



Big Fridge

Mobile Chill or Freeze Trailers
for any occasion

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PRESS RELEASE

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A hot Christmas recipe from a cool source

When considering how to provide something special for Christmas, Big Fridge knew it would be linked to food, as the majority of our clients are from this sector. This led to collaboration with the Comfort Food Co. in Newcastle to bring you a Christmas recipe with a difference - [Venison and Beetroot Stew](#).

Big Fridge wanted to work with a company that supports food and drink businesses in the North East and with one that prides itself on the use of quality local and regional produce.

Set in the heart of the busy bar and restaurant area between Central Station and Grey St, The Comfort Food Co. sets itself apart from the competition with fresh food of the finest quality. Their flair is recognised for their unique dedication to sourcing the very best of local produce. Combine fantastic food with director's Tom & Emily Sillar's other passion, great wine, and you begin to get a flavour of what the Comfort Food Co. is all about.

A flavour Big Fridge replicates in the quality and service it provides to its clients both in the North East and across the UK. Big Fridge has been established for four years and provides temporary and back-up refrigeration and freezer facilities with their mobile refrigerated trailers. Three friends from the north-east, James White, Andrew Houston & Nick Appleyard, are the directors and started with one fridge trailer. This has now grown to sixteen trailers with a view to purchasing even more units to meet client demand.

Notes for Editors:

1. Recipe available in jpeg format and can be downloaded from the Big Fridge web-site as a pdf.
2. Big Fridge's new web-site is live and can be viewed at www.big-fridge.co.uk
3. The Comfort Food Co. is at 24 Pudding Chare, Newcastle-Upon-Tyne, NE1 1UE – Ph: 0191 261 1525

For further details contact:

James White of Big Fridge on 01325 717 917

-ENDS-

3lb Venison Shoulder, diced
Seasoned flour
1/2 a bottle of red wine
3 onions
5 tbsps olive oil
salt and pepper
2 bay leaves
2 sprigs fresh thyme
2 sprigs fresh rosemary
1 large carrot
1 large garlic clove
3 beetroot, diced
3/4 pint beef stock, heated
24 small chestnut mushrooms
1 dessert spoon mulberry jelly



Venison & Beetroot Stew



Take the diced venison and marinade it for 24-48 hours (as long as possible) in the wine, one sliced onion, 3 tablespoons olive oil, salt, pepper and half the herbs. Then drain the meat, preserving the marinade, and toss it in the flour. Preheat your oven to 150°C/gas mark 2.

Brown the floured venison in olive oil, it's best to brown a little at a time so that all the pieces get a good colour. Then brown off the remaining two chopped onions, carrot and the garlic. Remove from the pan, placing everything that's been browned in a large casserole along with any remaining oil, then deglaze the pan with the marinade. Pour into the casserole, then add the stock so that the ingredients in the pot are covered. Add the remaining herbs, bring to a simmer and take off the heat. Cover the casserole and transfer it to the oven.

Check the casserole after 1.5 hours, but cook for 2.5 hours. It's this delicious long slow cooking time that allows the meat to tenderise and the flavours of the ingredients to blend. When the meat is soft and the stew is thickening, take out of the oven. Separate the ingredients from the juices, then put the ingredients back into the casserole. Remove the herbs completely.

Saute the mushrooms and beetroot in butter and oil - this will stop the butter from burning in the pan. Add to the venison and vegetables.

Pop the stewing juices into a pan, and allow to reduce, adding the mulberry jelly. This guarantees you a really good thick casserole, with beautiful glossy juice. Add just a little knob of butter, and when the juices are lovely, shiny and thick, pour back over the ingredients. Serve with small baked potatoes and buttered cabbage, or saffron basmati rice.



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Events, Conferences, Freezer and Refrigeration Re-Fits and Emergencies