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Second Day Dishes from Venison Roasts

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Second Day Dishes from Venison Roasts



Department of Home Economics
Agricultural Experiment Station
South Dakota State University, Brookings

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Second Day Dishes

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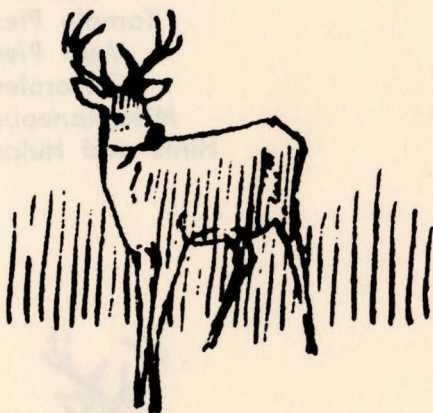
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Department of Home Economics
Agricultural Experiment Station
South Dakota State University, Brookings

*Second Day Dishes
from
Venison Roasts*



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The flavor of wild game meat is delicious. In preparing it for the table, the simpler the recipe, the better, in many cases. Game is not standardized as is beef, so preparation of meat from game animals will require a different approach in the kitchen than in preparing domestic meats.

Deer is the most widely known game animal to many hunters and certainly ranks high on the scale of good eating. Venison roasts from the round and rump are very acceptable. They are tender and juicy when cooked to the medium rare stage. For best results use a meat thermometer and never let the temperature rise above 170° F. (77° C.) or the meat will become dry and stringy. Follow any method you prefer, so long as the result is a roast attractively browned on the outside, yet still rare and tender in the middle, with a rich brown gravy. If your family prefers roasts well-done, then you'd better stick to pot roast venison.

Open pan roasting of venison is the preferred method in a 325° F. (163° C.) oven. If all the fell has been trimmed off, it may be necessary to protect the exposed fibers with bacon slices or baste the meat with your favorite seasonings or sauces. Seasonings as a rule do not penetrate very far into the meat.

Some cooks claim that marinating of wild game meat is a must and they make claims such as it tenderizes the meat, eliminates the gamey flavor or enhances the gamey flavor. Most recipes still indicate long, slow cooking. Try several ways of handling the roasts—just do not overcook them.

And then—what do you do with left-over roast? Cold sliced roast venison is delicious. Be certain it is cold. Left-over roast venison can be substituted in most any beef hot dish. It may be sliced, cubed, diced or ground as specified in the recipe. The following groups of recipes for left-over roast venison are just a beginning for ideas. You as cooks can do many things with left-over venison once you let your imagination go, and need not tire your family with a repetition of dishes.

Hash

Venison Hash—I

Serves 4.

- 2 c diced cooked venison
- 2 tbsp butter
- ½ c chopped onion
- 2 c diced boiled potatoes
- 2 tbsp chopped parsley
- 1 tsp salt
- ¼ tsp pepper
- ½ to 1 c milk
- pickled beets

Melt the butter in a heavy fry pan or electric skillet, add onion and simmer until transparent but not brown. Add the venison, potatoes, parsley, salt and pepper. Mix well. Add enough milk to moisten well, cover, and simmer until the hash is hot, milk is evaporated and the bottom crusty brown. Turn out on a large round platter and surround with hot pickled beets.

Venison Hash II

Serves 4.

- 2 c ground cooked venison
- 1 c ground raw potato
- ½ c ground onion
- 2 tbsp of horseradish (less if real sharp)
- 2 tbsp butter
- 1 tsp salt
- 1 ½ c milk

Melt butter in a heavy skillet. Add meat, potato, onion, horseradish and salt, mix well. Add milk so that it shows at the side of the pan but does not cover the mixture. Brown at medium heat, turning often to keep from burning. Allow 30 minutes cooking time or until milk is absorbed and the hash brown and crusty. Note: Leftover roasts of elk or moose make an acceptable variation.

Tasty Venison Hash

Serves 4-5.

- 2 c ground cooked venison
- ½ c ground or grated carrot
- 1 tbsp parsley flakes or fresh chopped parsley
- ¼ c finely chopped onion
- 2 c diced cooked potatoes
- 1 c peas
- 2 tbsp butter
- ½ tsp salt
- ⅛ tsp black pepper
- ¼ tsp Worcestershire sauce
- ½ c light cream

Saute onion in butter in a heavy skillet or electric fry pan. Add carrots and parsley flakes and cook 2 minutes longer. Add venison, potatoes, peas, salt, pepper and Worcestershire sauce. Blend well. Pour cream over mixture and cook until thoroughly heated and lightly browned. More cream may be necessary to keep the hash moist.

