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Wild Country Cuisine: Venison

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Wild country cuisine --- venison

South Dakota State University
Agricultural Experiment Station
Brookings, South Dakota

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Preceding publications

Venison, Care and Cooking, 1962. FS 145, revised 1969 FS 324, reprinted 1973

Donald Progulske, Harold Tuma, and Rena Wills.

You have your Deer, Now enjoy its meat, 1971, Bulletin 591

Rena Wills, Dorothy Deethardt.

Second Day Dishes from Venison Roast, 1973, Bulletin 607

Dorothy Deethardt

Appreciation is extended to Dr. Victor Van Ballenberghe, Extension Wildlife Specialist for instructions on field care and pictures; Dr. William Costello, assistant professor of Animal Science for cutting instructions; the taste panelists who so ably evaluated the recipes used and to the South Dakota Department of Game, Fish and Parks for supplying the venison.

This publication is a result of research by the Agricultural Experiment Station. Department of Home Economics, under project S-612, "The Nutritive Value and Utilization of Selected South Dakota Products."

The liver and heart recipes were prepared by Ruth Ronge, senior Dietetics major in the College of Home Economics. Recipes developed in Experimental Foods 341.

Wild country cuisine venison

Field Care

The quality of game meat depends on the skill with which the animal is handled from the time of kill until served on the table.

Although most game has a distinctive wild flavor, much of the poor quality and off-flavor that makes some people reluctant to eat venison can be traced to poor treatment of the carcass in the field. Proper field care, adequate aging and skillful cutting can result in high-quality meat that adds immeasurably to the satisfaction of the hunt.

Every precaution should be taken to avoid abuse, contamination or spoilage of the carcass during field dressing and transportation. Field care consists of three basic steps:

- 1) Removal of viscera (entrails)
- 2) Draining the body cavity of blood and cleaning it
- 3) Cooling the carcass

Each step is important to the quality of the resulting meal.

Field Dressing

The viscera should be removed as soon as possible after death, particularly if a bullet has penetrated the intestine or paunch. Several methods to field dress a

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deer exist but the simplest is probably best. A sharp, fixed-blade knife of 4 inches or longer is necessary.

Position the deer on its back, spread the hind legs and carefully cut the skin of the belly up the middle from pelvis to ribcage (See Figure 1). Cut the underlying muscle layer ($\frac{1}{2}$ inch thick) along this initial cut, being sure not to penetrate the intestines by holding the muscle away from them as the cut progresses. Extend the cut through the ribs, slightly off-center from the breast bone, thereby exposing the chest cavity.

The hindquarters can then be widely separated and the pelvis split to remove the colon and vent. Only the lungs and diaphragm (muscle sheet separating the chest from abdomen) remain attached to the carcass—these can be cut out and the entrails will flow freely out of the carcass with gentle pressure (See Figure 2). The liver and heart can then be salvaged from the entrails and saved for later use.

The carcass can next be turned to drain excess blood from the body cavity. Care should be taken to avoid contamination of the body cavity with grass or dirt. If the intestinal tract was penetrated by bullets or knife cuts, wash the body cavity freely with water as soon as possible.

Often the carcass has to be moved some distance to the source of transportation. Drag it on its back (See Figure 3) with care to avoid any contamination of the exposed meat from dirt, twigs or leaves.

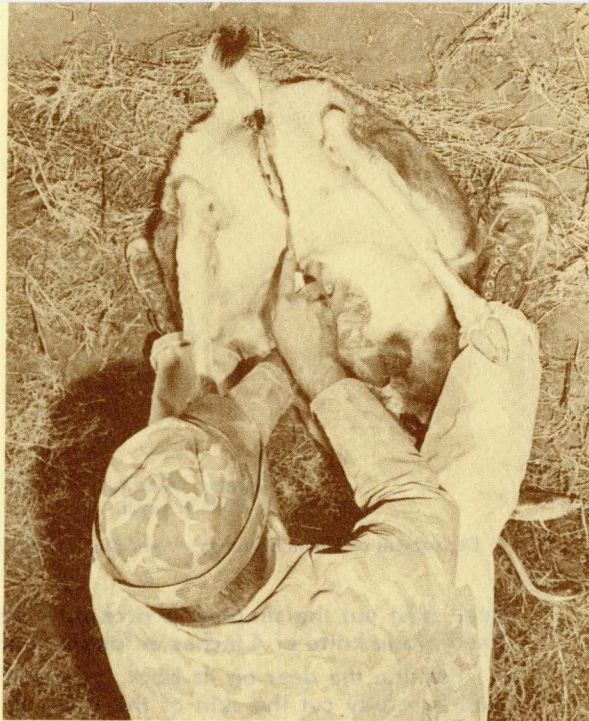


Figure 1—Make initial cut to remove entrails, taking care not to puncture the intestines.

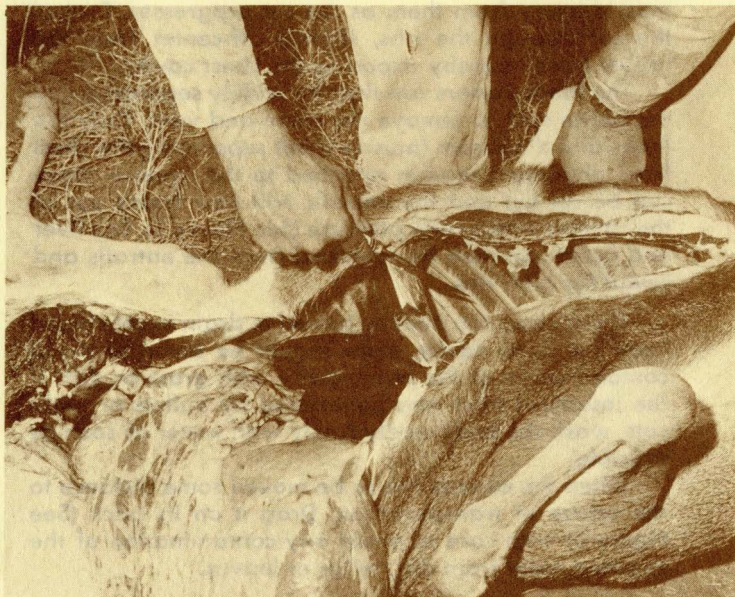


Figure 2—Cutting the diaphragm near the ribs allows entrails to be pulled out of the body cavity.



Figure 3—A properly dressed carcass, ready for transportation. Drag on back to avoid dirt contamination.

