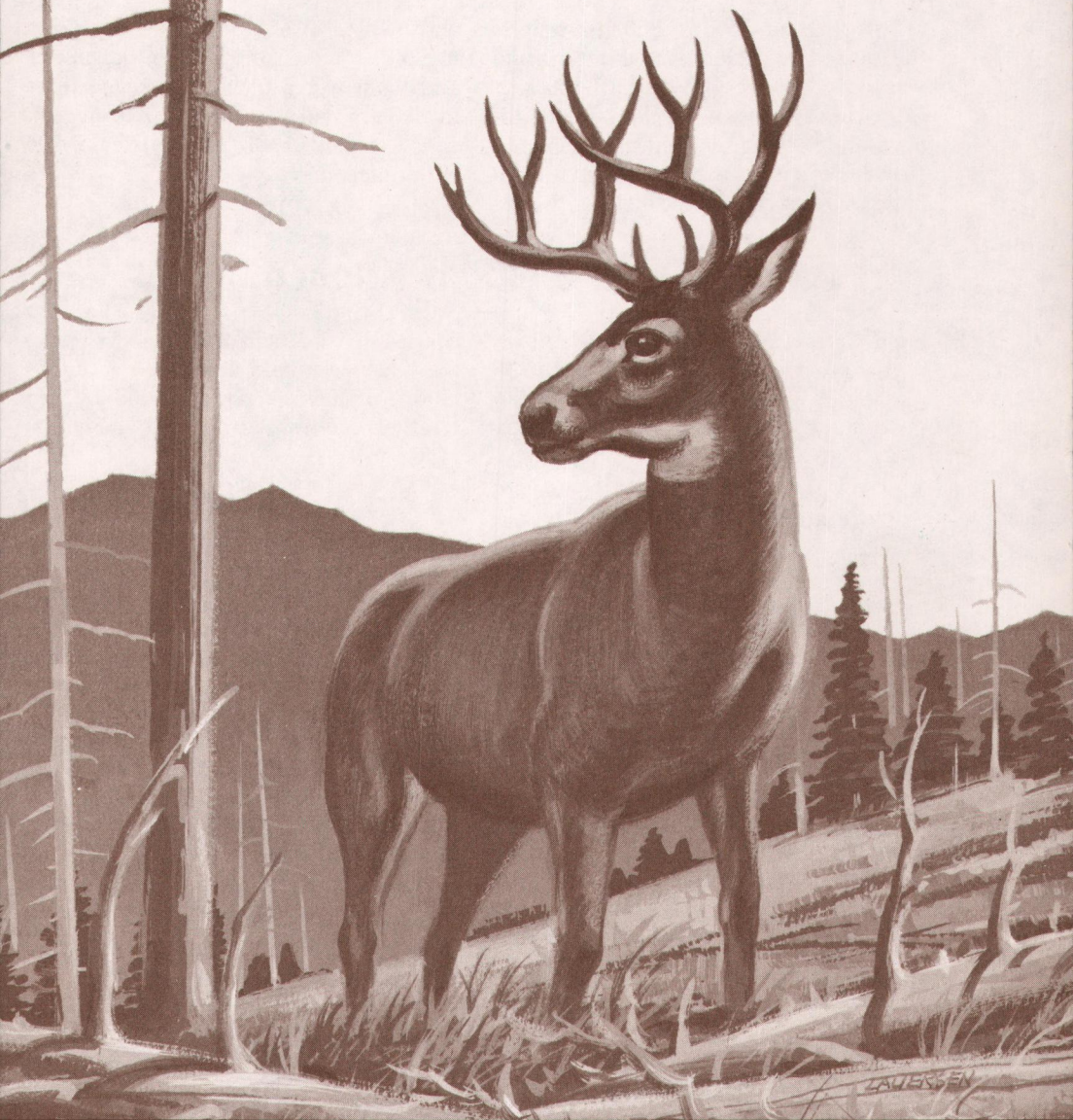


TREATS WITH VENISON



Oregon State University Extension Service

Extension Bulletin 800

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Treats with Venison

*Prepared by
Oregon State University
Foods and Nutrition and
Wildlife Management Specialists*

Information in this bulletin reflects the pooled experience of hunters and venison cooks who know that each step in getting wild game to the table is important. Serving delicious venison on the table starts with a good animal handled correctly in the field and ends

with skillful use of the correct cooking methods. The family team of hunter and homemaker trying the suggestions made here will find that their teamwork pays off with more and better treats with venison.

From Field to Kitchen

Field Care

Big game animals are brought down under so many different situations that it is impractical to list hard and fast rules on field care that will always apply. There are basic rules, however, that are applicable in nearly all situations:

1. Be sure the animal is bled.
2. Eviscerate the animal at once.
3. Keep the meat clean.
4. Remove the skin as soon as is practical.
5. Cool the meat and keep it cold.

More detailed field care information can be obtained from your Oregon Wildlife Commission regional headquarters.

Transport the meat wisely

Keep deer meat as cool as possible while in camp and on the way home. A carrier or rack on the top of the car is a good place to carry meat. It can be protected by heavy canvas and still permit circulation of air. For meat

carried in the trunk of the car, prop the lid open a half inch to allow circulation of cool air. In unusually warm weather, nighttime travel may be necessary.

The ideal arrangement is to bag the deer, eviscerate it on the spot, and take it to the cold storage locker for skinning and cooling.

Let venison age

The best place to age a deer is in a locker plant or meat cooler that has a constant temperature room. A temperature of 40° F is good. Many cold storage plants will hang your deer in their coolers. It is better than hanging the deer in the garage, shed, or in a tree, especially in the early part of the season when daytime temperatures can get high. If you have to hang venison in the early season without refrigeration, it will be ready to bone out in two to four days.

