

## Venison Burger

*with Kerr's Pinks Wedges and Seasonal Scottish Slaw*



Fletcher's Venison, available at Brig Farm Shop, is farmed in Auchtermuchty. The wide open hill farm is run by husband and wife team Nicola and John Fletcher who are experts in the field of deer management and venison production. Their product is truly superb and they have been featured in programmes by the likes of Gordon Ramsay and Rick Stein. If you don't fancy the task of cooking the burgers from scratch you can buy them ready-made in packs of two or four – these along with Fletcher's VeniSausages are gluten free and suitable for celiac diets.

Potatoes are naturally low in fat and as a good source of carbohydrate, they are essential for energy particularly if you've enrolled in an exercise regime. We've chosen Kerr's pinks for our wedges, an old fashioned variety, floury and dry and perfect for making these oven-baked wedges.

Without seasonal Scottish salad it's often difficult to find an accompaniment to meals. We've used shredded carrots and cabbage bound in low fat mayonnaise to give a tasty coleslaw. If you're being really good, skip the mayo and season with black pepper, lemon juice and mixed herbs.

We've gone for a deliciously lean Venison burger with potato wedges instead of chips – this is guaranteed to be a hit with the whole family. Venison is naturally lean, low in fat and low in cholesterol and comes packed with iron. It has a delicious, rich flavour and in a homemade burger, gives a great texture and consistency. Many are put off of this meat for family meals as the worry is that children will find it too gamey. Not so. My son loves our venison sausages and burgers with a dollop of sauce and let's face it – if it comes in a bun they'll eat it!

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## Ingredients:

### **Serves 4**

1/2lb venison mince  
1 clove garlic (optional)  
½ onion chopped finely  
tablespoon rapeseed oil  
Black Pepper  
Wholemeal Bun  
4 large Kerr's Pinks potatoes  
Rapeseed Oil  
¼ small cabbage  
2 carrots

## Method:

1. Preheat oven to 180C / Gas mark 6.
2. Mix all of the ingredients together in a bowl. This is great fun for kids to get involved in. mix through with your hands and shape into four burgers. Place on a plate, cover with cling film and pop into the fridge while preparing the wedges.
3. Scrub your potatoes but don't peel. Chop into long wedge shape pieces and pat "dry" with a clean tea-towel. Place on a baking tray and drizzle with the rapeseed oil. Turn the wedges so they are coated. Season to taste.
4. Pop the wedges into the hot oven for about 30 mins, turning once half through cooking.
5. Finely shred the cabbage and carrots, mix with mayo or lemon juice, cover and place into fridge.
6. Run oil onto the burgers directly and cook on a griddle pan or under the grill for around 5 minutes each side, depending on how thick you make them. If you stick a skewer or fork into the burger the juices will run clear. Alternatively, eat them medium rare and go for pink juices. Delicious!
7. Serve hot with chutney or relish in a wholemeal bun. Stack up your wedges and take a good side of veggies. Tasty and good for you!