

# Deelicious

Autumn 2010

ROYAL DEESIDE LARDER - THE FOOD & DRINK OF ROYAL DEESIDE

## A taste of Autumn

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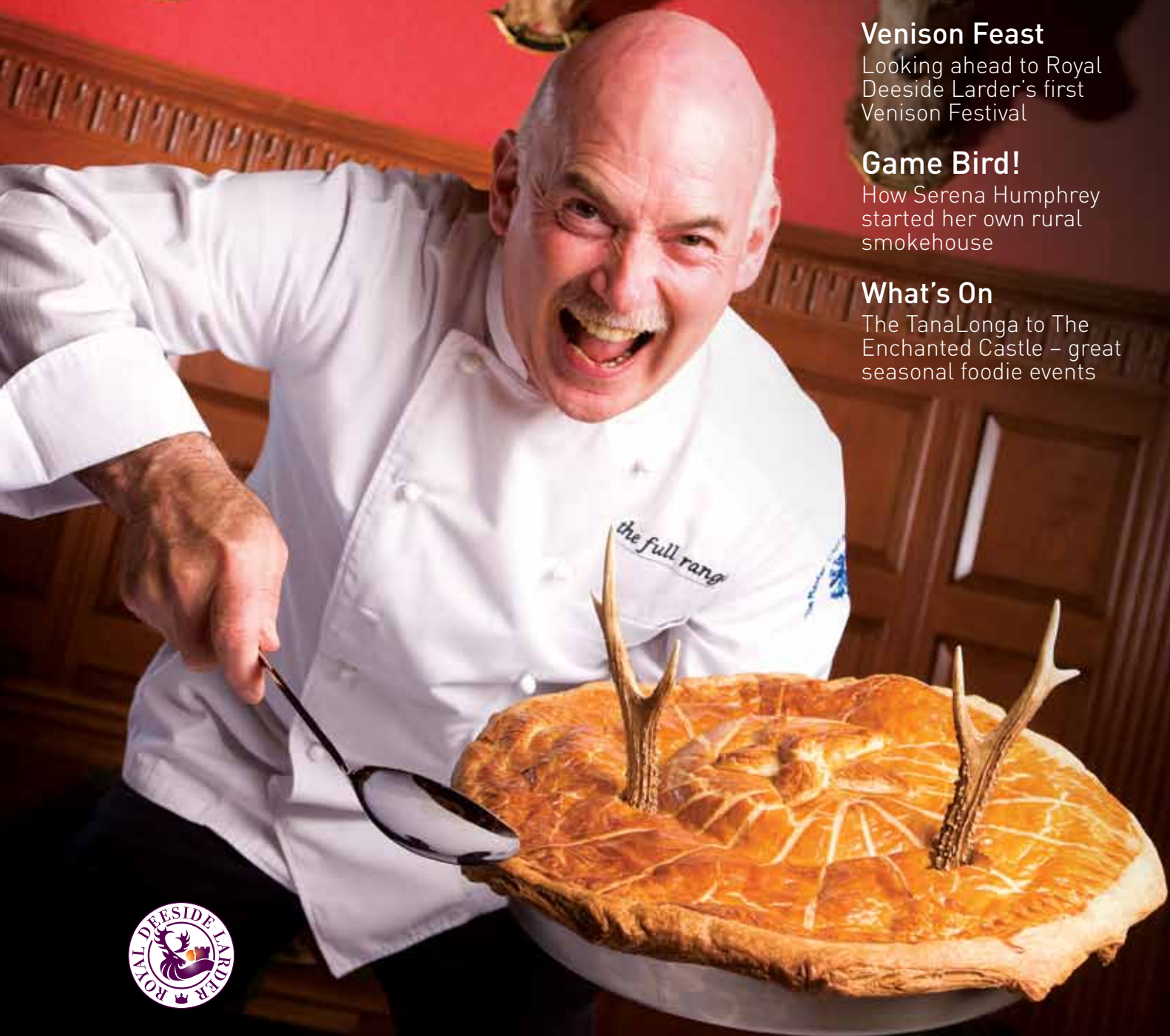
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# A Game Bird!

Photography - John Paul Photography Writer - Ruby Forbes

## **“There’s a limit to how much pheasant one family can eat,” was the simple starting point for Serena Humphrey’s Deeside Smokehouse business.**

Unable to keep inventing new recipes for using the surplus pheasant from the Dinnet Estate, Serena decided to embark on a meat smoking course. Once a purpose built smokehouse was installed, The Deeside Smokehouse was launched with Serena’s own range of smoked pheasant and venison from the heart of Royal Deeside.