Curry

Curried Venison

Serves 4.

- 2 c chopped cooked venison
- ½ c chopped celery
- ½ c finely chopped onion
- 3 tbsp butter
- 1 c brown gravy or broth or (1 c beef bouillon and 2 tbsp flour)
- ½ tsp curry powder
- ¼ tsp salt

Saute celery and onion in butter. Add meat, gravy and seasonings. Heat, stirring to keep from sticking. If bouillon is used, add meat to celery and onion, then stir in the flour before adding the liquid. Heat to boiling then simmer a few minutes to cook the gravy. Serve on rice or noodles.

Curry

Curried Venison for Company

Serves 4.

- 2c cubed cooked venison
- ½ c minced onion
- ½ c minced apple
- 1 c chopped celery
- 2 tbsp butter
- 1 tsp curry powder
- ⅛ tsp ginger
- ⅛ tsp tabasco sauce (few drops)
- 1 tsp Worcestershire sauce
- 1 tsp salt
- 2 tbsp flour
- 2 tbsp cold water
- 1 c beef bouillon
- ½ c heavy cream
- 1 egg, well beaten

Saute onion, apple and celery in butter until golden color. Stir in curry powder and simmer 5 minutes. Add seasonings and bouillon. Cover and cook 20 minutes. Stir flour into cold water and add to the cooked mixture. Cook until thick. Remove from heat and let stand one hour. Reheat, add meat, cream and beaten egg just before serving. Bring to a boil stirring constantly. Serve with rice.

Venison Stroganoff—II

Serves 4.

- 2 c sliced cooked venison
- ½ c thinly sliced onion
- 2 tbsp butter
- 3 tbsp flour
- 2 c beef consomme or bouillon
- ½ tsp salt
- ¼ tsp pepper
- 1 tbsp sour cream
- 1 tbsp tomato paste

Melt the butter in the upper part of a double boiler. Add the onion and cook until transparent but not brown. Stir in the flour. Pour the consomme in slowly with continuous stirring. Add salt and pepper. Cook until thick. Place

Stroganoff

Venison Stroganoff—I

Serves 4.

- 2 c cubed cooked venison
- 1 c diced onion
- 2 tbsp seasoned flour
- ½ c butter
- 2 c stock or beef bouillon
- 2 or 2½ oz can of mushroom buttons or ½ c fresh mushrooms sauted in ¼ c butter
- ½ c sour cream
- ¼ c tomato paste
- 1 tsp Worcestershire sauce
- 1 tbsp finely chopped parsley

Mix meat cubes in seasoned flour. Add with onion to the melted butter in a heavy skillet, cook and stir for 2 minutes or until meat is well coated with butter. Add stock or bouillon, simmer until thick. Add mushrooms, sour cream, tomato paste and Worcestershire sauce, blend well and continue to simmer 5 minutes longer. Garnish with parsley. Serve with rice.



the sauce over boiling water to keep hot and add the meat.

Just before serving, slowly add the sour cream and tomato paste being careful not to let the sauce curdle. Serve with rice.

Stroganoff

Venison Stroganoff—III

Serves 4.

- 2 c cooked venison, cut in strips
- 1 c diced onion
- 3 tbsp seasoned flour
- ¼ c butter
- 1 c tomato juice
- 1½ c water
- 1 tsp sugar
- ½ tsp salt
- ⅛ tsp pepper
- 4 oz. can mushroom buttons, cut in half
- ½ c sour cream

Dust meat strips in seasoned flour, add with onion to melted butter. Heat until onion is transparent and meat is coated with butter. Add tomato juice, water, sugar, salt and pepper. Simmer until thick. Ten minutes before serving, add the mushrooms and sour cream. Serve with rice.

Tamale Pie—II

Serves 4.

- 2 c diced cooked venison
- 1 c diced onion
- 2 tbsp diced green pepper
- 2 tbsp butter
- 1 c tomato juice
- 1 tsp sugar
- ¾ c canned corn
- 1 tsp salt
- 1 tsp chili powder
- 1 c grated American cheese

MUSH:

- ⅔ c cornmeal
- 2 c water
- 1 tsp salt
- 1 tsp sugar
- dash of chili powder

Tamale Pies

Tamale Pie—I

Serves 8.

