

Lincolnshire Deer Group

Boned Saddle or Roe en Croute – Serves 6 - 8



This is for the occasion when you want to impress and astonish your guests. It is quite easy to bone a saddle yourself, but if you feel faint-hearted get your friendly butcher or us to do it for you.

- 4oz (125g) butter
- 2lbs (1kg) boned roe saddle
- $\frac{1}{4}$ pint (150ml) red wine
- 2 shallots, peeled and finely chopped
- 8oz (250g) mushrooms, chopped
- Shortcrust pastry
- 1 tablespoon rowan jelly
- 1 teaspoon dried thyme
- $\frac{1}{4}$ pint (150ml stock) or stock cube and water
- Salt and ground black pepper

Pre-heat oven to 425F/Gas Mark 7/220C and heat butter until foaming. Put in the saddle and baste well. Cook for 15 minutes then remove and allow to get quite cold. Swill the pan out with red wine and pour into a small saucepan. Sautée the shallots and mushrooms in the remainder of the butter and cool. Roll out three quarters of the pastry and lay it in the bottom of a clean roasting pan. Place the saddle on top, season with salt and pepper, spread with the jelly, three quarters of the shallots and mushrooms and sprinkle on the thyme. Brush inside each corner with water. Bring the pastry up the sides of the meat and pinch each corner together. Brush the edges with water. Roll out the remaining pastry, brush round the edge with water and lay over the top, sealing the edges so that the whole thing is encased. Make one or two slits in the top, decorate with pastry leaves and brush with the beaten egg. Place in the oven for 15 minutes, then turn down to 375F/Gas Mark 5/190C for 20 minutes. Allow to rest for 15 minutes before carving.

While it is resting, make the sauce. To the wine in the saucepan add the remainder of the shallots, mushrooms and the stock. Adjust seasoning and reduce to half by fast boiling. If it tastes tart add a little jelly.

As it is very rich, serve with new potatoes and dandelion and rocket salad dressed with walnut oil and lemon juice.

Source: Prue Coats

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