“It seemed such a waste not be using the pheasants,” Serena explains. “Game dealers were giving us tuppence ha’penny for them, so turning them into really healthy, delicious food was a good alternative. We’re also making pheasant more available to a wider audience. Smoking it means it doesn’t taste ‘gamey’ at all and gives it a slightly firmer texture than smoked chicken.”

Starting with three versions of pheasant – hot roasted, salami and the ‘individualist’ Deeside Glider – two pheasant breasts stuffed with haggis – and a venison range, the Deeside Smokehouse collection has expanded to include venison salami which is mixed with juniper berries and air dried beef bresaola. The venison range also includes dry cured venison bacon and venison chorizo. The beef products are smoked over whisky soaked oak shavings from the Speyside Cooperage.

“I can still remember the fantastic explosion of flavour from the first Deeside Glider – warm smoked pheasant stuffed with haggis – as it came out of the smoker,” says Serena.

A one woman whirlwind, with seemingly endless energy, Serena smoked 3,000 pheasants between May and August 2009 and expects that total to rise this year. Venison throughput is about seven or eight deer per week. Her enterprise, which started as a way to use up surplus birds from one estate, is now buying up birds from smaller shoots which were also finding problems selling their birds. And, the Smokehouse is not Serena’s only business. Her first project, which still keeps her busy, is her Vegetable Box business. It may feel like déjà vu, but Serena started the business when she found she had a surplus of vegetables which she was growing to feed her own family! Success has led to the restoration of a derelict two acre walled garden at Dinnet Estate to keep up with demand.

“There’s a definite ground swell of support for local, fresh, good quality produce,” says Serena. “I am deeply concerned with the support local council planning departments give the big supermarkets. If they are allowed to continue to spread, small shops and high streets will become a thing of the past. Scottish food is fantastic, varied and produced under the strictest of controls. Consumers really need to be able to access it, buy it and eat it supporting the producers whose quality is second to none. If I were Prime Minister I would tax imports on all foods that we are perfectly capable of producing within the UK. I’d also make home economics and cooking compulsory in schools so that each generation grows up knowing how to cook and where food comes from.”

You can buy Serena’s products directly from [www.thedesidesmokehouse.com](http://www.thedesidesmokehouse.com) and when you are in Royal Deeside and The Cairngorms you can try Serena’s products in many restaurants including the two red rosette restaurant with rooms, The Auld Kirk in Ballater [www.theauldkirk.co.uk](http://www.theauldkirk.co.uk).



Venison salami



Roast smoked venison in the smoker

A surfeit of pheasant led Serena to establish her business

### Hot smoked pheasant stroganoff

- 30g butter
- 1 tbsp sunflower oil
- 2 smoked pheasant breasts - skin removed and thinly sliced
- 1 onion - finely diced
- 300g button mushrooms - sliced
- Salt & black pepper
- 300ml soured cream
- Chopped parsley to garnish

Melt the butter and oil in a frying pan. Add the onion and mushrooms and cook for about 5 mins until soft. Stir in the sliced smoked pheasant and soured cream, bring gently to a simmer for 5 mins, garnish with the parsley and serve.



# Venison Celebration

Photography by John Paul Photography Writer - Ruby Forbes

It has less fat than chicken, is low in cholesterol and high in iron levels - Venison could be the next big 'superfood' and Royal Deeside Larder is about to celebrate this most Scottish of meats with a special six day festival.

From the 26th to the 31st October chefs, venues and estates across Royal Deeside and The Cairngorms will be toasting the Monarch of the Glen from hillside to plate at the inaugural Royal Deeside Larder Venison Festival.

George McIvor, former chairman and fellow of The Masterchefs, the professional chefs' association of Great Britain has been working with Deeside businesses to showcase venison from breakfast to dinner. "In the past venison has been seen as a meat for the elite," says George, "But we want to show that it can be enjoyed by everyone. From venison sausages for breakfast, smoked venison sandwiches, broths and burgers to venison haggis and even venison vindaloo! The chefs taking part in the festival are offering a mix of traditional and modern venison dishes to suit every palate. It's not just a meat for the rich and regal anymore.



Chefs George McIvor (standing) and Simon Gosling have created a series of recipes for the inaugural Venison Festival.

Venison is rich, flavoursome, Scottish through and through and makes the perfect autumn dish.”

