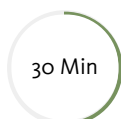


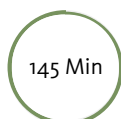


WILD GAME GOULASH

with courgettes and buckwheat-corn polenta



Preparation



Cook

Ingredients

Recipe for 4 people

800 g Wild game meat, coarsely chopped
200 g Onion, chopped
200 g Carrots and celery stalks, hashed
300 ml Strong red wine
Olive oil
Tomato paste
2 l Wild game broth
Untreated orange peel 1 small zest
Flavoring: Garlic, cranberries, thyme, sage, rosemary, juniper

400 g Corn polenta
200 g Coarse buckwheat flour
200 g Mountain cheese, diced small
Butter
Flavoring: sage, salt, pepper

4 Courgettes

Preparation

Preparation of wild game goulash

Sweat the onions in hot oil until golden. Add the carrots, celery stalks, meat and tomato paste and sauté. Pour in the red wine, add the broth gradually and let it stew for ca. 90 minutes. Towards the end of the cooking, crush and add the orange zest and flavors.

Preparation of buckwheat-corn polenta

Boil 2 liters of water. Blend in the corn polenta and the buckwheat flour, stirring constantly. Let simmer for ca. 45 minutes. Season with salt, pepper, and sage. When ready, refine to taste with butter and mountain cheese.

Preparation of courgettes

Cut the courgettes into strips and sauté in broth. Season to taste with herb salt and toss in olive oil.

Completion

Plate the polenta, add the wild game goulash and the courgettes, and serve.

Herb salt

Olive oil for refining

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