



HOW TO COOK YOUR TRAIL DISHES

SIMPLE STEPS. DELICIOUS RESULTS.

BEEF, VENISON OR VEGETARIAN STEW



YOU WILL NEED:

CHOOSE YOUR MAIN:

- 600g diced beef (Little Rowater or Wagiehill) OR
- Venison option: venison, OR
- Vegetarian option: mushrooms, lentils, beans or chickpeas

VEG (FORGLEN FARM):

- 2 carrots
- 1 onion
- 2 potatoes
- 1 neep (turnip/swede)

BASE:

- 2 tbsp oil
- 2 garlic cloves
- 1 tbsp tomato purée
- 500ml beef or veg stock
- 1 tbsp flour

HIGHLAND TWIST:

- 2 tbsp Highland Boundary spirit or whisky
- 1 tsp thyme or rosemary

HERB CRUMBLE (OPTIONAL):

- Oats or breadcrumbs
- Chopped herbs
- Drizzle oil
- Pinch salt

1



PREPARE YOUR INGREDIENTS

Peel and chop all vegetables into bite-size pieces. If using mushrooms, slice them. Peel and crush the garlic.

2



BROWN THE MAIN

Heat oil in a large heavy-based pan over medium-high heat. Add venison or beef and brown all over for 5–7 minutes. (If using vegetarian option, skip this step.) Remove and set aside.

3



SOFTEN THE VEG

In the same pan, add onion, carrot, potatoes and neep. Cook for 5 minutes until starting to soften. Add garlic and cook for 1 minute.

4



ADD FLAVOUR

Stir in the tomato purée and cook for 1 minute. Sprinkle over the flour and stir well.

5



DEGLAZE & SIMMER

Pour in the Highland Boundary spirit or whisky and allow it to bubble for 1–2 minutes. Add the stock and return the meat (or add vegetarian option). Bring to the boil.

6



COOK LOW & SLOW

Reduce heat, cover and simmer gently for 1½ – 2 hours (or until meat is tender / lentils are cooked). Stir occasionally.

7



FINISH

Season to taste. For extra thickness, simmer uncovered for 10 minutes if needed.

8



HERB CRUMBLE (OPTIONAL)

Mix oats (or breadcrumbs) with chopped herbs, a drizzle of oil and a pinch of salt. Sprinkle over the stew and cook under a grill for 5 minutes until golden.

SERVE HOT & ENJOY!



MADE WITH LOCAL PRODUCE • MADE WITH CARE • MADE TO SHARE

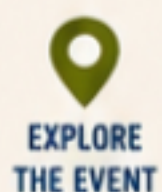
Thank you for supporting local



BEEF, VENISON OR VEGETARIAN STEW TWO LOCAL OPTIONS. ONE DELICIOUS DISH.

INTRODUCING OUR

TRAIL MENU MAP



EXPLORE
THE EVENT



BUY
INGREDIENTS



MEET THE
PRODUCERS



BUILD YOUR
DISH

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YOUR
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ADDITIONAL INGREDIENTS AT THE ETHICAL SHOP,
OFF THE SQUARE ON DUKE ST

