

# ZAYTOUN RECIPES

## Venison freekeh plov with spiced buttermilk

Recipe shared by chef Marco Jerrentrup for **Zaytoun's 10th anniversary**.

*"Zaytoun consistently provides excellent food products." Marco Jerrentrup*



This delicious, warming autumnal dish using freekeh is on the menu at The Cut Bar, the popular restaurant at The Young Vic. It was created by chef Marco Jerrentrup, and has been served during the current run of Cherry Orchard. Marco regularly uses Palestinian produce from Zaytoun.



### PREPARATION METHOD

1. Heat olive oil and add the venison pieces, browning on all sides. Season with salt and pepper to taste.
2. Remove venison from pot and set aside on a plate.
3. Turn down the heat and add the sliced onions to the oil. Sauté slowly until soft and translucent.
4. Return the cooked venison to the pot with the onions.
5. Add the dried cherries, verjuice (or sour apple juice / unripe grape juice) and stock (or hot water).
6. Cover tightly with foil and simmer gently for around 1.5 hours.

#### For the freekeh

1. Sauté the onions in olive oil until soft.
2. Add hazelnuts and brown.
3. Stir in the freekeh.
4. Add hot stock and simmer for around 20-30 minutes stirring two or three times until the stock is absorbed and freekeh is chewy to taste.

#### For the spiced buttermilk

Crush the garlic with salt, add crushed white pepper, ground coriander seed and mix with the buttermilk.

#### To serve

Serve the venison on the freekeh with the buttermilk around. Garnish with fresh mint and watercress.

Rooted in Time  
& Tradition



### INGREDIENTS

Serves 4

- 500g venison, boneless trim or shank
- 8 tbsp Zaytoun extra virgin olive oil
- 40g dried cherries
- 1 small onion, sliced
- 100ml verjuice (unripe grape juice or sour apple juice are good substitutes)
- 400ml stock or hot water
- 250g freekeh
- 1 medium onion, diced
- 2 tbsp Zaytoun extra virgin olive oil
- 30g roast hazelnuts with skin on
- 500ml stock or water
- 200ml buttermilk
- 1 small garlic clove
- Ground coriander
- White pepper



To order freekeh and olive oil from Zaytoun, please go to [www.zaytoun.org](http://www.zaytoun.org)