fl oz chicken stock  
250g/9oz blackberries

### Method

1. Put the swede in a saucepan and just cover with water. Add 100g/3½oz of the butter and season with salt and pepper. Boil until the swede is tender or until the water has evaporated. Drain, if necessary, and crush with a fork.
2. Season the venison with salt and pepper. Heat a frying pan and add the remaining butter. Add the venison and thyme. Fry for 3–4 minutes or until the meat is cooked to your liking. Leave to rest for 10 minutes.
3. Meanwhile, make the sauce. Heat the oil in a frying pan and add the shallots. Fry gently until soft then add the port and cook until the volume of liquid is reduced by half. Add the stock and reduce again until you have a sauce consistency. Add the blackberries and cook for 1–2 minutes.
4. Bring a pot of salted water to the boil and blanch the broccoli for 2 minutes, then drain. Drain on kitchen paper. Heat a frying pan and char the broccoli.
5. To serve, slice the venison. Divide the swede between serving plates, add the broccoli, top with venison and finish with the sauce.

Preparation time

**less than 30 mins**

Cooking time

**10 to 30 mins**

Serves

**Serves 2**

Venison is easy to get hold of now and this lovely seasonal dish makes the most of it.

**By** Bryn Williams  
**From** Saturday Kitchen