- 1 lb (3-4 c) ground cooked venison
- 1 c diced onion
- 1 c cornmeal
- 3 eggs, slightly beaten
- 2 c milk
- 1 tbsp salt
- ½ tsp black pepper
- ½ c butter
- 2 c whole kernel corn (1 lb can)
- 2 c tomatoes (1 lb can)
- 1 tsp chili powder
- 2 tbsp sliced ripe olives

Boil until thick, the eggs, cornmeal and water. Add seasonings, tomatoes, corn, onion, ground meat and olives. Mix well. Pour into buttered baking dish. Bake 50 to 60 minutes in a moderate oven (350°).



Combine the 5 ingredients for the mush and cook until thick. Cool slightly.

Saute the meat, onion and pepper in the fat. Add the tomato juice, sugar, corn, salt and chili powder. Mix well and simmer for 10 minutes. Line a buttered baking dish with three-fourths of the corn meal mush. Pour in the meat mixture. Make small balls of the remaining mush and place on top. Bake 45 min. at 375° F.

Sprinkle on the grated cheese and return to the oven for 15 minutes to melt the cheese.

Meat Pies

Venison Pie—I

Serves 3-4.

- 1 c cubed cooked venison
- $\frac{2}{3}$ c diced carrots
- $\frac{2}{3}$ c diced potatoes
- $\frac{1}{2}$ c sliced onion
- $\frac{1}{2}$ tsp salt
- $1\frac{1}{2}$ c gravy (1 c beef bouillon and $\frac{1}{2}$ c vegetable liquid, 2 tbsp flour, 2 tbsp butter)
- 1 recipe of rich biscuit dough

Cook vegetables in boiling salted water until almost tender. Drain and save liquid ($\frac{1}{2}$ c). Make gravy of bouillon and vegetable liquid and flour and butter, add vegetables and meat. Heat to boiling. Pour into buttered baking dish. Cut biscuits and arrange on top. Bake in a hot oven (425° F.) 15 to 20 minutes depending on the thickness of the biscuits.

Venison Pie—II

Serves 8.

- 4 c cubed cooked venison
- 4 tbsp seasoned flour
- $\frac{1}{4}$ c butter
- 8 small carrots, chunked
- 8 small onions, quartered
- 4 turnips, quartered
- 4 potatoes, quartered
- 1 bay leaf

Cook vegetables and bay leaf in boiling salted water or meat broth.

Dust meat in seasoned flour and cook in melted butter until well coated. Remove bay leaf and add meat to the vegetables, mix well. Pour the mixture into a greased baking dish. Cover the top with rich biscuit dough, brush with egg and cut a slash in the middle. Bake in a hot oven 425° F. 20-25 minutes or until crust is done.

Venison Pie—III

Serves 4.

- 2 c diced cooked venison
- $\frac{1}{2}$ c thinly sliced onion
- $\frac{1}{2}$ c diced green pepper
- 2 hard cooked eggs, sliced
- 2 c cooked vegetables (1 lb can veg-all)
- 1 c beef bouillon
- 2 tbsp butter
- 2 tbsp flour

Layer meat, vegetables and eggs in a buttered casserole. Make gravy of bouillon, butter and flour. Pour over the meat and vegetables. Top with rich biscuit dough, either cut biscuits or spoon dropped. Bake in a hot oven (425° F.) 20-25 minutes until biscuits are done.

Venison Cottage Pie with Sauerkraut

Serves 4.

- 2 c diced cooked venison
- $1\frac{1}{2}$ c drained sauerkraut
- 1 c gravy or stock (1 c beef bouillon, 2 tbsp flour, 2 tbsp butter)
- $\frac{1}{4}$ tsp pepper
- $\frac{3}{4}$ tsp celery salt
- $1\frac{1}{2}$ tbsp butter
- 2 c mashed potatoes

Make a gravy of stock or bouillon with the flour and butter, add the seasonings, meat and sauerkraut. Put in a greased baking dish and cover with the mashed potato. Dot with $1\frac{1}{2}$ tbsp butter. Bake in a 375° F. oven until nicely browned, about 30 minutes.

Casseroles

Venison-Vegetable Casserole

Serves 5-6.

- 1 ½-2 c diced cooked venison
- 1 ½ c cooked long grain rice or brown rice
- 2 c thin white sauce
- 1 c peas
- ½ c diced celery
- ¼ c diced onion
- 2 tbsp diced green pepper
- 1 ½ tsp salt
- ⅛ tsp pepper
- 1 tbsp lemon juice
- 2 tbsp melted butter
- ¾ c dry bread crumbs

Cook long grain rice as suggested or follow directions on brown rice package. Put cooked rice in the bottom of a greased casserole or baking dish.