Cooling and Transporting

If the transport time will be less than three hours, the carcass can be safely moved without cooling. Before transporting the carcass for longer periods, it should be hung completely off the ground by antlers or hind legs and allowed to cool at least 5-6 hours. The chest cavity can be propped open to promote cooling since little heat is lost through the hide. Skinning the carcass prior to transport invites contamination and hard-to-remove foreign matter. If the air temperature is much below freezing, it is best not to allow the carcass to hang more than a day, since thawing and re-freezing lower meat quality.



Figure 4—Skin with care to avoid contamination from hair and dirt.

When transporting the carcass, avoid excess heat from the vehicle's engine or interior. Care should be taken to avoid bruising the carcass as it is loaded and unloaded. Tying the animal to the exterior of a vehicle during extended transportation periods invites drying of the exposed meat surfaces.

Aging and Cutting

Many households lack suitable facilities to properly prepare and age game carcasses. Deer may be hung unskinned in a cool (34-50°F) room or outside building for three to seven days, then transported to a locker

plant for processing. An alternative is to skin, age and cut the carcass at home.

Carcasses to be aged and cut may be hung from the hock tendons (behind the large joints of the hind legs) after cutting off the front and back legs below their main joints. Remove the skin in one piece with careful cutting and pulling (See Figure 4). Deer hides may be sold, tanned or made into various leather goods.

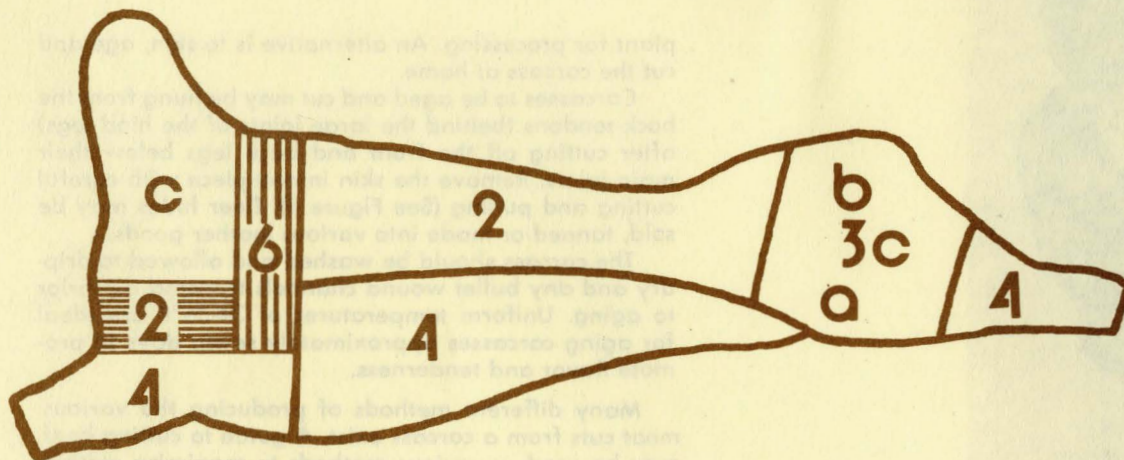
The carcass should be washed and allowed to drip-dry and any bullet wound channels trimmed out prior to aging. Uniform temperatures of 34-36°F are ideal for aging carcasses approximately seven days to promote flavor and tenderness.

Many different methods of producing the various meat cuts from a carcass exist. A guide to cutting beef may be used or various methods to maximize certain types of cuts can be devised. Several points are basic to cutting any carcass and additional steps are required for handling venison.

Proper cutting tools are essential. These include a cutting board, meat saw, cleaver, knives of differing blade lengths and shapes and sharpening tools. The carcass may first be sawed down the backbone into two halves, then quartered below the 5th and 6th rib and divided into cuts from each quarter (See Figure 5).

The size, quality, number and type of chops and steaks versus roasts must be decided by the cutter. The neck, ribs, flanks and shanks may be trimmed for grinding or cut into stew meat. Many venison lovers elect not to make venisonburger but have the excess trimmings made into sausage.

Regardless which decisions best suit an individual's needs, venison has unique characteristics that must be considered to obtain highest quality cuts. The fat of deer is often thought to impart off-flavor in the meat, but do not trim off all the fat; it helps avoid excess drying during storage and maintains juiciness in the meat while cooking. Trimming of the fat may be done just before serving the meat. Unlike beef, venison is not marbled with fat, and more attention must be given to the cooking procedures so as not to toughen or dry out the meat. Deer meat maintains quality for nine months to one year in frozen storage if properly packaged and stored at temperatures of zero or below. The good eating of venison is up to the cook and with the help of the following recipes—pleasure is unlimited.



Suggested Cutting of Deer Carcass

- Figure 5**—1. Remove shoulder by cutting between 5th and 6th rib perpendicular to carcass. Remove shank and breast above the joint between arm and shank bones.
2. Cut through thin flank muscles just ahead of heavier leg muscles and parallel with back line to 1-1½ inches below tenderloin on last rib. Continue cut through ribs with a saw.
3. The loin and leg may be separated one of two places:
- a. On either the split or unsplit carcass, separate ahead of the hip bone or through the last vertebra before the arch in the backbone starts, perpendicular to the line of the carcass.
 - b. On the split carcass, cut half-way between the base of the arch in the backbone and the front of the split portion of the pelvic or aitch bone (hip bone) perpendicular to the leg. Remove the shank at the joint as shown.

Venison Roasts

Roasts may be boneless from the round (sirloin tip, inside, outside and rump roasts) or 3 steaks or roasts 2 inches thick may be cut from each round and the remainder of the shank cubed for stew meat.

Open roasting in a slow oven gives the best eating quality, but do not over cook. Use a meat thermometer and **do not** let it go above 170°F. Do not trim off all the fat before cooking. It may be removed before serving. If the fat and fell have been removed then you may wish to protect the meat with strips of bacon, spread with butter or brush with olive or cooking oil. If you wish a more gourmet roast, marinades may be used, but low temperature cooking is necessary to yield a tender roast. Basting often with the marinade may help improve the appearance of the roast, but no seasoning penetrates very far into the meat.

Just plain roasting a piece of venison in a slow oven to an internal temperature of 170°F makes a nice serving of meat. Let the family season it with salt and pepper as desired.

The following recipe is a simple roast with added seasoning. These seasons may be varied to suit your families likes.

Venison Roast

(2-4 servings per pound)

3 lb. venison rump roast (bone in or bone out)

¼ tsp thyme

¼ tsp basil, crushed

2 tsp parsley flakes

2 tsp salt

1/16 tsp garlic salt

¼ tsp pepper

2 tbsp olive oil

Mix herbs and seasonings. Score the roast with a sharp knife. Cut ¼ in. deep gashes and rub the seasoning mixture in well. Brush the roast with olive oil. Roast in a 325°F oven until internal temperature reaches 170°F. Do not overcook.