Multi ‘red rosetted’ chefs from across the area will be hosting cookery demos and lunches at venues including The Milton at Crathes, The Banchory Lodge Hotel, Loch Kinord Hotel at Dinnet and The Glenkindie Arms in Alford. There will also be venison specialities on many menus such as The Finzean Farm shop, The Darroch Learg, The Green Inn and The Auld Kirk restaurants all in Ballater.

But it’s not just a kitchen and dining room based event. The festival will take to the hills with wildlife safaris on Finzean, Glen Tanar and Balmoral Estates.

As Garry Marsden, Visitor Enterprise Manager at Balmoral Estates and Chairman of the Royal Deeside and The Cairngorms Destination Management Organisation which is behind the festival explains, the festival aims to educate visitors, “The rangers at Balmoral Estates will be leading breakfast, lunch and dinner safaris out on to the hills on the estate to show visitors the importance of land management in relation to deer and the other wildlife of the area and more about the rich environment of the area. These will be followed by venison dishes to be enjoyed at The Glen Lui Hotel. Queen Victoria and Prince Albert were partially responsible for raising the popularity of the concept of a Scottish hunting estate, so where better to learn more about deer stalking than on their Balmoral Estate.”

There are more than twenty unique events taking place during the festival. More about the programme, including how to book each event and short break offers, can be found at [www.discoverroyaldeeside.com/VF](http://www.discoverroyaldeeside.com/VF)

To mark the festival, chefs George McIvor and Simon Gosling have created three venison – and venison inspired – recipes.

### **Roast Loin of Red Deer, Hotch Potch of Black Pudding and Cassis Jus with Braised Red Cabbage and Puree of Parsnip**

#### **Ingredients**

600-650g Centre-cut loin of red deer  
1 tbsp Coarsely ground fresh black pepper salt  
3-4 sprigs Very finely chopped fresh rosemary leaves plus extra sprig to serve  
Salt  
2 tsp vegetable oil

#### **Sauce**

Salt & freshly ground black pepper  
250ml Red wine  
4 tbsp Butter, softened  
Black currants

#### **Method**

Preheat oven to 200C/400F/Gas 6.  
Trim any sinewy bits from the venison loin and lightly score the skin with a sharp knife. Sprinkle black pepper, rosemary, and salt onto clean chopping board, reserving a teaspoon of chopped rosemary for sauce.  
Rub the loin with oil and roll the loin (including ends) in the rosemary mixture to lightly coat. The top should be only lightly covered in mixture.  
Heat a large, heavy-based frying pan until hot. Add venison, and sear all over, including ends, for couple of minutes.  
Place venison into a roasting tin and place in oven for 10-12 minutes for rare meat, a bit longer for medium-rare or medium. Remove and allow to rest for ten minutes to ensure meat is moist.

For sauce, wipe out pan and then add the red wine to deglaze. Cook over high heat for a minute or two, and then reduce heat. Add pinch of salt and freshly ground black pepper. Stir in the rosemary and black currants.

To serve, slice the venison loin on the diagonal. Drizzle with the cassis sauce.

#### **For the Hotch Potch**

600g Waxy potatoes (such as Maris Piper)  
350ml Milk  
350ml Double cream  
8 oz Black pudding  
1 Large garlic clove, sliced  
1 Thyme sprig  
1 Bay leaf  
90g Gruyere cheese, grated  
Sea salt and freshly ground black pepper

#### **Method**

Preheat the oven to 200C, Gas 6. Peel the potatoes thinly slice into 1cm slices. Bring the milk and cream to the boil in a large saucepan and add the garlic, herbs and seasoning. Simmer for a couple of minutes. Slide potatoes into the pan and stir gently. Simmer for about 7 minutes until the potato slices are only just tender; they should hold their shape and retain a bite. Drain the potatoes in a colander over a bowl to catch the milk.

Layer the potatoes in a shallow ovenproof dish, arranging the black pudding in the middle, sprinkling two thirds of the cheese and seasoning in between the layers. Trickle a little of the saved milk over each layer too. Pour a little more of the milk around the sides, but not too much - just enough to moisten. Sprinkle over remaining cheese. Place the dish in a shallow roasting tin and bake for about 10-15 minutes or until the cheese is beginning to bubble and turn golden brown. Allow to stand for 10 minutes before serving.