Attitudes regarding the length of time to age venison vary a great deal among hunters. They vary from a two-day aging period to two weeks. In

reality, it works well for those who bag a deer on one weekend to bone it out during the next one. The commercial meat cutter is in a different situation. He usually finds it necessary to cut all his deer within the week to make room for the next weekend's take. If you want him to hang your deer longer, in most cases you will have to ask him.

While people differ on preferences for period of aging, experiments conducted by the Utah State University Taste Testing Center showed that flavor and tenderness improved slightly under cold storage locker conditions when the loins were aged one week and the legs, neck, and shanks aged two weeks.

If you cut up your own deer

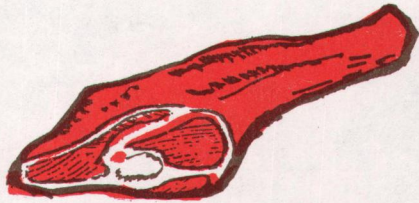
The flavor, juiciness, tenderness, and general eating qualities of venison are greatly influenced by the way the deer carcass is cut up. If, under your present method of cutting up deer, venison is not a treat for you, it is recommended that you bone it out and handle it as described and illustrated in Extension Bulletin 819, *Boning Out Your Deer*. Single copies are available at all county Extension offices or from the Bulletin Clerk at Oregon State University.

Many people who truly relish venison, invariably bone out their own deer. There are many advantages to this method. Boning separates the choice pieces of venison from tough connective tissue, tendons, off-grained meat, and excessive fat. Also, it is easy to remove bloodshot meat, stray deer hair, and dirt. The bone dust and marrow from the meat saw is avoided, and packages for freezing are compact, smooth, and easy to wrap tightly.

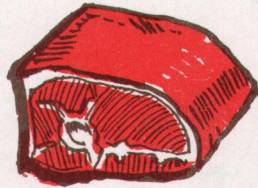
Boning is a relatively simple way of cutting up a deer. It can be done on almost any flat surface, such as a kitchen table or counter top. For the uniniti-

ated, it usually only takes the courage to try it. A venison boning chart is included on page 5. It illustrates the location of main cuts and visualizes the relative simplicity of boning. After you learn this method, it only takes a little while to break a deer down to its main cuts. Trimming, wrapping, and marking the packages takes a little longer.

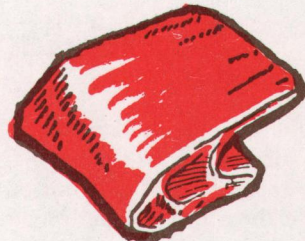
A good way to get the most delicious eating from a deer is to make as many steaks out of it as you can, isolate both rump pieces and the two sirloin tips for roasts, make some good jerky out of meat under the front legs, and grind



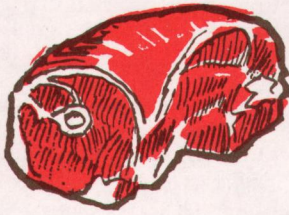
Shank



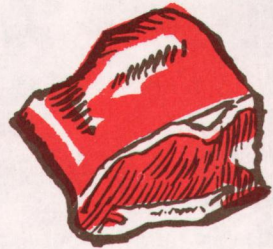
Round



Loin



Shoulder or Chuck



Rump

Cutting Yield For a Small Mule Deer

Original carcass weight—63 lbs. 12 ozs.
 Wrapped ready for freezing weight—
 43 lbs. 2 ozs.

Percent meat—67
 Percent bone, trim, fat, and waste—
 33¹

Wholesale cuts	Original weight	Trimmed weight	Percent remaining	Retail cuts	
				Kind	Weight
Loins and ribs	9 lbs. 12 ozs.	6 lbs. 12 ozs.	60	2 sirloin steaks	3 lbs.
				9 rib steaks (6—8 ozs. ea.)	3 lbs. 12 ozs.
					6 lbs. 12 ozs.
Legs	27 lbs. 12 ozs.	24 lbs. 6 ozs.	88	4 rump roasts	8 lbs. 8 ozs.
				7 round steaks	11 lbs. 14 ozs.
				Meat cubes	1 lb.
				Trim for ground meat	3 lbs.
					24 lbs. 6 ozs.
Shoulder, shank, and neck ²	26 lbs. 4 ozs.	14 lbs.	53	Ground meat	9 lbs.
				Meat cubes	3 lbs.
				Boneless tip roast	8 ozs.
				Neck roast	1 lb. 8 ozs.
					14 lbs.

¹ All bones removed except round bone in round steak.

² Both shoulders were hit by the shot and required extensive trimming.