Barbecue Venison Roast

(2-4 servings per pound)

3-4 lb venison roast

¼ c vinegar

2 tbsp brown sugar

2-4 tbsp seasoned flour

Sauce:

½ c catsup

1 c water

2 tbsp Worcestershire sauce

¼ c minced onion

Mix vinegar and brown sugar, roll roast in the solution, then dredge in seasoned flour. Put roast in bake-in-bag and add sauce. Tie shut and prick several small holes with a fork. Bake in a slow oven (300°F) 1½ hours. Serve sauce with meat or thicken for gravy.

This makes a nice flavored meat but don't expect it to be as tender as an open pan roast.

Venison Chops

Chops and steaks are from the more tender cuts of the carcass. Pan or oven broiling may be used successfully with these cuts; the main precaution is not to overcook. If you wish to use moist heat, here again long, slow cooking is desirable.

Pan Broiled Venison Chops

Venison loin chops—usually use two per serving depending upon the size and thickness of the chop. Heat

frypan and brush with fat. Fry chops 5 minutes, turn and fry 5 minutes on other side. **Do not** over cook. After turning sprinkle on salt if desired.

Oven Broiled Venison Chops

When oven broiling venison chops, the time depends on the thickness of the chop—but again **do not** overcook. For a more tender chop, remove from the broiler while the meat is still a bit pink next to the bone. Salt after turning when ready to serve.

Breaded Venison Chops with Brown Sauce

(4 servings)

4-8 venison chops, depending on size of chop
seasoned flour

1 egg

2 tbsp water

dry bread crumbs or cornflake crumbs

2-4 tbsp shortening

Dredge chops in seasoned flour, dip in beaten egg to which the water has been added. Be sure all areas of the chop are coated; then roll in crumbs. Fry in hot fat until golden brown, turn only once.

Brown Sauce:

2 tbsp butter

1 sliced onion

2 tbsp flour

1 c beef bouillon

1 tsp Worcestershire sauce

½ tsp salt

½ tsp paprika

Brown onion lightly in butter. Stir in flour and brown. Add bouillon and cook till thick and smooth. Add Worcestershire sauce, salt and paprika. Serve with breaded venison chops.

Baked Venison Chops

(4 servings)

4-8 venison chops—depending on size

1 c raw rice

1 tsp salt

1 6-oz can of frozen concentrated orange juice, reconstituted

Brown chops in lightly greased fry pan. Put chops in flat baking dish. Sprinkle rice and salt over the chops and pour on the orange juice. Cover (use foil if necessary) bake 1¼ hours in 325°F oven. Check for moisture the last half hour, add more water if needed.



Venison Stew

A properly prepared stew with succulent pieces of meat and vegetables still crispy tender, all in a rich sauce is a meal "fit for a king!" Biscuits baked separately or dumplings added to the pot the last few minutes makes it even better.

Cubed meat may be cut from trimmings of the larger cuts and the lower shanks make good cubed meat for stewing. Long, slow cooking is most desirable for this kind of meat. Cooked meat and sauce may be frozen for a second meal, reheat and add the vegetables to keep them crisp and tasty.

Hunter's Stew (6 servings)

- 2 lb. venison stew meat
- 2 tbsp beef suet or butter
- 2 c. chunked carrots (about 6)
- 2 c. chunked celery (about 3 stalks)
- 1 c. onion, cut in quarters (about 3 med.)
- 2½ c. chunked potatoes (about 2)
- 2 c. canned tomato sauce
- 1 tsp. salt
- ¼ tsp. pepper
- 1 tsp. sugar
- water

Cut meat into inch cubes if not already cut. Brown in the suet or butter. Add seasonings and cover with water. Cover, bring to boil and simmer until meat is tender (1 to 2 hours). Add vegetables and continue cooking until tender—about ½ hour. Add more salt if needed.

Venison Deluxe (6 servings)

- 2 lbs. venison stew meat
- ¼ c. fat or butter
- 1 c. diced celery
- ½ c. minced onion
- 1 minced clove garlic
- 1 c. diced carrots
- 1 bay leaf
- 2 c. water
- ¼ c. butter
- 1 tsp. salt
- 4 tbsp. flour
- ½ c. sour cream

Cut venison into inch cubes, if not already cut. Melt fat in frying pan and brown the meat and garlic. Transfer the meat to a 2 qt. baking dish. Saute the vegetables in fat and pour over the meat, add bay leaf and half the water. Cover. Bake 1½ to 2 hours in a slow oven (325°F). Melt butter, stir in flour and salt, add remaining cup of water and any liquid from the meat. Boil until thick. Stir in sour cream. Pour over meat and vegetable mixture. May be returned to the oven uncovered for a few minutes before serving. Delicious with biscuits.

Skillet Stew with Sour Cream (6 servings)

- 2 lbs venison stew meat
- ¼ c. drippings or butter
- ½ c. sliced onion
- 1 tsp. salt
- ¼ tsp. pepper
- 2 c. canned tomatoes
- 1½ c. sour cream
- ¼ tsp. paprika

Melt drippings in heavy skillet, brown meat and onion. Add seasonings, tomatoes, sour cream and paprika. Cover the skillet and simmer on lowest possible heat, just to keep the liquid barely bubbling. Stir occasionally. Simmer 2 to 3 hours. Serve with rice, noodles or boiled potatoes.

Venison Stew I (6 servings)

2 lb. venison stew meat
¼ c. drippings or butter
boiling water or stock
2 tbsp. lemon juice
½ tsp. Worcestershire sauce
1 minced clove garlic
1 c. diced onion
2 bay leaves
2 tsp. salt
¼ tsp. pepper
½ tsp. paprika
⅓ tsp. cloves or allspice
1 c. chunked carrot
6-8 small onions or wedges of 2-3 med. onion
2 c. potatoes, chunked (about 2)

Brown meat in drippings in a dutch oven. Add seasonings, garlic, onion and water or stock to cover. Put on cover and simmer until meat is tender (1 to 2 hours). Add vegetables and cook until done (about ½ hour). Thicken the liquid with flour and water paste if you desire a thickened gravy.

Venison Stew II (3-4 servings)

¾ lb. venison stew meat
2 tbsp. seasoned flour (2 tbsp. flour, 1 tsp. salt, ⅓ tsp. pepper)
2 tbsp. butter
½ c. chopped onion
2 tbsp. chopped green pepper
½ c. hot water
¾ c. tomato juice
1 tsp. lemon juice
½ c. sliced carrot
½ c. sliced celery
1 tbsp. celery leaves
¼ tsp. chili powder
2 tbsp. catsup
2 c. chunked potatoes (2)
1 c. cooked peas
1 tsp. parsley, flaked

Dust stew meat in seasoned flour. Melt butter in a heavy saucepan. Brown meat, onion and green pepper. Add water, tomatoes, lemon juice, carrot, celery,

celery leaves, chili powder and catsup. Simmer 1 to 1½ hours or until meat is tender. Add potatoes and cook 15 minutes longer. Add peas and parsley flakes. Cook until all vegetables are tender. If you prefer thicker gravy, add a little flour and water paste just before serving.

