

Hot Smoked Venison Sausages with Beetroot & Red Onion Salad



Ingredients

3 tbsp Maldon sea salt
2 tsp smoked paprika
2 tbsp soft brown sugar plus 75g soft brown sugar
350g venison sausages, browned
75g brown rice
1 tbsp fresh thyme, chopped
1/2 tsp dried oregano
1 tbsp olive oil

Beetroot and red onion Salad:

2 beetroots, peeled and sliced on a mandolin
2 red onions, peeled, sliced on a mandolin
150g cooked spelt
Squeeze of 1 lemon
Few mint sprigs, torn

Dressing:

5 tbsp buttermilk
Dash of olive oil
Juice of 1 lemon
1 tbsp chopped mint

Shopping list

Browse our local suppliers to make your shopping list www.selectlincolnshire.com/food

Method

Combine the Maldon sea salt, paprika and 2 tbsp. brown sugar. Place the venison sausages in a tray and rub all over with the mixture. Cover and place in the fridge for 30 minutes.

Put the beetroot, spelt and red onion in a bowl. Add a squeeze of lemon juice and season with Maldon sea salt. Toss through the mint and set aside.

For the dressing, combine all of the ingredients in a bowl and season lightly with Maldon sea salt.

Line a large wok with tin foil. Add the rice, 75g soft brown sugar, chopped thyme and oregano. Mix well.

Place a round wire rack (or steaming rack) inside the wok and sit the venison sausages on top. Cover with a tight fitting lid. Cook over a medium heat for 3 minutes until you start to see smoke, reduce the heat and cook for a further 3 minutes.

Heat the oil in a frying pan over a high heat. Fry the smoked venison sausages for 2 minutes on each side to brown them.

Serve the venison sausages with the salad and dressing.