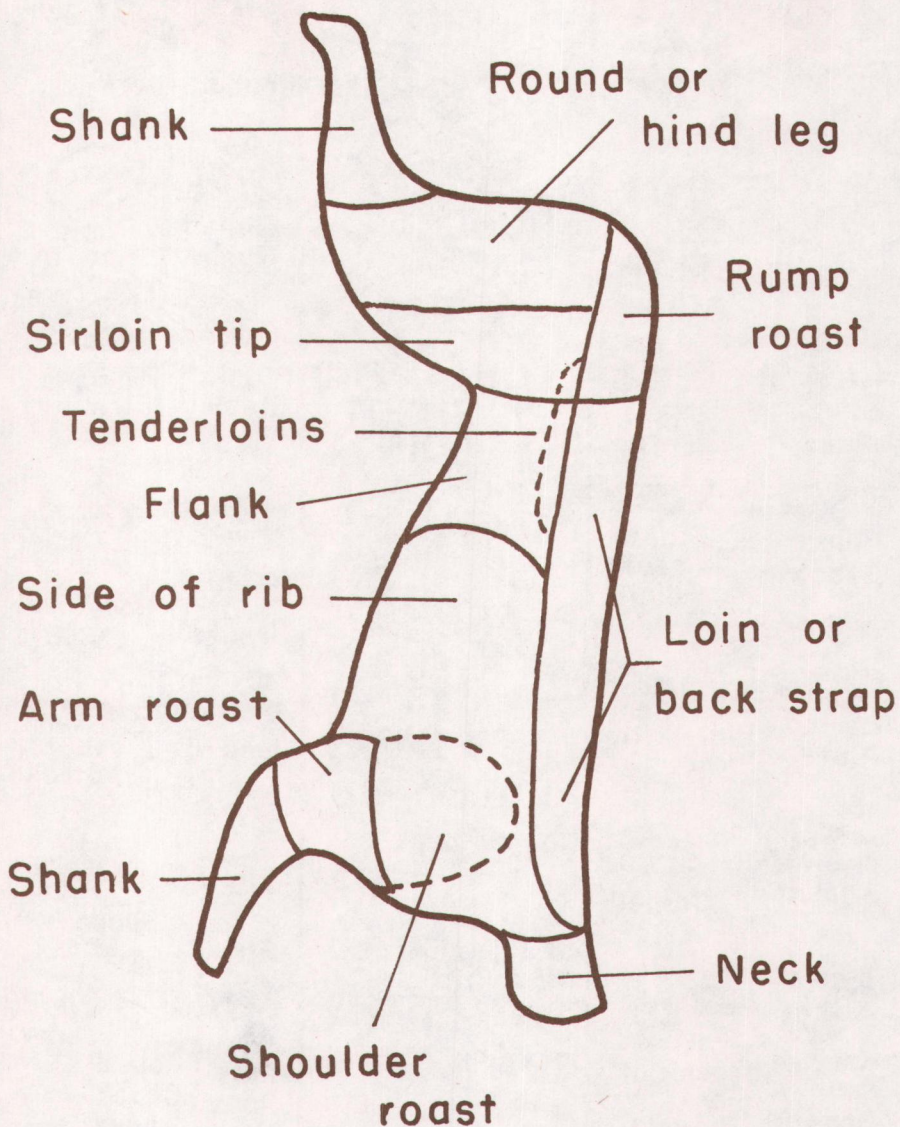
the trimmings and odd pieces for deer-burger or meat balls.

One secret in serving venison steaks is to cut them thin. Meat for thin venison steaks can come from any straight-grained muscle, whether it is a large

one or a small one. The muscles from the shoulder blade, hind leg, loin, and even the rump roasts are all good for making thin steaks, and quick frying is the trick in getting the meat tender, moist, and delicious.

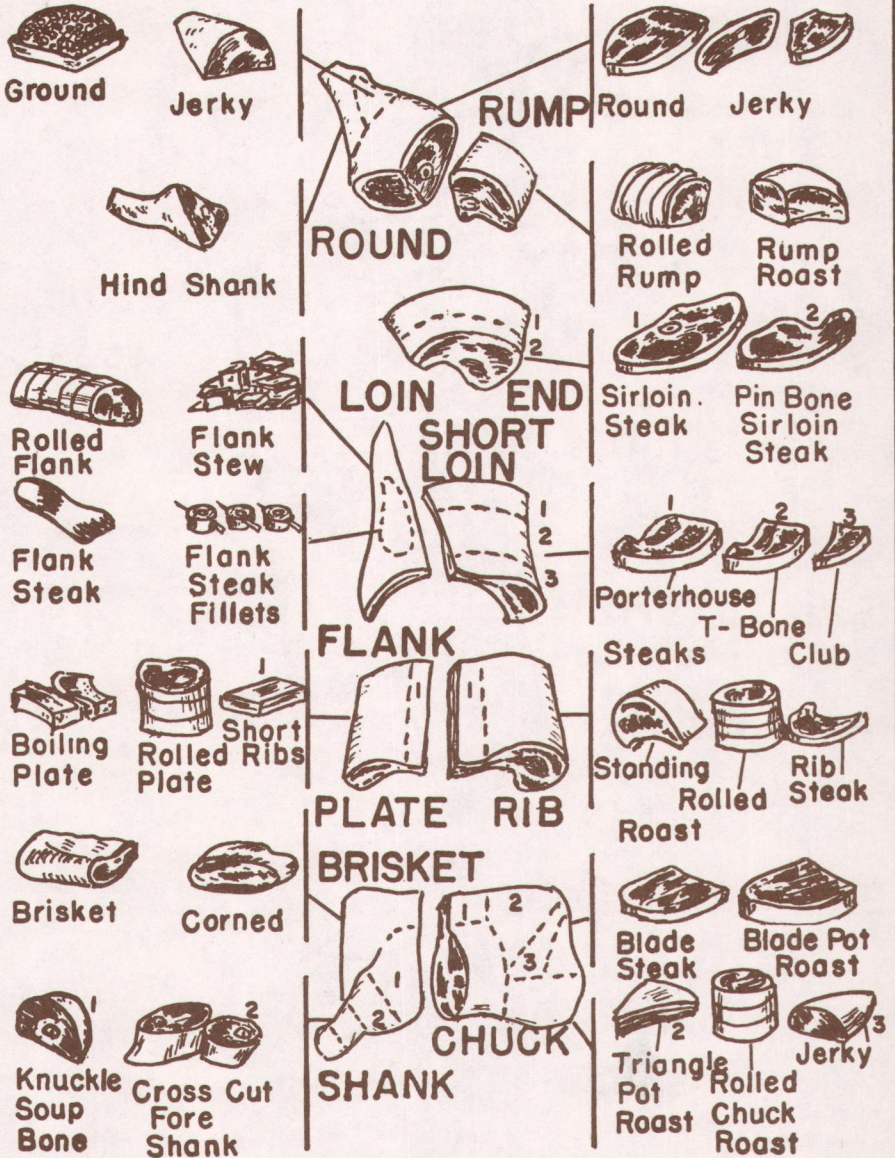
VENISON BONING CHART

(Location of Main Cuts)



