



## **Venison Wellington and pickled walnut ketchup – by The Black Bull, Sedbergh**

Serves 2 people.

### **Walnut Ketchup**

#### **Ingredients:**

1 jar of Opies pickled walnuts

50g soft dark brown sugar

50g caster sugar

#### **Method:**

Drain the walnuts but reserve the pickling juice.

Use half of the pickling juice with both sugars, bring slowly to the boil and simmer 10 mins. You can keep the other half of the pickle for salad dressings etc or discard.

It should be slightly thicker now.

Add the liquid and the pickled walnuts to a blender and mix for about 8 mins.

Pass through a fine sieve. It is now ready to be used. It keeps for a long time in the fridge and is excellent with cold meats, pies, sandwiches, cheese boards etc.

## **Crepe & Mushroom Duxelles**

### **Crepe Ingredients:**

Crepe:

1 egg

150ml milk

50g flour

### **Method:**

Mix all ingredients together.

Warm a pan and lightly brush some butter in it. Cook crepes nice and thin until golden and flip.

Cool down on a plate whilst making the mushroom filling.

## **Mushroom Duxelles**

### **Ingredients:**

4 large flat cap mushrooms

1 shallot

1 clove garlic

A sprinkle of thyme

Salt pepper to taste.

### **Method:**

Finely chop the mushrooms. Finely chop the shallot and garlic and gently fry in a pan with some oil until translucent. Add the mushroom, thyme, seasoning and cook gently until all the water in the mushrooms evaporate. This can take a little while.

When ready take off the heat, drain and cool down quickly by laying the mushroom mix in a single layer on a tray.

## **Venison Wellington**

### **Ingredients:**

2 venison loin portions weighing around 120g each.

Puff pastry 1 x 320 g sheet of all-butter puff pastry

1 egg yolk

### **Method to assemble the Venison Wellington:**

Warm a frying pan up and sear the venison loins on a high heat on all sides with a little seasoning.

Quickly cool them down by placing in fridge or even freezer for 10 mins.

When ready to assemble, take one crepe, add half the mushroom duxelles and place the venison on top. Wrap the venison up which should create a parcel.

Cut a piece of puff pastry that is big enough to wrap the venison parcel. Lightly egg wash the pastry, lay then venison in the middle and fold the pastry over. You can crimp or just tuck the sides of pastry in.

Egg wash the top of the pastry. Place in the fridge for 10 minutes and egg wash again.

When ready to cook heat the oven to 200-210 °C. Cook for 14 mins until golden on top and then turn it over and cook another 2 minutes to crisp up the bottom.

Remove from the oven, and rest for 5 mins, then serve with the walnut ketchup.

*Visit* Lake District, Cumbria

[visitlakedistrict.com](http://visitlakedistrict.com)