

Venison in honey and ginger

1 kg diced venison
50g unsalted butte
2 onions
1 clove garlic
1/2 pt stock
1 x 200 g can of chopped tomatoes
1 tbsp thick honey
1 tbsp Worcester sauce
2 tbsp vinegar
2 tsp ground ginger, oil and butter, salt and black pepper
1 tbsp grated root ginger
seasoned flour
Serves 4

Heat oil and butter in a pan and fry the meat on all sides. When it is well sealed transfer to a casserole dish. Fry onions, garlic and root ginger in the same pan to brown gently. Add seasoned flour and cook for a few moments. Add remaining ingredients and then transfer to casserole dish. Cook in a moderate oven for about two hours.