Venison Stew with Dumplings (6 servings)

2 lb. venison stew meat
¼ c. drippings or butter
2 tsp. salt
½ tsp. pepper
Bouquet garni (1 tbsp. parsley flakes, 1 tsp. thyme and 2 or 3 bay leaves tied together in a bag)
water to cover
1 c. small whole onion or wedges from 3 to 4 med. onions
1 c. chunked carrots
1 c. chunked turnip
1 c. chunked potatoes

Melt drippings in a large pan with tight fitting lid. Brown the meat, add salt, pepper, bouquet garni and water. Cover and simmer over low heat until tender 1½ to 2 hours. Add vegetables and cook another ½ hour longer. Very tasty with parsley dumplings or herb biscuits.

Parsley dumplings

1 c. flour
1½ tsp. baking powder
½ tsp. salt
1 egg
1 tbsp. parsley flakes
⅓ c. or more milk

Sift dry ingredients into a small bowl, mix in parsley flakes. Make a well in flour mixture and drop in whole egg. Add part of the milk and mix thoroughly. If too stiff, add milk until the batter can be spooned out. Dip spoon into hot liquid, then into batter, dividing into 6 dumplings or more depending on the size you wish. Cover quickly and simmer for 15 to 20 minutes. Don't peek or dumplings will fall.

Ribs

The ribs from venison have characteristics similar to beef short ribs. They may be treated in much the same way as broiled ribs or baked ribs with your favorite barbecue sauce. Some object to the layers of fat in venison ribs. Preboiling the rib pieces for 2 hours takes out a lot of the fat. Let the ribs cool in the broth, then lift off the congealed fat. Drain the pieces and procede with your favorite recipe or one of the following suggestions.

Barbecued Venison Ribs I

(4-6 servings)

3 lbs. venison ribs, cut into serving pieces and par-boiled.

Sauce:

1 c. finely chopped onion

½ c. diced celery

½ c. vinegar

¼ c. Worcestershire sauce

2 c. boiling water

2 c. catsup

2 tbsp. brown sugar

¼ c. lemon juice

⅛ tsp. cayenne pepper

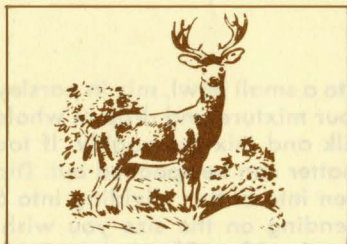
2 tbsp. butter

1 tsp. dry mustard

¼ tsp. chili powder

1 tbsp. molasses

Boil sauce. Put rib pieces in a dutch oven and pour sauce over the ribs. Bake in a slow oven (275°F) for 2 to 3 hours. Baste occasionally.



Barbecued Venison Ribs II

(4-6 servings)

3 lb. venison ribs, cut into serving pieces, parboiled

1 large onion

Sauce:

1 c. catsup

½ c. Worcestershire sauce

1 tsp. chili powder

1 tsp. salt

1½ c. water

Bring sauce to a boil. Put ribs in a shallow roasting pan. Pour sauce over the pieces, then place a sliced onion on top of each piece. Bake in a moderate oven (350°F) for one hour.

Variation: If you use raw ribs, brown well in a fry pan before transferring to roasting pan. Increase baking time by ½ hour.

Ground Venison or "Burger"

There are, unfortunately, some hunters and butchers who think only in terms of steaks and "hamburgers" or salami. The meat cutter may be rushed or completely indifferent and takes the easiest way out by putting as much as possible through the meat grinder, or the hunter doesn't care how the meat is cut up. Grinding the less tender cuts may be a solution but ground meat has less storage life than larger pieces of meat, thus making it more difficult for the cook to find new and varied ways of using "burger." The following recipes for the use of ground venison is a mere beginning of what can be done to give variety to venison "burger."

Quick Venison Stroganoff

(4-6 servings)

1 lb. ground venison
½ c. minced onion
¼ c. butter
1 clove garlic, minced
2 tbsp. flour
1 tsp. salt
¼ tsp. monosodium glutamate
¼ tsp. pepper
¼ tsp. paprika
1 can cream of mushroom soup
½ to 1 c. sour cream
parsley

Saute onion in butter until golden. Stir in meat, garlic, flour, salt, monosodium glutamate, pepper and paprika; saute 5 minutes or until meat is brown and crumbly. Add soup; simmer uncovered for 10 minutes. Stir in sour cream; sprinkle with parsley. Serve with rice, noodles or mashed potatoes.

Venison Pie

(6-8 servings)

Crust:

1 lb. ground venison
¼ c. minced onion
¼ c. chopped green pepper
½ c. bread crumbs
½ c. tomato sauce
1 ½ tsp. salt
⅛ tsp. pepper
⅛ tsp. oregano

Thoroughly mix all ingredients. Pat mixture into bottom of greased, deep 9-inch pie pan. Pinch 1-inch flutings around edge.

Filling:

½ c. raw rice
1 c. water
½ tsp. salt
1 c. tomato sauce or juice
1 c. grated sharp cheddar cheese (divided)

Combine rice, water, salt, tomato and ¼ c. cheese. Spoon mixture into meat crust. Cover with foil. Bake at 350°F for 25 minutes. Remove foil; sprinkle with remaining cheese. Bake uncovered, 10-15 minutes longer. Cut into pie-shaped pieces for serving.

Barbecue Venison Burgers

(8 servings)

1 ½ lb. ground venison
¾ c. rolled oats
1 c. milk
1 ½ tsp. salt
¼ c. minced onion (1 small onion)
¾ tsp. pepper
3 tbsp. fat
1 c. catsup
½ c. water
3 tbsp. vinegar
2 tbsp. Worcestershire sauce
2 tbsp. sugar

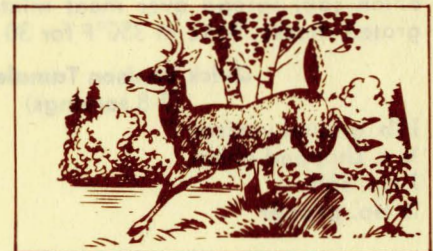
Mix venison, rolled oats, milk, salt, onion and pepper together and form into 8 patties. Brown patties in melted fat in skillet. Combine remaining ingredients in a casserole; place browned patties in the sauce. Cover and bake in slow oven (300°F) for 1 ½ hours. Baste patties with the sauce if they appear dry.

