

For people who love local food

# the menu

Saturday, December 31, 2022



# Happy New Year!

The best fizz to toast the start of 2023

# Proving locally-sourced produce is a cut above

Head chef at Karma Lake of Menteith, **Mike Potts**, has created a dish with his favourite quality venison

Head chef Mike Potts, from Karma at Lake of Menteith, is delighted that the lakeside hotel is working with Rednock Estate nearby, who are supplying responsibly-farmed quality game and venison.

He says this has inspired him to create this delicious dish which combines loin of venison with cabbage puree and salsify. A real taste of quality.



## Venison loin with green cabbage puree, salsify and mashed potato

(SERVES 4)

### Ingredients

- 4 x 180 g portions of Highland venison loin
- Rapeseed oil for searing
- 2 tablespoons of butter
- 1 sprig of rosemary
- 1 sprig of thyme
- 1 clove of garlic
- For the cabbage puree:**
- 400g of green Savoy cabbage shredded
- 150ml of double cream
- Salt and freshly ground black pepper
- For the salsify:**
- 4 salsify roots
- 200ml of chicken stock
- For the mashed potato:**
- 1kg desire potatoes, peeled and covered
- 150ml whole milk
- 50g butter
- 3 eggs
- Salt and freshly ground pepper

### METHOD

1. To cook venison loin, sear the venison pieces with the rapeseed oil until coloured on all sides using a heavy-bottomed, frying pan on a high heat. Add butter to the pan, with the rosemary, thyme and garlic. When the butter has melted, baste the loins continually for six minutes before removing from the pan and then resting for five minutes.
2. For the green cabbage puree, bring a large pan of boiling water to the boil and add the cabbage, cooking it for one minute. Then drain and mix it with the double cream and blitz to a puree with a handheld blender. Season with salt and pepper.
3. For the salsify, peel the salsify and cut into 7cm batons. Then place it into water with a splash of lemon juice. This will stop it from going brown. Cook the salsify in the chicken stock and keep in the stock until needed.
4. When the venison is cooked and has been removed from the pan, tip the remaining butter out and wipe the pan with some kitchen paper.
5. Strain the salsify and pat it dry.
6. Add some oil and saute the tubes of salsify until golden brown.
7. For the potato, cook the potatoes until soft, then strain and return to the pan. Place over the heat for a few moments, then mash using a potato ricer or masher, add the milk, butter and eggs and mix thoroughly. Season with salt and pepper.
8. Serve with a gravy or your preferred sauce.

## RECIPES



Wake up to tasty, fruity breakfast pots in 2023.

**Kat Riach** has some ideas for you if you want to up your breakfast game



As I've got older, I've started to enjoy the ritual of tidying away the festive decorations almost as much as I do bringing them out, finding something rejuvenating and refreshing about neatly closing a chapter and starting a new one.

New Year is a great time to introduce new food routines and rituals, to steer you through the seemingly never-ending dark days of January.

### BRILLIANT BREAKFASTS

Two new breakfasts on my list for 2023 are egg muffins and breakfast pots. To make egg muffins, turn your oven to 200C/180 Fan/400F/Gas Mark 6 and grease a muffin tin.

Heat a drizzle of oil in a frying pan and saute whatever vegetables you have – peppers, broccoli, onions, courgettes, mushrooms, small pieces of ham or bacon (optional). After 5 minutes, remove from the heat. Whisk 6 large eggs with a tablespoon of milk, a pinch of smoked paprika and some seasoning, mix with the cooked vegetables.

Pour into your muffin tin, topping each with a sprinkle of grated cheese and chopped chives. Bake until golden brown – around 15 minutes. These can be made in a larger batch, and stored in the fridge wrapped in foil. Serve cold or re-heat before serving.

### GREAT GRANOLA

For me, a big jar of crunchy, nutty granola is a store cupboard essential. To make it into a quick, filling breakfast, take a small clear glass and fill one third of the way with granola. Segment an orange or grapefruit, mixing two tablespoons of the juice with 500g plain thick yoghurt and a tablespoon of maple syrup. Spoon over the granola and leave in the fridge overnight. In the morning, arrange your orange or grapefruit segments on top of the pots, drizzle with a little more maple syrup and serve. Perfect for a rushed morning.

Whatever your resolutions or rituals are for the New Year, I wish you a happy and healthy 2023.