RETAIL MEAT CUTS

AND HOW TO USE THEM



If someone else cuts your deer

In most areas, butchers will hang your deer in a cold room and cut and wrap it for freezer storage. If you are not familiar with the commercial method of cutting up a deer, study the chart, Retail Meat Cuts, on page 6. It can help you communicate with the butcher when talking about cutting up your deer, and it will help you identify the cuts in the packages that are commercially wrapped.

It is wise to talk with the butcher before he cuts up your deer. He needs to know how you want your venison cut, wrapped, marked, and stored. You may have special instructions for him about roasts, meat for jerky, and grinding. He may even bone out your deer if you ask him. Many butchers bone out their own deer and are familiar with the merits of the process.

Venison for Later

Freezing venison

Remove all visible fat before freezing. A strong gamy flavor is sometimes found in the fat. Other sources of a strong game flavor are the bone marrow and stray deer hair.

Whenever possible, wrap and freeze whole chunks or pieces of venison. As an example, steaks from sections of loin or round are moist and tender when frozen in a chunk and cut into steaks just before frying or pan broiling.

Freeze venison, or any meat for that matter, as quickly as possible. Freeze no more than 4 pounds per cubic foot of freezer space within a 24-hour period. If your home freezer is too full to spread packages out, it will be worth taking your wrapped meat to the local locker plant for quick freezing. Meat

Do not expect 100 pounds of wrapped meat for every 100 pounds of deer you deliver to the meat cutter. Loss from weight of bones, trimmings, discarded bloodshot meat, and fat may amount to 35 to 50% of the weight. If the animal has been hit several times with high-powered bullets, the wrapped meat may be even less than 50%.

The chart on page 4 provides information on the cutting yield, number of steaks, roasts, and amount of ground meat for an average two-point mule deer when it is cut up commercially. If it was boned out, the total weight of meat ready for cooking would be even less. The chart does serve as a guide to the amount and the kind of meat one can expect from an average sized deer.

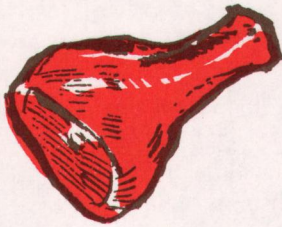
stacked in packages in home freezers may take several days to freeze solid.

Use venison within six to nine months for best quality. Packages of venison that have been stored too long may be thawed and made into jerky.

Canning venison

Procedures for canning venison are the same as for beef, veal, pork, and lamb. All meats must be processed using a pressure canner at 10 pounds of pressure (240° F). Process pints of venison for 75 minutes and quarts for 90 minutes. It is important that you exhaust all air from the pressure canner for 10 minutes before closing the petcock or putting on the weighted gauge. Follow the operating instructions that came with your canner.

Your county Extension agent can



recommend other publications on canning meats if you have further questions.

For an added margin of safety, before using, boil all home canned meats for 20 minutes.

True venison jerky

Cut lean strips of venison into pieces 1 to 1½ inches thick and about 5 inches long. Any cut can be used but tender meat gives a better product. The loin, round, and flank are often used.

Make a brine of ½ pound salt to 1 gallon of water, store in granite canner, stone crock, or plastic bucket. Add meat. Weight the meat so the liquid covers the surface and allow to stand at least 12 hours.

Drain well and place on trays from smoker. Transfer to smokehouse. Dry out and flavor with warm, not hot, smoke for 5-15 days, depending on the size of the pieces to be dried. Use any nonresinous wood like maple, ash, or apple. When completely dry, store the meat in airtight containers. Jerky keeps indefinitely if all the fat has been removed before brining.

Oven-method jerky

- 3 pounds venison
- Salt to taste
- ½ teaspoon liquid smoke in 2 tablespoons water
- Pepper to taste

Slice the meat ½ inch thick. Remove all fat. Lay the meat out in a single layer on a counter surface. Dab each

piece with a brush dipped in the water and liquid smoke. Salt generously. Sprinkle with pepper if desired. Place the strips layer on layer in a large bowl or crock. Place a plate and weight on top of meat. Let stand overnight or at least 6 hours. Remove meat strips from bowl and dry.

Remove oven racks. Stretch meat strips across the racks. Allow the edges to touch but not overlap. Do not cover the entire rack. Allow room for air circulation in the oven. Arrange the racks so the top rack is no closer than 4 inches from the top source of heat and the bottom rack no closer than 4 inches from the bottom of the oven. Set the oven temperature for 150° and let the meat dry for about 11 hours. Check the meat early in the drying process. If there is excessive drip, catch it on aluminum foil on a rack near the bottom of the oven. Lower the temperature till the oven feels warm but does not cook the meat. Cool and store in an airtight container.

NOTE: Frozen meat may be "jerked." Thaw meat and proceed according to one of recipes given.