Venison Hash

(6-8 servings)

1 lb. ground venison
2 ½ c. thinly sliced onion (about 3 large onions)
1 c. minced green pepper (about 1 large pepper)
3 tbsp. fat
2 c. cooked tomatoes
½ c. uncooked rice
1 ½ tsp. chili powder
2 tsp. salt
⅛ tsp. pepper

Saute onion and green pepper in fat. Add meat and brown until crumbly. Stir in remaining ingredients. Pour into greased 2 qt. casserole. Cover and bake 45 minutes at 350°F. Remove cover and bake 15 minutes longer.



Venison Hot Dish with Bean Sprouts (12-15 servings)

- 1 lb. ground venison
- 2 c. chopped onion (2 large onions)
- 3 tbsp. fat
- 2 c. chunked celery
- 1 c. rice
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 c. water
- ¼ c. soy sauce
- 1 tsp. salt
- ⅛ tsp. pepper
- 1 can bean sprouts, drained

Saute onion and celery in melted fat, add meat and brown. Transfer to casserole. Mix and add remaining ingredients except bean sprouts. Cover and bake in moderate oven (350°F) for 1½ hours. Stir in bean sprouts and bake uncovered for another 30 minutes.

Venison-Potato Pie (6 servings)

- 1 lb. ground venison
- ½ c. tomato soup
- ½ c. fine dry bread crumbs
- ¼ c. minced onion
- 1¼ tsp. salt
- ⅛ tsp. pepper
- 1 pkg. instant potatoes or 2 c. mashed potatoes
- ½ c. shredded sharp cheddar cheese
- 1 egg beaten
- ¼ tsp. onion salt
- ¼ c. grated sharp cheddar cheese

Combine venison, soup, crumbs, onion, salt and pepper. Line bottom of a deep 9-inch pie pan with the mixture. Prepare the instant potatoes as package directs; add shredded cheese and cool. Stir in egg and onion salt; spread over meat mixture. Sprinkle with grated cheese. Bake at 350°F for 30 minutes.

Quick Venison Tamale Pie (7-8 servings)

- 1 lb. ground venison
- ¾ c. chopped onion
- 1 tsp. salt
- ⅛ tsp. pepper

- 2 tsp. chili powder
- 3 tbsp. salad oil
- 2 c. whole kernel corn (12 oz. can)
- 2 c. cooked tomatoes (No. 2 can)
- 1 box corn muffin mix (jiffy)

Cook venison, onion and seasonings in hot oil for 8-10 minutes, stirring until crumbly. Add corn and tomatoes; bring to a boil. Pour into a loaf pan (3x9x2 inches). Prepare corn muffin mix according to directions on package. Spoon batter over meat mixture. Bake in a hot oven (400°F) for 30-40 minutes.

Venison Meat-Za Pie (4-5 servings)

- 1 lb. ground venison
- ⅔ c. evaporated milk
- ½ c. fine dry bread crumbs
- 1 tsp. garlic salt
- ¼ c. tomato paste or catsup
- 1 can sliced mushrooms (2 oz.)
- 1 c. shredded sharp cheddar cheese
- ¼ tsp. oregano, crumbled finely
- 2 tbsp. parmesan cheese

Place meat, milk, bread crumbs and garlic salt in a deep pie plate. Mix thoroughly; pat mixture evenly on the bottom and sides of pie plate. Pull up over rim and press firmly into place. Spread tomato paste over meat. Sprinkle mushrooms over. Top with cheddar cheese and sprinkle with oregano and parmesan cheese. Bake in moderately hot oven (375°F) for 25 minutes.

Apple Venison Balls (4-5 servings)

- 1 lb. ground venison
- 1 c. dry bread crumbs
- 1 c. fresh grated apple (2 med)
- 2 eggs, beaten
- 1½ tsp. salt
- ½ tsp. pepper
- 2 c. tomato juice
- 2 tsp. sugar

Mix first 6 ingredients together thoroughly and form into balls. Place in 2 qt. casserole and cover with tomato juice to which the sugar has been added. Cover and bake 1 hour at 350°F.

Venison Sauce and Spaghetti I (6 servings)

- 1 lb. ground venison
- 1 c. chopped green pepper
- 1 c. chopped onion
- 2 tbsp. fat
- 1 qt. canned tomatoes
- 1 tsp. salt
- ¼ tsp. pepper
- 3 tbsp. catsup
- ½ tsp. Worcestershire sauce
- 1 bay leaf
- few drops tabasco sauce
- 1 lb. uncooked spaghetti

Brown meat, onion and pepper in fat. Bring the remaining ingredients to a boil; add meat mixture and simmer 2 to 3 hours. Serve with hot spaghetti.

Venison Sauce and Spaghetti II (6 servings)

- 1 lb. ground venison
- 2 tbsp. finely chopped onion
- 2 tbsp. fat
- 1 tbsp. Worcestershire sauce
- 1 tsp. salt
- ¼ tsp. black pepper
- ½ tsp. garlic salt
- 2 c. tomato juice
- ¼ c. tomato catsup
- 1 lb. uncooked spaghetti

Saute onion in fat, add meat and seasonings. Stir until meat is slightly browned. Add tomato juice and catsup. Simmer for 30 minutes. Serve on hot spaghetti. Sprinkle with grated parmesan cheese.

Venison Loaf I (8 servings)

- 1½ lbs. ground venison
- 2 eggs, beaten
- 2 tsp. salt
- ¼ tsp. pepper
- ¾ c. uncooked oats
- ¼ c. chopped onion
- 1 c. tomato juice

Combine all ingredients thoroughly and pack firmly into a loaf pan. Bake one hour in a moderate oven (350°F). Let stand 5 minutes before slicing.

Surprise Loaf (8 servings)

- 1¼ lb. ground venison
- ⅓ c. minced onion
- 2 tbsp. fat
- 2 tbsp. chopped green pepper
- 1 tbsp. minced parsley
- 1 egg
- 1 c. bread crumbs
- 1 tsp. salt
- ¼ tsp. pepper
- ½ c. milk or tomato juice
- 4 small eggs, hard cooked
- 2 c. mashed potatoes

Saute onion in fat. Mix well with rest of ingredients except the hard cooked eggs and potatoes. Put half the meat mixture in a well-greased loaf pan (9x5x3). Press the hard cooked eggs down the center lengthwise. Pack the remaining meat firmly on top. Bake about an hour in a moderate oven (350°F). Unmold on a fireproof serving dish or baking platter. "Frost" like a cake with the mashed potatoes. Garnish with paprika. Return to oven to brown. If desired, serve with carrots, broccoli or other colorful cooked vegetables arranged around the loaf.

