



Traditional Eastern Cape Farmers Recipes

These venison recipes are a selection from Karen Morgan’s extensive collection.

Karen, as a hobby and then out of professional interest and necessity, has been collecting traditional Eastern Cape recipes for most of her life. They’re drawn from many sources and some date back to the 19th century when hunting for the pot was an important source of food on the Frontier.

Ingredients, styles and ideas from across South Africa, and indeed the world, have been enthusiastically incorporated into local cooking and culture. The families and personalities of the Adelaide / Bedford district feature prominently. The Morgan’s, Pringle’s, Bennett’s, and Pearson’s of the Makazana Valley can lay claim to some of these delightful recipes but often they have evolved socially so are rightfully “owned” by the community rather than individuals.

We are sure these recipes will add to your enjoyment of the fine organic meat products supplied by The Farm Butchery and Buck in a Box. Venison is a high quality and complete source of protein, lower in saturated fats than other red meats, and high in haem iron and zinc. Our animals are largely free to roam the grasslands and bush of the Eastern Cape and this reflects on the palate and in Karen’s delicious array of recipes.

Graeme Holmes

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VENISON MEATBALLS

Ingredients

2 T olive oil
1 onion, finely diced
4 garlic cloves, minced
1 T red wine vinegar
1 T Italian seasoning
1 t salt
1/2 t pepper
450g venison mince
225g pork mince
1 egg
1/4 cup almond flour

Method

Preheat the oven to 375 F. (*Ed. 190.556 degrees Celsius.*)

Heat the olive oil in a skillet over medium-high heat and add the onion.

Sauté for about 4 minutes and add the garlic, red wine vinegar, Italian seasoning, salt, and pepper.

Cook until lightly caramelized.

Add the onion and garlic mixture to a large bowl with the venison, pork, egg and almond flour and mix well.

Scoop the meatball mixture out into even balls, 1 + 1/2 tablespoons in each ball.

Place in the oven for 20 – 25 minutes until the meatballs are golden brown and cooked through.

Remove any fat that has rendered off the meatballs.

Add them to your favourite sauce, or freeze them in a container to use later.

VENISON BOBOTIE

Ingredients :

40gr Salted Butter
40ml Sunflower Oil
2 Onions, chopped
15ml Durban Masala
5ml Turmeric Powder
1kg Springbok or venison Mince
30ml White Wine Vinegar
15ml White Sugar
1 Slice White Bread and 80ml Milk
75gr Raisins
45ml Fruit Chutney
1x Lemon, zest
1 Apple, grated (optional)
Salt and Pepper
240ml Plain Yoghurt
3x Eggs
8x Bay Leaves

Method :

1. Heat a pot, add the butter and oil. Add the onions, cooking them well.
2. Add the masala and turmeric, allow cooking.
3. Then add the mince, while this is cooking add the vinegar and sugar.
4. Squeeze the milk out of the bread, then add the bread to the mince mixture.
5. Lastly add the raisins, fruit chutney, lemon zest and apple.
6. Season well.
7. Place this mixture in a greased tin (19cm x 23cm x 4cm). Mix the yoghurt and eggs together and place on top of the mince mixture. Garnish with bay leaves.
8. Place into pre-heated oven at 180°C, for about 30 minutes or until cooked.
9. Serve with Apricot chutney and Yellow Rice.

SPRINGBOK GOULASH

Serves: 4

Ingredients

2 tbsp olive oil
700 g stewing meat
30 g plain flour
1 large onion, thinly sliced
2 clove garlic, finely chopped
1 green pepper, deseeded and thinly sliced
1 red pepper, deseeded and thinly sliced
2 tbsp tomato purée
2 tbsp paprika
2 large tomatoes, diced
75 ml dry white wine
300 ml beef stock, home-made or shop-bought
2 tbsp flat leaf parsley, chopped
black pepper
150 ml soured cream

Method

1. Preheat the oven to 170°C
2. Heat 1 tablespoon of olive oil in a casserole dish or heavy-based saucepan.
3. Sprinkle the steak with the flour and brown well, in batches, in the hot casserole dish. Set the browned meat aside.
4. Add in the remaining olive oil. Add in the onion, garlic, green pepper and red pepper to the casserole dish and fry until softened, around 5 minutes.
5. Return the beef to the pan with the tomato puree and paprika. Cook, stirring, for 2 minutes.
6. Add in the tomatoes, white wine and beef stock. Cover and bake in the oven for 1 hour 30 minutes. Alternatively, cover and cook it on the hob on a gentle heat for about an hour, removing the lid after 45 minutes.
7. Sprinkle over the parsley and season well with salt and freshly ground pepper. Stir in the soured cream and serve.

SPRINGBOK CURRY – SLOW COOKED AND MILDLY SPICED

Ingredients

900g springbok meat
125ml vegetable/olive oil
4 onions – finely chopped
1 small carrot – grated
2 green chilli peppers – finely chopped
3 tomatoes - finely chopped
1 tablespoon garlic
1 tablespoon ginger
1 heaping tablespoon garam masala
1 tablespoon cumin powder
1 teaspoon chili powder
Salt and pepper to taste
1 small bunch of chopped coriander

Method

1. Pour the oil into a large sauce pan and heat it over medium high heat.
2. Toss in the onions and fry them – stirring regularly for about 15 minutes.
3. When the onions are nice and soft, sprinkle in about a teaspoon of salt. This will help them release more moisture into the pan.
4. Now add the chopped tomatoes and the carrot and stir to combine
5. Continue frying until the onion, carrot and tomatoes begin to break down and start looking like a sauce.
6. Add the green chilies and the garlic and ginger. At this stage you will need to be stirring the ingredients continuously so that they do not burn.
7. Sprinkle in the garam masala, cumin and the chili powder before adding in the cubed springbok.
8. Add just enough water to cover the meat and add the cracked pepper.
9. Bring to a boil and then cover and cook over a very low heat for about four to five hours when the meat will be so tender!
10. TO SERVE
11. Check for seasoning and mix in the chopped coriander. Squirt in the lime juice and serve immediately!