Venison mincemeat

- 4 pounds of venison "trim" meat with bones
- 2 pounds seedless raisins
- 1 15-ounce box seeded raisins
- 1 12-ounce box currants
- ¾ pound beef suet
- 3 pounds apples, peeled and quartered
- 1 tablespoon salt
- 1 tablespoon cinnamon
- 1 tablespoon ground ginger
- 1 tablespoon ground cloves
- 1 tablespoon nutmeg
- 1 teaspoon allspice
- 1 teaspoon mace (optional)
- 2 quarts cider, grape juice, or other fruit juice
- 1 pound brown sugar
- ½ cup lemon juice

Trim fat from venison. Cover with water. Simmer until meat is tender. Refrigerate venison in cooking liquid

and allow to cool overnight. Remove all fat from top of liquid. Separate meat from bones and put meat through grinder, using a coarse blade. (There should be enough ground venison to make at least 2 quarts of ground meat.) Grind suet and apples. Combine all ingredients in a large kettle. Simmer for 2 hours to plump fruit and blend flavors. Stir often to prevent sticking.

Use "as is" for cookie recipes. Add

1 cup chopped apple for every 2 cups mincemeat for pie. Use Venison mincemeat in any of your favorite mincemeat recipes.

Preserving mincemeat

Freeze or can venison mincemeat in pint jars allowing 1 inch headspace. For canning, pack hot into pint jars and process mincemeat for 20 minutes at 10 pounds pressure (240° F.).

Venison Sausage

Venison can be used successfully in making many types of sausage. It is strongly recommended that venison fat not be used in the sausage. It gives an off-flavor, does not keep well, and is tallowy when eaten cold. Pork fat is best for ground processed meats because it adds flavor and juice to the meat, keeps well, and is not tallowy when cold. The amount of fat you add to your sausage can vary with your personal taste.

Basic ground meat mix

- 5 pounds lean venison
- 1 pound pork back fat
- 2-4 tablespoons salt

Grind the meat and fat thoroughly, mix in salt and add one of the seasoning recipes that follow. Keep mixture cold.

Seasoning for basic meat mix

The following seasoning recipes are for the above quantity of meat. These are just a few suggested seasoning combinations. Modify the recipes to taste and try some of your own. Add the seasonings to the meat mix and knead like bread until thoroughly mixed. Keep mixture cold at all times.

• Salami seasoning

- 2 tablespoons sugar
- 1 tablespoon cayenne pepper
- 1 teaspoon ground cloves
- 1 tablespoon fine-ground pepper
- 2 teaspoons garlic powder
- $\frac{3}{4}$ cup dry milk (mix to a thin paste)

• Sausage seasoning

- 2 tablespoons sugar
- 1 teaspoon cayenne pepper
- $1\frac{1}{2}$ tablespoons ground chili powder
- 1 tablespoon garlic powder
- $1\frac{1}{2}$ teaspoons ground celery seed
- $\frac{3}{4}$ cup dry milk (mix to a thin paste)

• Weiner seasoning

- $1\frac{1}{2}$ teaspoons ground white pepper
- $1\frac{1}{2}$ teaspoons ground coriander
- $1\frac{1}{2}$ teaspoons mustard powder

• Pepperoni seasoning

- 2 tablespoons sugar
- 1 teaspoon ground cumin
- $1\frac{1}{2}$ teaspoons leaf oregano
- 1 teaspoon thyme
- 1 tablespoon cracked pepper
- 1 tablespoon fine ground pepper
- 3 tablespoons chili powder
- 1 teaspoon whole anise
- $\frac{3}{4}$ cup dry milk (mix to a thin paste)

Stuffing and cooking the meat mix

There are several methods that you can use to stuff and cook your meat mix. To stuff your meat mix, you can either purchase casings from your meat market or you can use cans to shape your sausage. If you use commercial

casings you need to make them pliable by soaking in a solution of 1 pint warm water, 1 tablespoon vinegar, and 1 teaspoon salt for three hours. Rinse casings thoroughly before stuffing. After stuffing, cook sausage using one of the methods described below.

When using cans, be sure the meat is thoroughly packed in the cans to avoid air pockets. A no. 2½ can is a convenient size. Cover the stuffed cans with foil before cooking.

Cooked sausage can be stored safely in the refrigerator for 2 to 3 weeks, or it can be frozen. Frozen sausage should be used within 2 to 3 months for best quality.

● **Pressure saucepan method of cooking**

Place cans of sausage or casings filled with sausage on rack in pressure saucepan. Put 1 cup water in the bottom of the pan and place cover on cooker. Follow operating directions that came with your pressure saucepan and cook 15 minutes at 15 pounds of pressure, or at "cook" position. When cooking time is completed, set pressure cooker off heat and leave sealed until

pressure has returned to the zero position.

Place a large pan in the sink and fill with 3 to 4 inches of ice water, remove sausage from cooker and place in water to cool. If necessary add more cold water, being careful not to let water run into the cans. When cool remove sausage from cans, if desired, and refrigerate or wrap sausage for freezing.

● **Oven method of cooking**

Place filled cans or stuffed casings on rack in baking pan and bake at 325° F for 1 hour and 15 minutes. Cool, package, and store as directed under pressure saucepan method.

● **Smoking method of cooking (use only with stuffed sausage casings)**

Hang stuffed sausage casings in smoke house. Hot smoke at 160° to 180° F for about 8 hours. Test for doneness by inserting a thermometer into the center of the sausage. The internal temperature, when done, should be at least 165° F. When cool, refrigerate or wrap sausage as indicated for other cooking methods.

Cooking Methods for Venison

Venison can be cooked and served in a variety of ways. The way a deer is cut up will have a bearing on how the venison is cooked. For those who bone out a deer, a great deal of the venison is simply prepared for freezing, roasting, or grinding. The ground venison is used as deerburger or mixed with pork or beef to make delicious meat balls or hamburger. And some of the venison is made into jerky.