#### **Braised Red Cabbage**

1 Large red cabbage, finely sliced  
½ Lemon, juiced  
2 Thyme sprigs  
50ml Light chicken stock  
3 tbsp Red wine vinegar  
3 tbsp Light brown sugar  
2 Large cooking apples, peeled, cored and sliced  
2 Medium onions, finely sliced  
30g Butter

Preheat the oven to 170°C/gas 3. Melt butter in a large flameproof casserole, add onion and apples and cook gently until softened. Add the cabbage, sugar, vinegar, stock and thyme. Bring to a simmer, cover with a close-fitting lid, place in the oven and cook for about 1 hour 45 minutes, until tender, stirring once or twice during cooking. When the cabbage is cooked, season to taste and add the lemon juice.

#### **Puree of Parsnips**

1kg Parsnips, peeled, stringy cores removed, peeled and chopped  
3 tbsp Butter, melted  
1 ½ cup Water  
1/8 tsp Nutmeg  
Salt and pepper to taste

#### **Method**

Place parsnips in a bowl, add the melted butter and stir to coat. Lay parsnips on a roasting pan in a single layer. Roast in oven for 20 to 25 minutes, at 400°F, until lightly golden, turning the parsnips once half-way through the cooking.  
Put cooked parsnips into a blender. Add 1 ½ cups water, and pulse until puréed to the desired consistency. Add more water if necessary. Add nutmeg and salt and pepper to taste.





## Braised shank of smoked roe deer

### **Braised Shank of Smoked Roe Deer with Celeriac Mash, Glazed Beets and Thyme Roast Juices**

#### **Ingredients**

4 Lightly smoked venison shanks  
1 tsp Black peppercorns  
1 tsp Allspice  
1 tsp Juniper berries  
8 Cloves  
1 Cinnamon stick  
1 Hot dried Chillli  
2 Bay leaves  
1btl Red wine  
2 tbsp Molasses  
150g Slab bacon or thick cut slices cut into chunks  
1 tbsp Olive oil  
2 Onions, coarsely grated  
1 Head of garlic, cloves peeled and roughly chopped  
2 cup Beef, venison or other stock  
Salt

#### **Method**

Salt shanks and set aside. Put spices, herbs wine and molasses in a shallow pot with a lid. Turn the heat to medium-low. Preheat the oven to 300°C.  
Pour olive oil into second pan over medium heat. Fry bacon slowly, turning all sides to get crispy. As each piece crisps, toss it into the pot with the wine. Do not let the wine pot go past a gentle simmer. Next, brown shanks on all sides except the one with the bone. Take your time on this one over medium heat – up to 20 minutes.  
Move the shanks to the wine pot, bone side up.

Put the onions in the other pan on high heat. Toss to combine. The onions will deglaze the pan. After about 5 minutes, add garlic and toss to combine. Cook another minute or two. Pour in stock and mix well with onions. Bring to furious boil scraping everything off bottom of pan.

Add to wine pot, mixing well keeping shanks bone side up. Cover and cook in oven for 3-4 hours. Venison, being wild, is difficult to gauge - each requires different cooking times.

When the meat is almost falling off the bone, gently remove and tent with foil. Remove bay leaves, cinnamon stick and as many cloves, peppercorns, allspice and juniper berries as you can. Pass the jus through a very fine sieve and serve over the shanks.

#### **Glazed Baby Beets**

20 Baby beets, scrubbed  
2 cups Apricot juice  
3 tbsp White balsamic vinegar  
2 tbsp Honey

#### **Method**

Place beets in a large sauté pan, add apricot juice, cover and cook on medium heat for 10 minutes. Add vinegar and honey and cook for further 10 minutes. Remove from the heat and keep covered for 5 minutes.

#### **Rooster and Celeriac Mash**

900g Celeriac  
900g Rooster potatoes  
142ml Double cream  
150ml Milk  
Salt and ground black pepper

#### **Method**

Peel and roughly chop celeriac and potatoes and place in a pan of salted water.  
Bring to boil and cook for 20-30min or until the potatoes are tender. Drain and mash. Heat double cream and milk and beat into the mash over a low heat. Season well with salt and ground black pepper.

## Tian of Deeside Forest Fruits with Strawberry Yoghurt Ice Cream, Almond & Vanilla Biscuit

### Tian Ingredients

250g Raspberries  
250g Blackberries, plus extra to decorate  
125g Blackcurrants  
75g Caster sugar  
4 tbsp Blackberry liqueur, plus extra for drizzling  
12 Slices brioche or white bread  
Icing sugar, to dust

Place all fruit, sugar and liqueur in pan over a medium heat and simmer gently for 3-4 minutes, until fruit is juicy but still keeps its shape. Remove from heat and cool. Lay 4 x 7cm round x 5cm deep metal rings (or ramekins) on a baking sheet lined with cling film. Using a 7cm round, plain cutter, cut out 12 bread rounds. Dip four into fruit, to stain with juice, and lay inside each ring. Spoon over half the fruit, dip four more bread rounds and lay on top. Repeat with

remaining fruit and bread to make four stacks. Cover each with cling film and lay a weight (a jar or can is ideal) on top of each. Chill overnight.