Ground Venison-String Bean Casserole (5-6 servings)

- 1 lb. ground venison
- 2 tbsp. chopped onion
- ½ tsp. salt
- ⅓ tsp. pepper
- ½ c. chopped green pepper
- 2 tbsp. fat
- 1 can French-style string beans, drained
- 1 can undiluted tomato soup
- 1 pkg. instant potatoes or 2 c. mashed potatoes
- 1 egg
- paprika

Brown meat, onion and green pepper in the fat in a heavy skillet. Add the string beans and tomato soup, mix well. Pour into a 2 qt. casserole, cover, bake 30-35 min. at 350°F. Prepare mashed potatoes, add egg, mix well. Spoon the potatoes on top, sprinkle lightly with paprika. Return to the oven, uncovered, for another 15-20 minutes or until the potatoes are nicely browned.

Venison Loaf II

(8 servings)

- 1½ lb. ground venison
- 2 slices bread
- 1 c. milk
- 2 eggs, beaten
- ¼ c. minced onion
- 1 tsp. salt
- ½ tsp. sage
- ⅛ tsp. black pepper
- 1 small can mushroom sauce
- topping:
- 3 tbsp. brown sugar
- ¼ c. catsup
- ¼ tsp. nutmeg
- ½ tsp. dry mustard

Soak bread in milk; mix to break bread into small pieces. Add other ingredients and mix thoroughly. Shape into loaf and spread with topping. Bake 1 hour in a moderate oven (350°F).

Venison Pasties

(2 servings)

Crust for 1 large or 2 small pasties:

- 1 c. flour
- ¼ c. finely chopped suet
- ¼ c. lard
- ¼ c. cold water
- ¼ tsp. salt

Filling for one large pasty:

- ¼ lb. ground venison
- ½ c. chopped onion
- ½-¾ c. cubed potato (1 large)
- ½ c. cubed carrot (optional)
- ½ tsp. salt
- ⅛ tsp. pepper
- 2 tsp. butter

Crust: Mix flour and salt; cut in lard and suet, add cold water gradually and knead vigorously. (This crust does not suffer from overkneading.) Roll into a circle or divide and make 2 circles on a lightly floured board.

Filling: Mix all ingredients except butter. Place on one-half of the circle. Fold other half over. Seal edges well. Cut slit in top. Bake 1 hour in 350°F oven. Put butter in the slit and return to oven for ½ hour.



Red Flannel Venison Burgers

(4 servings)

- 1 lb. ground venison
- 2 eggs, beaten
- 2 tbsp. chopped onion
- 1½ tsp. salt
- ⅛ tsp. black pepper
- 1 c. diced cooked potato (1 medium)
- ½ c. diced pickled beets
- 2 tbsp. fat

Beat eggs, add onion, salt and pepper. Add meat and mix well. Add potatoes and beets; mix slightly. Chill thoroughly, about 1 hour. Shape into 8 patties, ¾ inch thick. Pan-fry patties in fat 5 minutes; turn and cook 5 minutes longer or until delicately browned. **Do not** overcook as the patties will become dry.

Venison Skillet Dinner

(4 servings)

- ½ lb. ground venison
- ½ c. chopped onion (1 medium)
- 1 small clove garlic, minced
- 2 tbsp. minced parsley
- 1 tbsp. fat
- ¾ c. tomato paste (6 oz. can)
- 2¼ c. water
- 1 tsp. sugar
- 1½ tsp. salt
- ⅛ tsp. pepper
- 4 ozs. noodles
- grated parmesan cheese

Melt fat in heavy skillet. Add meat, onion, garlic and parsley, and brown lightly. Combine tomato paste, water, sugar, salt and pepper. Add to meat mixture, mix thoroughly. Cover, simmer 10 minutes. Add noodles, cover and cook until noodles are tender (about 5 minutes) stirring occasionally. Serve with grated cheese.

Venison Burger Pinwheels

(6 servings)

- ¾ lb. ground venison
- ½ c. minced onion
- 2 tbsp. fat
- 1 tsp. salt
- ½ tsp. pepper
- ½ c. soft bread crumbs
- ⅓ c. milk
- 1 recipe biscuit dough (2 c. flour)

Saute onion in fat in a covered saucepan 5 minutes. Measure 2 tbsp. and add to the meat along with salt, pepper, crumbs and milk, mix thoroughly.

Mix biscuit dough, adding the remaining onion to the flour with shortening. Roll dough into 12x9 inch rectangle. Spread with meat mixture and roll lengthwise as for jelly roll, wetting edge to seal. Cut 12 slices; place cut side up on greased baking sheet. Bake in hot oven (450°F) 20 minutes or until done. Serve hot with green pea sauce.

Green Pea Sauce

2 c. medium white sauce, browning butter and adding 2 bouillon cubes. Add ¾ c. drained cooked peas, heat and serve with pinwheels.

Venison Pizza

(6 servings)

- 1 lb. ground venison
- ¾ c. minced onion (1 medium)
- 2 tbsp. fat
- 1 tsp. salt
- ¼ tsp. pepper
- ¼ tsp. garlic salt
- 1 tsp. basil
- 1 tsp. oregano, finely crushed
- 1 can tomato sauce (8 oz.)
- 1 c. grated mozzarella cheese

Brown meat and onion in fat, cook over medium heat until onion is transparent. Add seasonings, mix well. If dry and crumbly add part of the tomato sauce to the meat mixture before spreading it on the crust. Spread the tomato sauce over the meat mixture, then sprinkle grated cheese on top. Bake 20-25 minutes at 375°F. Crust should be golden brown.

Biscuit type crust

- 2 c. all-purpose flour
- 1 tbsp. baking powder
- 1 tsp. salt
- ¾ c. milk
- ⅓ c. salad or cooking oil

Sift together flour, baking powder and salt; add milk and oil. Stir with a fork until mixture forms a ball. Turn onto lightly floured board and knead 8 to 10 times. Roll dough between sheets of waxed paper to fit a 14" pizza pan or 2 (10") pie pans. Or press with fingers to fit the pizza pan, building up the edges as you work.

Yeast type crust

- ½ tsp. yeast
- 3 c. all-purpose flour
- ¾ c. plus 2 tbsp. lukewarm water

Mix flour and yeast. Stir in the lukewarm water to make a stiff dough. Add a little more flour if the dough is sticky to handle. Knead dough on lightly floured board for 5 minutes. Place in a bowl and oil the surface. Let rise until dough bubbles. Roll dough into circle to fit pizza pans. Makes two large pizzas. This recipe is easily divided to make one pizza.