Quick frying of thin steaks is probably the best way to cook and serve venison. It is easy to do and the meat from either an old deer or a young one

can be delicious. The steaks must be ¼ inch to ¾ inch thick, fried in a sizzling hot frying pan for about 90 seconds on a side, seasoned with salt, and served hot. Use butter, bacon grease, or beef suet for shortening. Beef fat is a favorite.

Fry the thin steaks just enough to brown the outside and leave the center gray or slightly pink; timing is very critical. The steak should be juicy and tender. If the steak is dry and tough, it was cooked too long. Serve immediately. Standing will toughen the steaks.

For roasting venison in moist heat,

a favorite way is to lay out a piece of aluminum foil large enough to double wrap the roast. Sprinkle one-half package of dehydrated vegetable soup mix on the aluminum foil. Place the thawed roast on top of it and spread the rest of the vegetable soup mix on top of the roast. Wrap the aluminum foil tightly around the roast and place it in an oven preheated to 325° or 350° F. Cook the average two- or three-pound venison roast for 1½ to 2½ hours, depending on how well done you prefer venison. The meat will be juicy and moist.

The above two recipes are widely used and acclaimed as being the best ways to fry and roast venison, especially older deer.

If you have deer cut up commercially, or do not care for the flavors in the above recipes, try the suggestions and recipes given below.

Basic cooking rules

It is fun to try new recipes and to make up some of your own. Expect some failures along with successes when you are "experimenting" with venison. Be sure to write down the recipe for any dish you really enjoyed. Here are some general rules for successful venison cookery.

1. Cook venison the same as low quality beef.

Most game has little fat and corresponds in quality to beef carcasses with little or no external fat. Venison is cooked in the same way. The tender cuts like the loin and rib can be broiled or roasted. Round steak, meat from the leg, and the less tender cuts are best when cooked by moist heat—braising, stewing, or pot roasting.

2. Do not overcook.

Deer meat has short fibers that toughen quickly if overcooked or

cooked at too high a temperature. Plan to serve venison medium to well done, never rare or overdone.

3. Use acid to tenderize.

Vinegar, tomato sauce, and French dressing sauces are good for tenderizing venison. Cover slices or chunks of meat and allow to stand in the marinating sauces for at least 24 hours. Broil to medium done.

4. Reduce the sugar in sauce recipes. Venison's natural flavor is sweeter than other meat. Sauces made for domestic meats may be too sweet. Use one-fourth less sugar.

5. Remove all venison fat before cooking.

The gamy flavor can appear. If fat is desired, ground pork or beef fat may be substituted.

6. Venison is a dry meat so add a moistener.

Chunks of beef fat may be added to self-baste it or the surface may be covered with bacon strips.

Roasting (round, loin, shoulder)

1. Season with salt and pepper.
2. Place on rack in uncovered pan, cover surface with bacon strips.
3. Do not add water—do not cover.
4. Roast in slow oven (300°-350° F.) allowing 20-25 minutes per pound.





Broiling (steaks and chops)

1. Preheat the broiler.
2. Place steaks or chops on the broiling rack with top surface 3 inches below source of heat.
3. Leave the broiler door open unless directions of range advise otherwise.
4. Broil on one side until nicely browned. Season with salt and pepper. Turn to other side. Broil until done. For a 1½ inch loin steak, the time required will be 7 to 10 minutes for the first side; 5 to 7 minutes for the second. (Try broiling in your fireplace over a bed of glowing coals.)



Panfrying (steaks and chops)

1. Heat a heavy frying pan until it is sizzling hot.
2. Add 1 tablespoon butter to the pan and allow to melt, or rub the pan with a little suet or small amount of fat. Place the meat in the hot pan.
3. Brown both sides — turning only once.
4. Reduce heat after browning to finish cooking thick chops or steaks.

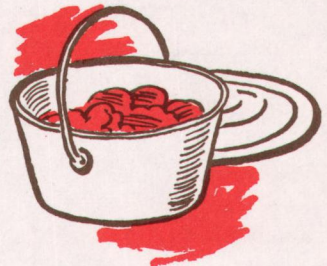
Braising (shoulder, neck, breast)

1. Season with salt and pepper, rub with flour.
2. Brown on all sides in hot fat.
3. Add small quantity of water (about 1 cup).
4. Cover closely.
5. Cook *very slowly* until tender. Turn the meat occasionally. (Time—usually 2 to 3 hours.)



Stewing (shoulders, shank, neck)

1. Cut meat into cubes about 1 inch in size.
2. Season with salt and pepper, sprinkle with flour.
3. Brown on all sides in hot fat.
4. Cover with boiling water.
5. Cover kettle tightly and cook very slowly until tender. Do not boil. Add vegetables just long enough before serving time so that they will be tender.



Recipes



The following recipe section gives directions for using venison. Venison can be used in most of your favorite meat dishes. Experiment with new flavors and sauces. Try recipes for cookies and pie using venison mincemeat. Use cubed venison for fondue or broil and use for appetizers. When you learn to cook deer meat well, you will look forward to the hunting season, not only for the fun of the trip, but for the tasty meat you can put in the family locker.

Liver

The prepared hunter takes along a sack to carry the liver. It is traditional to have all the liver you can eat for at least one meal of the hunting season. That is—if someone in the party “got their deer.” If you are lucky enough to have some liver brought home, use it quickly. Venison liver is very mild-flavored, so keep preparation simple.

