

## Venison Steaks in Chili-Tomato Sauce Recipe

**Ingredients:** Serves 4

750g venison leg steaks, cut into 2.5cm cubes  
90g whole milk plain yoghurt, beaten until smooth  
2 tablespoons red wine vinegar  
½ teaspoon ground turmeric  
1 tablespoon ginger puree  
1 tablespoon garlic puree  
1 teaspoon salt  
4 tablespoons sunflower or olive oil  
½ teaspoon fennel seeds  
½ teaspoon onion seeds  
1 large onion, very finely chopped  
1½ teaspoons ground cumin  
½ teaspoon ground fennel  
½-2 teaspoons chili powder  
2 ripe salad tomatoes, skinned and chopped  
½ teaspoon sugar  
1 tablespoon tomato puree  
1 teaspoon garam masala  
2-3 tablespoons chopped fresh coriander

### **Method:**

Put the meat into a non-metallic bowl. Mix together the beaten yoghurt, vinegar, turmeric, ginger, garlic and salt then pour over the meat. Stir until the meat is thoroughly coated. Cover and refrigerate for at least 4 hours or overnight. Bring it to room temperature before cooking. Transfer the marinated meat to a heavy-based saucepan and add 150ml water, then bring it to a simmering point over a low heat. Cover and cook for 45-50 minutes, stirring occasionally. Remove the meat with a slotted spoon and strain the stock into a measuring jug. Make it up to 450ml with water and set aside. Heat the oil over a medium heat and add the fennel and onion seeds and allow them to sizzle for 15-20 seconds. Add the onion and stir-fry until it just begins to brown then add the cooked meat and stir-fry for 4-5 minutes, reducing the heat slightly towards the end. Add the cumin, fennel, chili powder and tomatoes. Stir-fry 3-4 minutes, then add 50ml water and continue to stir-fry for 2-3 minutes. Add the reserved stock, sugar and tomato puree. Bring it to the boil, reduce the heat and simmer, uncovered, for 10-12 minutes. Add the garam masala and simmer for 30-40 seconds, stir in the coriander leaves and remove from the heat. Serve with steamed basmati rice.