



**NORTH EAST ENGLAND
FOOD & DRINK
GROUP**

Venison Steaks with Northumbrian Cranberry Sauce

Serves two

Ingredients

For the steaks:

2 venison steaks (about 14oz/400 g total weight)
1 tablespoon groundnut or other flavourless oil
2 level teaspoons crushed peppercorns
2 medium shallots, finely chopped
salt

For the sauce:

2 rounded tablespoons cranberry sauce
zest and juice ½ orange
zest and juice ½ small lemon
1 rounded teaspoon freshly grated root ginger (about 1 inch/2.5 cm cube, after peeling)
1 level teaspoon mustard powder
3 tablespoons Lindisfarne Mead

Take off the outer zest of half the orange and the lemon using a potato peeler, then with a sharp knife shred it into really fine strips, about ½ inch (1cm) long.

Place the cranberry sauce, ginger and mustard in a saucepan, add the squeezed orange and lemon juice and place over a medium heat. Now bring it up to simmering point, whisking well to combine everything together and as soon as it begins to simmer turn the heat off, stir in the mead and then pour it into a jug to keep until needed. This is best made a day before if possible to infuse the flavours and can be made several days in advance.

To cook the steaks, heat the oil in a thick-based frying pan. Dry the steaks with kitchen paper then press in the crushed peppercorns firmly over both sides of the steaks. When the oil is smoking hot,

drop the steaks into the pan and let them cook for 5 minutes on each side for medium (4 minutes for rare and 6 minutes for well done). Halfway through, add the shallots and move them around the pan to cook and brown at the edges. Then 30 seconds before the end of the cooking time pour the sauce in – not over, but around the steaks. Let it bubble for about 20 seconds, season with salt and then serve the steaks with the sauce poured over.

Northumbrian Cockle Soup

Serves four

Ingredients

50 cockles
1oz butter
1oz flour
Bulb of bruised lemon grass
1 glass of dry white wine
1 pint double cream
2 tbs finely chopped onion
2 tbs chopped dill
Black pepper
Parsley

Scrub the cockle shells under running cold water, discarding any ones that are open and do not close once tapped.

Put a thick based pan on to a high heat, put in the cockles, add the wine and dill, put on a lid and shake. As soon as the shells open take off the heat and leave to cool. Then strain the liquor and make up to 1.5 pints with fish stock.

Melt the butter in a saucepan and add the flour to make a roux, gradually add the stock, then add the onion and lemon grass and cook for 5-10 minutes stirring regularly. Add the cockles (which have been parsley.