• Broiled liver

Slice liver $\frac{1}{2}$ inch thick. Brush surface with butter—either lemon or garlic flavored. Broil 4 inches from the source of heat. Allow approximately 7 minutes for the first side and 5 minutes for the second. Do not overcook or the liver will be tough.

NOTE: Bacon, broiled at the same time, goes well with the lean liver.

• Smothered liver

Slice liver $\frac{1}{2}$ inch thick. Coat with flour. Melt 2 tablespoons butter in 9-inch skillet. Add liver and brown

lightly. Turn and brown second side. Add $\frac{1}{2}$ cup water. Lower heat until the water just simmers. Cook until the liver is cooked through, about 15 minutes. If desired, sprinkle the top with 1 tablespoon of dry onion soup mix or 2 tablespoons of dry mushroom soup mix. Serve immediately.

Venison meat balls (serves 4)

- 3 slices soft bread
- $\frac{1}{4}$ cup water
- 1 $\frac{1}{2}$ pounds ground venison
- 2 teaspoons salt
- $\frac{1}{4}$ teaspoon pepper
- $\frac{3}{8}$ cup finely chopped onion
- $\frac{1}{4}$ cup butter
- 1 tablespoon flour
- $\frac{3}{4}$ to 1 cup milk
- Salt and pepper (for gravy)

Soak bread in water for 5 minutes. Break into small bits, pressing out as much water as possible. Combine bread, ground venison, salt, pepper, and chopped onion. Blend lightly but thoroughly. Shape into small balls about 1 inch in diameter. Chill for 15 to 20 minutes. Brown on all sides in butter, turning frequently. Cover pan. Turn heat to low and cook for 15 minutes. Remove meat balls to separate pan and keep hot. Add flour, salt, and pepper to pan drippings, stir well. Add milk, stirring constantly, and simmer 3 or 4 minutes. Return meat balls to pan and simmer another 5 minutes. Serve hot.

For variety, meat balls may be served with sour cream dill gravy or barbecue sauce (see recipes below).

• Sour cream dill gravy (makes 1 $\frac{1}{2}$ cups)

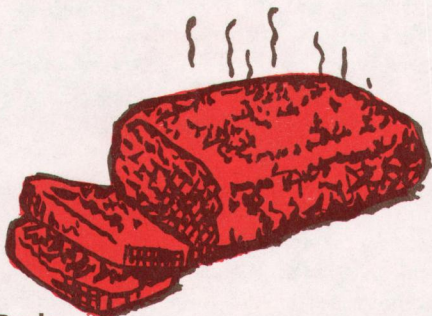
- 1 tablespoon flour
- $\frac{1}{2}$ cup water
- 1 cup commercial sour cream
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon sugar
- $\frac{1}{2}$ teaspoon salt
- 2 teaspoons dried dill seed

To drippings in skillet add 1 table-
spoon flour and brown slowly, blending
well. Add $\frac{1}{2}$ cup water and cook slowly
3 to 4 minutes. Add sour cream and
seasonings. Heat, stirring constantly
until just bubbly. Serve meat balls
topped with sour cream gravy gar-
nished with paprika and parsley.

● **Barbecue sauce** (makes 2 cups)

- 1 cup catsup
- 1 cup water
- $\frac{1}{4}$ cup vinegar
- 2 tablespoons sugar
- 4 teaspoons Worcestershire sauce
- Several dashes tobasco sauce
- 2 teaspoons dry mustard
- 1 clove garlic mashed with 2 teaspoons salt

Combine all ingredients, heat to boil-
ing and pour over browned venison
balls. Simmer over low heat 5 to 10
minutes. Serve hot.



Poyha

(A different meatloaf recipe handed
down to us by the Cherokee Indians.)

- 1 pound ground venison
- 1 No. 303 can whole kernel corn
- 1 small onion, chopped
- 1 teaspoon salt
- 2 eggs
- $\frac{3}{4}$ cup corn meal
- $\frac{1}{2}$ cup water

Measure the cornmeal and place in a
small bowl. Add the water and stir to
mix. Allow to stand. Brown the veni-
son in fat. When meat is thoroughly
cooked, add the corn and onion. Cook
10 minutes. Add the salt, egg, and

cornmeal, stir well. Cook another 15
minutes. Put in greased loaf pan and
bake 30-45 minutes at 350°. Serve with
gravy, cheese sauce, or mushroom soup.

Venison pot roast with vegetables
(serves 6 to 8)

(Use cuts from the chuck, round, or
rump.)

- One 3-to-4 pound venison roast
- $\frac{1}{4}$ cup cubed salt pork or mild bacon
- 2 tablespoons butter
- 6 carrots
- 6 onions
- 6 potatoes
- 1 stalk celery, sliced
- 1 teaspoon parsley flakes or 1 tablespoon fresh chopped parsley
- $\frac{1}{4}$ teaspoon thyme
- 1 cup tart fruit juice or cider
- 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper
- $1\frac{1}{2}$ cups hot water
- 3 tablespoons butter or drippings

Lard the roast well by inserting
cubes of salt pork into small cuts in the
roast. Heat butter in a Dutch oven or
deep casserole and brown the meat on
all sides. Add hot water, fruit juice,
celery, parsley, thyme, salt, and pep-
per. Cover and simmer gently for 3
hours on top of the stove or in the oven
at 350° until meat is tender. If liquid
gets too low, add water. About one
hour before meal is to be served, add
peeled potatoes, carrots, and onions.
Add a little additional salt for vegeta-
bles. When vegetables are tender, re-
move them and the meat to a platter



and keep hot. Thicken liquid with 2 or 3 tablespoons flour. Serve gravy hot with roast and vegetables.