KALAHARI SPRINGBOK POTJIE

Ingredients

2 large onions, sliced
60 ml butter
2 kg springbok meat with bones
Water to cover meat halfway
10 ml salt
60 ml Worcestershire sauce
10 black peppercorns
10 whole cloves
10 ml ground coriander
6 potatoes, peeled and cut into cubes
75 gr (125 ml) currants
75 gr (125 ml) sultanas
4 large carrots, sliced
250 ml chunky chutney

Method

Fry onions in butter until brown.
Add meat, brown and add water.
After water has almost evaporated, add salt, Worcestershire sauce, Peppercorns, cloves and coriander.
After 1½ hours, add potatoes, currants and sultanas.
Simmer another 30 minutes.
Add carrots and chutney.
Simmer another 30 minutes.

SPRINKBOK FILLET KEBAB WITH BASIL PESTO BRAAI BREAD

Kebabs – Ingredients

400g springbok fillet cut into 5cm blocks
120g bacon
60g mushrooms finely chopped
1 large green pepper
1 whole fresh pineapple
Coarse salt and pepper to taste
Braai marinade

Kebabs – Method

Prepare the fillet, marinate with the juice of 1 lemon, 80 ml olive oil and lots of coarse black pepper.

Wrap fillet with the bacon strips and use kebab-stick to keep bacon in place. Repeat with all the fillet wheels, place the pepper and pineapple in between the meat.

Grill over hot coals until medium or medium rare; let it rest for 4 to 6 minutes.

Braai bread – Ingredients

4 slices of white or brown bread
45ml basil pesto
30ml butter
80g mozzarella cheese
30g strong cheddar
1 tomato cut in slices

Braai bread – Method

Spread the bread slices with butter and pesto.

Put small amounts of cheese mixture between the outer two slices.

Add salt and pepper to taste.

While the kebabs are resting, scrape all the coals to one side. Place the braai bread on the grill. Prepare bread on low heat to let the cheese melt and it becomes gold brown.

SPRINGBOK FILLET AND BABY ONION KEBABS

Serves 4

These kebabs are delicious! **Never** overcook the tender cuts of venison, like fillet, the meat should still be medium rare. The secret to the success of this recipe definitely lies in marinating both the meat and the onions separately overnight. The meat absorbs all the flavour of the seasoning and olive oil and the onions become soft and tender.

Ingredients

1 - 2 springbok fillets

Ina Paarman's Braai & Grill Seasoning

Olive oil

300 - 500 g baby onions, peeled and halved from top to bottom

Ina Paarman's Green Onion Seasoning

Olive oil

kebab sticks

Ina Paarman's Sticky Marinade

Method

Cut springbok fillets in half lengthways and then across into \pm 6 cm pieces. Season with Braai & Grill Seasoning and toss with $\frac{1}{4}$ cup olive oil. Seal in an airtight container or plastic bag. At the same time, prepare the onions.

Toss the halved onions with the Green Onion Seasoning and 2 – 3 T of olive oil. Seal and refrigerate overnight.

Thread meat and onions onto skewers or kebab sticks.

Cook and turn over gentle heat in a cast iron pan or on the braai while basting with Sticky Marinade from time to time.

Do not overcook.

SPRINGBOK LASAGNE WITH PARMA HAM

Serves 4 -6

Ingredients

45 ml butter
1 finely chopped onion
300 g, roughly chopped mushrooms
60 ml cake flour
1 litre milk
60 ml grated cheese parmesan
10 ml grated nutmeg
500 g springbok mince
4 cloves, chopped garlic
Chopped fresh rosemary
Salt and black pepper
16 sheets good-quality lasagne pasta
300 g baby spinach or morogo (wild African spinach)
Finely sliced parma ham
250 g mozzarella or cheddar

Method

Preheat the oven to 180 C. Grease a large ovenproof dish.

Mushroom Sauce

Melt the butter in a large saucepan and sweat the onion until soft. Add the mushrooms, cover the saucepan and simmer for 20 minutes. Gradually add the flour, and then the milk just as slowly. Stir non-stop and cook for another 5 minutes. Stir in half the Parmesan cheese and all the nutmeg, then remove from the heat and set aside.

Mince Filling

In a separate pan, fry the mince with the chopped garlic and rosemary until cooked. Add salt and pepper to taste.

Cook the lasagne sheets for 7 minute in boiling water (if you're not using fresh lasagne).

Place alternate layers of mushroom sauce, lasagne, mince, fresh spinach and Parma ham in the prepared dish. Repeat order of layers till the dish is full. Last layer (on top) must be mushroom sauce. Finally sprinkle over the rest of the Parmesan and grated mozzarella/cheddar.

Bake for 30 minutes and serve with a herb salad.