Venison Chili Con Carne

(4-6 servings)

- 1 lb. ground venison
- ¾ c. chopped onion
- 1 clove garlic, minced
- 2 tbsp. bacon fat
- 1 tbsp. flour
- 1 tsp. salt
- ⅓ tsp. pepper
- 3 tbsp. chili powder (more or less to suit taste)
- 1 can kidney beans (No. 2)
- 1 can tomatoes (No. 2½)
- 1 can tomato puree (6½ oz.)

Saute onion and garlic in fat. Add meat, sprinkle with flour, salt, pepper and chili powder. Mix well and cook over medium heat until meat is brown. Add drained beans, tomatoes and tomato puree. Cover and simmer for 1 hour.

Venison Bar-B-Q-Burger

(8 servings)

1 lb. ground venison

2 tbsp. fat

$\frac{2}{3}$ c. chopped onion

1 tbsp. catsup

$\frac{1}{2}$ tsp. salt

$\frac{1}{2}$ tsp. black pepper

$\frac{1}{4}$ c. water

1 tbsp. prepared mustard

1 can condensed chicken gumbo soup

8 burger buns

Cooked meat and onion in fat until lightly browned. Stir frequently with wooden spoon. Add other ingredients. Cover. Simmer gently on low heat for 30 minutes. Stir occasionally. Spoon into warm buns.

Venison Mincemeat

Another tasty way to use venison is to make mincemeat. The following recipe uses either ground venison or boiled meat from bony pieces—such as neck bones. Spices may be varied to your family's taste but do try mincemeat. It may be used in many ways; a few suggestions are given here.

Venison Mincemeat

(7 pints)

1½ lbs. ground venison (venison burger)

1 c. boiling water

1 c. beef suet (ground fine)

3 lbs. apples (12 medium)

1 lb. raisins

$\frac{1}{2}$ lb. currants

2 c. brown sugar

2 c. white sugar

2 tsp. salt

2 tsp. cinnamon

$\frac{3}{4}$ tsp. clove

$\frac{3}{4}$ tsp. allspice

$\frac{3}{4}$ tsp. nutmeg

1 qt. apple cider

$\frac{1}{4}$ c. vinegar

2 c. crushed pineapple (unsweetened)

2 tsp. vanilla

Cook ground meat in water for 1½ hours (covered). Peel and core apples, grind. Add apples and suet to the meat and simmer for another 45 minutes. Add remaining ingredients, simmer until thick. Seal in hot sterilized jars or put in freezer containers, cool and freeze.

Variations:

1 to 1½ lb. of ground cooked meat may be substituted for the burger. Simmer neck bones and other bony or scrap pieces for 2 to 3 hours, until meat is easily removed from the bone. Let cool to congeal fat and remove it. Pick off meat. Grind through a $\frac{3}{8}$ inch or less orifice or medium blade on a home grinder. Combine all ingredients including some of the broth as needed, simmer until desire thickness.

Venison Mincemeat Bread

(1 large loaf or 2 small loaves)

$\frac{1}{4}$ c. shortening

$\frac{1}{2}$ c. brown sugar

1 egg, well beaten

1¼ c. venison mincemeat

$\frac{1}{2}$ c. walnuts, chopped

$\frac{1}{3}$ c. bran buds

2 c. sifted all-purpose flour

3 tsp. baking powder

$\frac{1}{2}$ tsp. salt

$\frac{1}{2}$ c. milk

Soak bran buds in milk. Cream shortening and sugar together. Add eggs, blend thoroughly. Add $\frac{1}{2}$ c. flour, blend well. Mix in mincemeat and nuts. Stir in milk mixture. Add remaining flour sifted with baking powder and salt. Blend thoroughly. Pour into well greased ($9\frac{1}{2}$ x $5\frac{1}{4}$ x $2\frac{3}{4}$ ") loaf pan or two ($7\frac{7}{8}$ x $3\frac{3}{4}$ x $2\frac{1}{4}$ ") loaf pans. Bake in moderate oven (350°F) 1¼ hours for large loaf or 45 minutes for small loaves or until a toothpick comes clean. Carefully remove from pan and let cool on cake rack. Store in cool place.

Variations:

Use $\frac{2}{3}$ c. wheat germ or whole wheat flour in place of bran buds. Add with the mincemeat and nuts.

Venison Mincemeat Pie

(8 inch pie—5 servings)

1 pt. mincemeat (1¾ c.)

pastry for a 2 crust pie

Fill unbaked 8-inch pastry shell with mincemeat. Top with pastry. Sprinkle lightly with sugar. Bake at 425°F for 15 minutes. Reduce heat to 350°F and bake ½ hour longer.

Variations:

(9 inch pie—6 servings)

Add 1 to 2 c. chopped tart apples to the mincemeat. Proceed as above.

Venison Mincemeat—Apple Crisp

(6-8 servings)

1¾ c. venison mincemeat

4 medium apples

½ c. brown sugar

⅓ c. all-purpose flour

1 tsp. cinnamon

¼ c. butter or margarine

Peel and slice apples. Place half the apple slices in buttered 8 x 1½ in. round baking dish. Top with half the mincemeat; repeat layers with apple and mincemeat.

Combine dry ingredients, add butter or margarine; mix till crumbly. Sprinkle over top. Bake at 350°F about 45 minutes. Serve while still warm (reheats well).

Venison Jerky

Jerked meat: to cut meat into long slices or strips and dry in the sun. That method has been used for ages to preserve meat, and it is a favorite meat with the American Indians. Today jerked meat has become a popular snack food and it can easily be made at home in the oven. There are various ways of making jerky but the following recipe of Tony Dean's of the South Dakota Department of Game, Fish and Parks, is simple and easy with good results.

Tony Dean's Venison Jerky

1 lb. meat, cut in strips

1½ tsp. old Hickory smoked salt

½ tsp. garlic salt

½ tsp. onion salt

Most venison cuts may be used for jerky. This is a good use for flank. Remove all fat, gristle and waste trimmings. Cut the meat in strips of about 5-6 inches in length, about one-quarter inch in thickness and three-quarters to an inch wide.

Place a layer of meat in a bowl or dish that can be covered. Sprinkle with part of the hickory smoked salt, garlic and onion salts. Then another layer of meat strips and seasonings, until all meat and seasonings are used. Cover the dish and place in refrigerator for overnight.

The next morning place the strips of seasoned meat on a cookie sheet. The pieces may touch but do not overlap. Put in a slow oven (175 to 200°F) for four to five hours. The meat should be dry and will be black in color. After it cools, it is ready for use. Jerky may be stored in a tightly covered jar and it will keep for a long time.