Venison soup stock

Put the bones left from cutting the deer in a large kettle. Add water to cover. Simmer for 2 hours. Cover and cool overnight in the refrigerator to harden the fat; then remove all fat. Pick any meat from the bones and return it to the jellied soup stock. Package for freezer storage. One cup of stock plus 2 cups of water make a good base for noodle or vegetable soup.

Smothered venison cubes

- 2 pounds venison cubes
- Flour for dredging
- Fat for browning
- 2 medium onions, quartered
- $\frac{1}{2}$ cup commercial sour cream
- $\frac{1}{2}$ cup water
- 2 tablespoons grated cheddar cheese
- 2 teaspoons salt
- $\frac{1}{2}$ teaspoon pepper

Remove any visible fat from the meat. Cut into 1 inch cubes. Dredge cubes in flour and brown in hot fat. Add onions and brown lightly. Thin the sour cream by adding the water slowly, stirring until a smooth cream is formed. Add the cheese, salt, and pepper. Cover the browned meat cubes with the sour cream cheese mixture. Simmer until tender, about 2 hours. Add more water as necessary. Serve on freshly cooked rice or noodles.

Venison swiss steak

(for less tender steaks)

- $1\frac{1}{2}$ pounds round steak
- $\frac{1}{4}$ cup fat
- 3 large onions
- 1 medium stalk celery
- 1 cup tomatoes
- 2 tablespoons Worcestershire sauce
- Salt and pepper

Steak should be at least $1\frac{1}{2}$ inches thick. Dredge with flour and season with salt and pepper, brown in fat on both sides. Add other ingredients. Cover tightly and cook in moderate oven (350°) or over low heat on top of stove until tender (about $1\frac{1}{4}$ hours). Remove meat to platter and make gravy from drippings in the pan. Serve with baked potatoes.



Teriyaki steak strips

- 2 pounds venison steak, cut thin
- 1 can beef consommé (undiluted)
- $\frac{1}{3}$ cup soya sauce
- 1 teaspoon savory salt
- $\frac{1}{4}$ cup chopped green onions (including tops)
- 1 clove garlic
- 2 tablespoons lemon juice
- 2 tablespoons brown sugar

Cut the steak diagonally, across the grain. Mix the other ingredients to form a marinating sauce. Pour the sauce over the meat strips and refrigerate overnight. Drain and broil 4 inches from the heat until tender. Do not overcook.

Broiled venison strips

- 2 pounds lean venison strips or cubes
- $\frac{1}{4}$ cup vinegar
- $\frac{1}{2}$ cup cooking oil
- $\frac{1}{4}$ tablespoon coarse ground pepper
- $\frac{1}{4}$ cup pickle relish
- $\frac{1}{4}$ teaspoon garlic salt

Combine all the ingredients except venison and shake well to mix. Cover lean strips or cubes of venison with sauce. Allow to stand in refrigerator at least 2 days. Drain and broil meat. Be careful not to overcook or the meat will be tough.

Venison burgers (serves 6)

- 2 pounds ground venison
- $\frac{1}{4}$ pound ground pork or mild sausage
- 1 medium onion, chopped
- $\frac{1}{8}$ teaspoon black pepper
- $\frac{1}{4}$ teaspoon marjoram
- $\frac{1}{4}$ teaspoon thyme
- $\frac{1}{4}$ teaspoon monosodium glutamate (optional)
- 2 eggs, beaten
- 2 tablespoons melted fat
- $\frac{1}{4}$ cup sweet cider

Blend venison, pork, and chopped onion together. Add seasonings and beaten egg. Blend well. Form into small patties, about $\frac{3}{4}$ inch thick. Brown hamburgers on both sides in fat. Cover, reduce heat to low, and simmer for 10 minutes. Turn hamburgers. Add cider, cover, and simmer 10 minutes more. Serve immediately.

Venison Spanish rice

- 2 slices bacon, chopped
 - $\frac{1}{2}$ pound ground venison
 - $\frac{1}{4}$ cup chopped onion
 - $\frac{1}{2}$ teaspoon salt
 - $\frac{1}{8}$ teaspoon pepper
 - $\frac{1}{8}$ teaspoon paprika
 - $\frac{1}{4}$ teaspoon chili powder
 - 1 No. 303 can stewed tomatoes (with celery, green pepper, and onion)
- Steamed rice to serve 4

Sauté bacon pieces, add onion and venison, breaking meat into small pieces. Add seasonings and cook until almost done. Add tomatoes and simmer 20-30 minutes longer. Serve over steamed rice.

Venison sauerbraten (serves 4 or 5)

- 2 pounds of venison chuck, round, or rump roast
- 1 cup vinegar
- 6 peppercorns
- 5 whole cloves
- 3 bay leaves
- Water to cover
- 3 tablespoons fat
- 6 carrots
- 6 onions
- 1 cup sliced celery
- 1 tablespoon sugar
- 10 gingersnaps, crushed

Trim all visible fat from venison. Place venison in glass dish with cover. Add peppercorns, cloves, and bay leaf to vinegar and pour over meat. Add enough water to cover meat. Cover dish and refrigerate. Allow to stand for at least 5 days.

Remove meat from marinade. Reserve the liquid for gravy. Heat fat in heavy frying pan. Brown meat on both sides. Add vegetables and 2 cups of vinegar marinade. Simmer until meat and vegetables are tender—approximately $1\frac{1}{2}$ hours. Remove meat and vegetables from pan. Add sugar and gingersnaps to remaining liquid to make gravy. Serve meat and vegetables with gravy.

NOTE: If a less spicy flavor is preferred, substitute beef consomme for spiced vinegar when cooking the meat. Larger amounts of venison may be prepared this way if your family likes sauerbraten.