



# Venison shanks with baby beets, grain mustard and chestnuts

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*The shank of any animal has bags of flavour since it is a muscle that works hard and contains a lot of sinew that will in turn give good flavour and substance to the sauce you are cooking with. Once cooked they will nearly fall off the bone and be a delicious winter warmer.*

## Ingredients

2 fallow shanks (4 portions)

150g carrots  
150g celery  
100g leek  
3 cloves garlic, chopped  
12 baby beetroot  
150g cooked chestnuts  
25g butter  
1 tsp sage  
2 tsp grain mustard  
1 tbs tomato purée  
2 litres venison or dark chicken stock

Chop the carrots, celery and leek into 2cm dice. Season the shanks and fry in a pan to give them even colour all over then remove and place into a lidded ovenproof dish.

Fry all the vegetables apart from the beetroot in the pan you have used for the venison until coloured, then add the tomato purée and cook for a further 5 minutes. Add the stock and sage and then transfer to the dish with the venison shanks, cover and cook in the oven for 1½ hours or until meat is tender. Larger shanks could take slightly longer.

Remove the shanks from the cooking liquid and keep warm and covered so they do not dry out. Decant the liquid into a saucepan passing through a fine strainer and remove the vegetables – keep them warm with shanks.

Bring the cooking liquid to boil, add mustard and reduce by half.

Drop the baby beetroots into cold water, bring to the boil and cook until tender, then refresh in cold water and peel.

Sauté the chestnuts in 15g of the butter to warm through.

Reheat the baby beetroots by plunging in boiling water then drain and toss in 10g melted butter.

Place the shanks in a serving dish and cover with hot sauce, then garnish with vegetables, baby beetroots and chestnuts.



## WINE PAIRINGS FROM BODEGAS RIOJANAS:

### White: Vina Albina Late Harvest White Rioja

A blend of 90% Viura and 10% Malvasia grapes that are influenced by Botrytis, slowly fermented and then aged for 18 months in American Oak barrels before long bottle ageing. Golden straw yellow in colour with aromas of almonds and honey with floral overtones and warm vanilla hints that develop on the palate with a wonderful balancing acidity to finish. Ideal with richer game dishes, sweet vegetable dishes. Amazing with all styles of desserts.

### Red: Vina Albina Gran Reserva Rioja

From our best vineyards we combine Tempranillo, Mazuelo and Graciano grapes and age for a minimum of 24–30 months in American Oak barrels and 36 months in bottle prior to release, resulting in elegant aromas of cherries and raspberries with warm vanilla overtones. The palate is a complex layer cherry, blackberry and red fruits layered with chocolate and vanilla. Enjoy with Game, Lamb, Beef and even chocolate desserts.