To serve, uncover each pudding and run a knife around the inside of each. Transfer to a serving plate and slide off the rings (or upturn the ramekins). Drizzle with extra liqueur, decorate with a few blackberries and dust with icing sugar.

### Strawberry Yoghurt Ice Cream

275g Ripe strawberries  
100g Sugar  
600ml Natural yogurt

### Method

Place strawberries and sugar in a blender or processor and puree. Pass through a sieve if desired. Place puree in large bowl with yogurt and mix well.

Transfer to an ice cream maker and churn for 20 minutes or according to the manufacturer's instructions. Alternatively, place the mixture

in a rigid freezer proof box and freeze until just beginning to set around the edges. Beat well then return to the freezer until firm (3-5 hours).

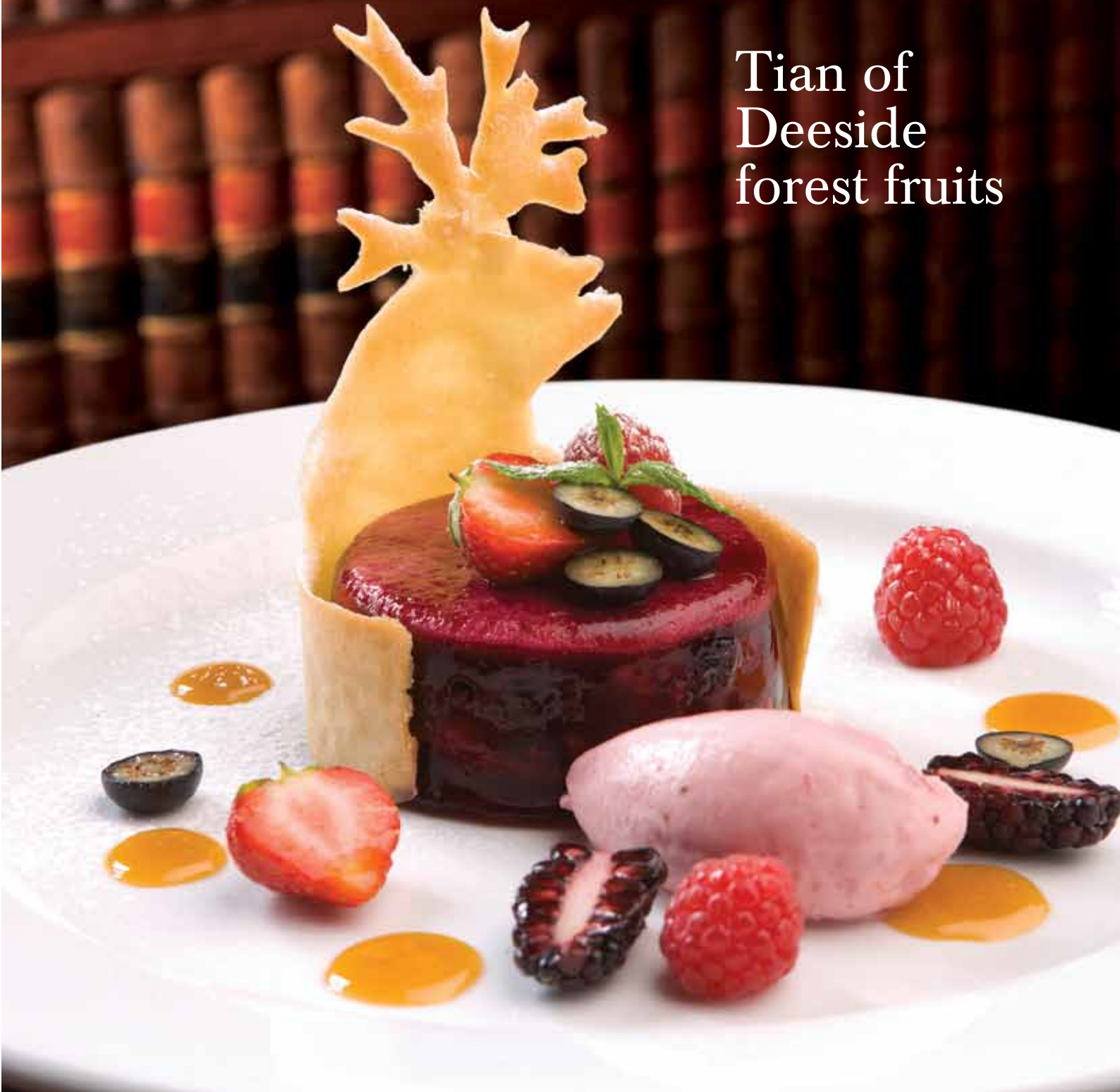
### Almond and Vanilla Biscuit

375g Softened butter  
375g Caster sugar  
5 Eggs, beaten  
375g Ground almonds  
25g Plain flour

### Method

Cream butter and sugar, gradually add eggs. Sieve flour and almonds and add. Blend until smooth and leave to set in the fridge. Place your template on the tray and spread a thin layer across the template shape, remove the plastic to reveal the same shape made from the batter. Carry on until you have filled your baking tray. Bake in oven at 140 °C for roughly ten minutes until nicely golden. Remove from oven and quickly mould into your chosen shape.

# Tian of Deeside forest fruits



# What's on!

## What's On In the Royal Deeside Larder?

Compiled by Sammy Lamb

Autumn and Winter are packed with new and unusual foodie events across Royal Deeside and The Cairngorms - from an innovative gastro ramble to The Enchanted Castle.

## Get Set To Do The TanaLonga Gastro Ramble

Book up for this five mile 'epicurean walk' through Royal Deeside, marrying together walking and food and drink. Walkers will stop at regular intervals to partake in an al fresco, three course meal, although they won't be served by the Royal Deeside Larder butler Will Bond who launched the event on the Glen Tanar Estate with

strawberries and champagne! Children and dogs welcome and there will be rangers and story tellers along the route to bring the countryside and its history to life.