Make thin white sauce, add meat, vegetables and seasonings. Mix well and pour over rice base. Mix melted butter and bread crumbs together and sprinkle over top. Bake in a moderate oven (350° F.) 25 minutes or until bubbly and brown.

Venison and Apple Casserole

Serves 4-5.

- 2 c sliced cooked venison
- 1 lb apples (4 med)
- ½ c water
- 2-3 tbsp sugar (depending on apples)
- ¼ c butter
- ¾ tsp salt
- ¼ tsp cinnamon
- ¼ c dry bread crumbs
- 2 tbsp butter

Wash, pare, core and slice apples. Add water to them in a sauce pan and cook 10 minutes. Add the sugar and let cool. Saute the meat in melted butter.

Arrange half the meat in a greased 1½-qt. casserole. Sprinkle with half the salt. Add half the applesauce and sprinkle with half the cinnamon. Repeat layers. Top with fine bread crumbs and dot with butter. Bake in a moderate oven 350° F. until crumbs are brown (approximately 30 minutes).

NOTE: If apples absorb all the water in cooking, it may be necessary to add a couple of tablespoons of water before putting the casserole in the oven.

Meat Pies

Hunter's Venison Pie

Serves 6-8.

- 2 c cooked venison
- 1 med onion
- 10 pitted ripe olives
- 2 hard cooked eggs
- ¾ tsp oregano
- ½ tsp salt
- ⅛ tsp cayenne
- ½ c undiluted consomme (1 beef bouillon cube to ½ c water)
- 2 c cream style corn (1 lb can)
- 2 eggs, well beaten
- ¼ tsp salt
- ⅛ tsp pepper

Grind meat, onion, olives and eggs together in a food chopper. Mix in oregano, salt, cayenne and consomme. Grease a 9-inch pie pan. Line the pan with the meat mixture and work well up the side to the rim. Mix corn with the well beaten egg, add salt and pepper. Pour into the meat crust. Bake 45 minutes in a moderate oven 350° F. increase the heat to 400° F. for another 15 minutes to brown. Remove from oven and let cool 10 minutes before cutting into pie shape wedges.

If your family likes oregano it may be increased to 1 teaspoon, or substitute ¾ teaspoon sage in place of oregano.

Casseroles

Venison One Dish Casserole

Serves 4.

- 2 c diced cooked venison
- 2 c cooked rice
- 1 c diced onion
- 2 tbsp fat
- 1½ c tomatoes
- 2 c whole kernel corn (1 lb can)
- 1 tsp salt
- ¼ tsp pepper
- 1 c grated American cheese

Saute meat and onion until onion is transparent. Combine all ingredients. Put mixture in a 2 quart casserole or a 13x9x2-inch baking dish. Place in a moderate oven 350° F. until heated through. Time will depend on size of dish used. Fifteen minutes before serving, sprinkle the cheese on top and return to the oven to melt it and brown slightly.



Miscellaneous

Creamed Venison

Serves 4.

- 2 c cubed cooked venison
- 1 c med. white sauce
- 1 tsp celery salt
- ¼ tsp pepper
- ½ tsp garlic salt
- 2 tsp Worcestershire sauce
- 3 tbsp chopped parsley
- ¼ c pickle relish
- ½ c dry bread crumbs
- ¼ c butter

Make white sauce. Add meat, seasonings, parsley and pickle relish to the sauce. Mix well. Pour into a greased casserole. Sprinkle top with bread crumbs and dot with butter. Bake in a moderate oven (350° F.) until crumbs are brown (approximately 30 minutes).

Mexican Luncheon with Venison

Serves 4.

- 2 c diced cooked venison
- ½ c diced onion
- ¼ c diced green pepper
- ¼ c butter
- 2 c tomatoes
- 1 c sour cream
- 1 c uncooked macaroni
- 1 tbsp sugar
- 1½ tsp chili powder
- ¾ tsp salt

Saute onion and pepper in melted butter, add meat, blend so meat is coated with butter. Add rest of the ingredients. Mix well. Cover. Bake 35 minutes in a 350° F. oven. Uncover and continue baking 10 minutes.

With careful watching, this may be cooked on top of the stove. Stir frequently.

Miscellaneous

Barbecued Venison

Serves 4.

SAUCE:

- 1/3 c cider vinegar
- 1/2 c catsup
- 1/4 c water
- 1 tbsp brown sugar
- 1 tbsp Worcestershire sauce
- 1 tbsp lemon juice
- 1 tsp salt
- 1/2 tsp pepper
- 1/8 tsp garlic powder
- 1/4 tsp tabasco

Mix all ingredients and simmer together for 15 minutes.