Corned Venison

1½ to 2 lb. of venison meat

Brine:

2 qt. water (divided)

1 tsp. saltpeter (5 gm)

1 bay leaf

6 peppercorns

1 clove of garlic, minced

2 tsp. pickling spice (5 gm)

1½ c. salt (450 gm)

3 tbsp. sugar

Dissolve saltpeter in 1 c. boiling water. Add spices to 2c. water and simmer together 5 minutes. Measure remaining water into crock or enameled pan, add the two above mixtures and the salt and sugar, stir until dissolved. Add the meat, cover with a plate and weight down so the meat is covered with the brine. Refrigerate for 48 hours, turning meat once.

Remove meat from the brine, wash in cold water. Place meat in a kettle, cover with water, bring to a boil, and skim. Simmer 5 hours.

To serve cold: remove meat from water, cool and refrigerate. Slice thin.

To serve warm: leave meat in water until room temperature. Remove the meat. Slice and serve.

Notes:

1. Trim meat into pieces as nearly uniform as possible in thickness. Flank, breast and/or shoulder may be used. Trim out heavy connective tissue, bone and excess fat.
2. Doubling the amount of brine is sufficient for 4 to 5 lbs. of meat, but increase the brining time. Curing is calculated on the number of pounds of meat to be cured. It can be estimated as one day per pound of meat.
3. Don't expect as red a meat as corned beef. Meat from wild animals apparently does not react to the color developer in the same way as beef.
4. Corned venison freezes well, but as any other cooked and seasoned meat, do not try to store it too long.
5. Use corned venison in any recipe that calls for corned beef.

Variety Meats

It is surprising how many hunters ignore or discard the organ meats of the deer carcass such as the heart, liver, kidney and tongue. These meats are high in nutritive value and can be prepared the same day the animal is shot. In fact they are at their best when fresh, but do keep well in the freezer for 3 to 4 months. They should never be wasted.

Liver

An organ most often saved, but the most often misunderstood. Liver is not muscular tissue and regardless of the age of the animal is tender and needs only a small amount of cooking. Overcooking is the only thing that makes it tough. Use any favorite recipe for liver.

Pan-fried Venison liver

Venison liver
2 tbsp. lard
seasoned flour

Rinse liver well. Slice into $\frac{1}{2}$ " slices. Melt lard in skillet over medium heat. Dip slices of liver in seasoned flour, fry 5 minutes and turn, cook 3 minutes longer. Reduce heat and cook another 5 minutes.

Heart

Heart requires long slow cooking with moist heat to be at its flavorful best. It cannot be hurried, but is worth waiting for. Trim veins, arteries and heavy connective tissues, then rinse thoroughly. You may wish to parboil it until almost tender before proceeding with your favorite recipe—be it braised or stuffed heart!

Stuffed Venison Heart

1 Venison heart
1 tbsp. chopped onion
2 tbsp. lard
 $\frac{3}{4}$ c. cracker crumbs
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper
 $\frac{1}{4}$ tsp. celery salt
2 tbsp. water
seasoned flour
1 c. beef bouillon
1 whole clove
2 whole black peppers
1 bay leaf

Clean heart, removing arteries and veins; make pocket for stuffing. Lightly brown onion in hot fat, add cracker crumbs and seasonings, mix well then add 2 tbsp. water. Stuff the heart with this mixture; close and fasten with skewers. Roll the stuffed heart in seasoned flour. Place in pressure cooker and add beef bouillon and remaining seasonings. Cover and process 45 minutes. Cool quickly.

Tongue

The tongue has received considerable exercise during an animal's life and therefore, needs long slow cooking to make it tender. Wash it well with skin and roots still on, then simmer for several hours until tender. Skin and serve hot or cold. Smoked tongue is a delicacy if you are curing and smoking other portions of the carcass.

Kidney

Kidney from the deer carcass may be prepared as from any domestic animal. Kidneys from young animals should be cooked very briefly while larger ones may be chunked or sliced, browned and added to a stew.

Happy hunting and enjoyable eating!



Hints & Helps

1. **Bouquet garni**—a bunch of herbs tied together and dropped into a dish to flavor it while it is cooking. It may include parsley, a bay leaf, celery leaves and thyme. Tarragon and marjoram may be added. Remove the herbs before serving.
2. **Chop**—to cut into small pieces in a random manner.
3. **Chunk**—cut vegetables in large pieces or one inch cubes.
4. **Cube**—to cut into small ($\frac{1}{4}$ to $\frac{1}{2}$ inch) more or less cubical pieces.
5. **Dice**—to cut into small more or less cubical pieces, ($\frac{1}{8}$ to $\frac{1}{4}$ inch). Result is finer than cubed food, and coarser than minced.
6. **Mince**—to cut or chop into very small pieces.
7. **Parboil**—to boil in a large amount of water to remove excess fat or salt in heavily salted foods.
8. **Rich biscuit mix**—makes 8 2-inch biscuits.
 - 1 c. sifted all purpose flour
 - 1½ tsp. baking powder
 - $\frac{3}{8}$ tsp. salt
 - 3 tbsp. fat
 - about $\frac{3}{8}$ c. milkHerb biscuits—add to the above dry mix $\frac{1}{2}$ tsp. parsley flakes, plus $\frac{1}{2}$ tsp. of one of the following: thyme, marjoram or oregano.
9. **Seasoned flour for dusting meat:**
 - $\frac{1}{2}$ c. all purpose flour
 - 1 tsp. salt
 - $\frac{1}{2}$ tsp. black pepper

This mix may be made in quantity and stored for other uses.



Hints & Helps

1. Breadst garnish a bunch of herbs tied together and dropped into a dish to flavor it while it is cooking. It may include parsley, a bay leaf, celery leaves and thyme. Turnips and mushrooms may be added, depending on the herbs desired serving.
 2. Chop - to cut into small pieces in a random manner.
 3. Chunk-cut vegetables in large pieces or one inch cubes.
 4. Cube - to cut into small (1/2 to 1 inch) more or less cubical pieces.
 5. Dice - to cut into small more or less cubical pieces (1/2 to 1 inch). Result is finer than cubed food, and center more minced.
 6. Mince - to cut or chop into very small pieces.
 7. Parboil - to boil in a large amount of water to remove excess fat or salt or heavily-cooked foods.
 8. Rich blend mix - mostly 1/2 lb. of meat.
 9. 1 c. sifted all purpose flour
 10. 1/2 tsp. baking powder
 11. 1/2 tsp. salt
 12. 1 tsp. fat
 13. About 1/2 c. milk
 14. Herb blend - add to the above dry mix 1/2 tsp. parsley flakes, give 1/2 tsp. of one of the following: thyme, marjoram or oregano.
 15. Seasoned flour for stuffing meat.
 16. 1/2 c. all purpose flour
 17. 1 tsp. salt
 18. 1/2 tsp. black pepper
- This mix may be made in quantity and stored for other use.