**When:** Sunday 26 September 2010

**Where:** Glen Tanar Estate by Aboyne (35 miles west of Aberdeen)

**Time:** 10am to 5pm

**Cost:** £20 for adults, £15 for under 15s; free for children under 10

**Tickets:** Call 01224 646488 or [www.activeaboyne.co.uk/tanalongawalk](http://www.activeaboyne.co.uk/tanalongawalk)



## Christmas at Crathes Weekend



**When:** 4th & 5th December 2010

**Where:** Crathes Castle by Banchory

**Time:** 10am - 4pm daily

**Cost:** Adult - £5; Child - £3; Family (2 adult + 2 child) - £12

Against the almost too perfect backdrop of one of the National Trust For Scotland's flagship properties, Crathes Castle, enjoy this tented Christmas Farmers' Market featuring local specialist food producers and the Finzean Farm Shop tent. Snap up some quality produce for Christmas gifts

- or just to grace your own festive table. Chose from venison, meat, homemade pies and patés, cheese and dairy products, fruit cakes, confectionery, chocolate, whisky and wine! There will be hot soup, venison burgers, chocolate crepes and mulled wine to sustain you and plenty to get the whole family in the Christmas mood with a Cairngorm reindeer sleigh parade around the Estate, pantomime characters in the castle, rangers quizzes, pottery painting ... and of course the main man Santa himself will be there with the Snow Queen.

## Royal Deeside Larder Food Producers' Marquee at The Enchanted Castle

**When:** 10th - 12th December 2010

**Where:** Crathes Castle by Banchory

**Time:** 5pm to 10pm daily

**Cost:** Adults £9; concessions £7; 5 - 16 year olds £4; under 5's free (subject to booking fee)

**Tickets:** [www.theenchantedcastle.info](http://www.theenchantedcastle.info)

The Enchanted Castle at Crathes Castle is a captivating evening light and sound show in the castle's famous walled garden and estate, which will be transformed into a winter wonderland with cutting edge light and sound technology. The Royal Deeside Larder Food and Drink Marquee will showcase local food producers and there will be a chance to stock up on Christmas gifts for foodies. Hot food will be on sale all offered by local producers.

## Venison Festival

**When:** 26th to 31st October 2010

**Where:** Venues across Royal Deeside and The Cairngorms

**Tickets:** [www.discoverroyaldeeside.com/VF](http://www.discoverroyaldeeside.com/VF)

for the full programme and where to buy tickets

See pages 4-7 for more information on the inaugural Venison Festival

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