- 2 c thinly sliced cooked venison
- 3 tbsp butter
- 1 large onion thinly sliced (3/4-1 cup)
- 1/2 c sweet cream

Saute meat in melted butter in a deep skillet or dish which can be put in the oven. Lay sliced onion on top of the meat. Spoon some of the barbecue sauce over the meat and onion. Put in the oven (uncovered). As sauce cooks away, add more until about one-fourth of the sauce remains; to this portion add the sweet cream and simmer until thick. Just before serving pour this mixture over the meat mixture, stir carefully to blend the gravy with the baked sauce. Makes delicious sandwiches.

Sweet-sour Venison

Serves 4.

- 2 c cooked venison cut in strips
- 1/4 c butter
- 1/4 c water
- 1 no. 2 can chunk pineapple
- 1/4 c brown sugar
- 2 tbsp cornstarch
- 1/4 c cider vinegar
- 1 tbsp soy sauce
- 1/2 tsp salt
- green pepper strips (1 med. sized pepper)
- 1/4 c thinly sliced peeled onions
- 5 c chow mein noodles

Hot Venison Sandwich

Serves 4.

- 1 c ground cooked venison
- 1 tbsp minced onion
- 1 tbsp pickle relish
- 1 tbsp lemon juice
- 2 tsp salad oil
- 4-6 tbsp salad dressing
- 1/2 tsp salt
- 1/8 tsp pepper
- cream if needed
- 4 slices of bread
- softened butter
- olives for garnish

Mix first 9 ingredients. Ground venison has a tendency to be dry. More salad dressing or cream may be needed to moisten the spread. Adjust to your taste. Toast bread on one side. Spread untoasted side with butter, then the meat mixture. Broil sandwiches until bubbly and slightly brown. Garnish with slices of stuff olives and/or ripe olives.



Saute meat strips in melted butter, add water, cover and simmer while making sauce. Drain the pineapple. Make a sauce of the pineapple juice, sugar and cornstarch. Add vinegar, soy sauce and salt. Cook until clear. Pour sauce over meat and let stand 10 minutes or longer. Add pepper strips and onion slices. Reheat, boil 3 minutes, stirring occasionally. Serve over chow-mein noodles made crisp in a hot oven.

NOTE: Delicious served over fluffy rice. Additional soy sauce may be used at table.

Hints and Helps

Abbreviations

c=cup
tbsp=tablespoon
tsp=teaspoon
lb=pound
oz=ounce
med=medium

Chop. To cut into small pieces in a random manner.

Cube. To cut into small ($\frac{1}{4}$ - $\frac{1}{2}$ inch) more or less cubical pieces.

Dice. To cut into small more or less cubical pieces, $\frac{1}{8}$ - $\frac{1}{4}$ inch. Result is finer than cubed food, and coarser than minced.

Fats

All recipes call for butter. Bacon drippings, margarine or other fats may be used. Be sure to increase the salt if unsalted fats are used ($\frac{1}{2}$ tsp per 1 c lard).

Ground. Medium to coarse blade on a home grinder.

Mince. To cut or chop into very small pieces.

Rice.

1 c rice regular or long grain
1 tsp salt
2 c water

Bring rice to a boil in the salted water. Cover. Lower heat to a simmer and cook 14 minutes. Remove from heat to steam for whole kernel, fluffy rice. Yields $3\frac{1}{2}$ c cooked rice, approximately 4 servings.

Rich biscuit mix.

Yield: about 8, 2-inch biscuits.

1 c sifted all purpose flour
1 $\frac{1}{2}$ tsp. baking powder
 $\frac{3}{8}$ tsp salt
3 tbsp fat
about $\frac{3}{4}$ c milk

Saute. To fry in shallow fat. Light brown.

Seasoned flour for dusting meat.

$\frac{1}{2}$ c all purpose flour
1 tsp salt
 $\frac{1}{2}$ tsp black pepper

Put measured amount of seasoned flour in a small plastic bag, add meat and shake. Use all the flour with the meat to thicken the sauce.

Slices. Can be from as thin as you can cut to $\frac{1}{2}$ inch or more thick.

Strips. Usually are $\frac{1}{4}$ -inch wide and 1-1 $\frac{1}{2}$ inches long.

White sauce.

Yield: about 1 cup.

	Thin	Medium
butter	1 tbsp	2 tbsp
flour	1 tbsp	2 tbsp
salt	$\frac{1}{2}$ tsp	$\frac{1}{2}$ tsp
milk	1 c	1 c