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Venison : Care and Cooking

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Venison

Venison is an especially choice meat. Care in the field, in cutting, in storage, and in cooking all contribute to the quality of the meat you will serve. This fact sheet presents ways to handle venison and recipes you may want to try.

FIELD CARE

Proper field care is most important if you want excellent meat from your deer.

After the deer has been shot, bleed the carcass if the hit has been scored in the head, neck, or spinal cord. Fatal wounds elsewhere in the animal usually cause the deer to bleed out, especially if the animal has run after being hit. Additional bleeding need not be attempted.

If bleeding is required, sever the major blood vessels deep within the base of the neck at the junction of the chest cavity. A sharp, narrow knife stuck deeply into this area and slashed sideways will do the trick. Once bleeding begins, prop the carcass above the ground or lay it on a hillside so that the blood will flow away from the meat.

Another very important step in field care is quick and clean removal of the viscera (entrails). Meat is often tainted during field dressing when hair and gland secretions are allowed to contact the meat. For this reason some hunters prefer to cut the glands (metatarsal glands) on the inside of the hind legs at the hocks. If care is taken not to handle the legs at the glands, the glands need not be removed.

To easily remove the viscera, hang the deer with the head upwards, or place it in an inclined position so that the viscera can be rolled outward and hindward after the body cavity has been opened. First, cut the windpipe and food tube by reaching into the neck area, then free the diaphragm from across the upper body cavity. Take care not to puncture the paunch. Split the pelvic bone with a durable knife or hatchet to allow complete removal of the digestive tract and the reproductive organs.

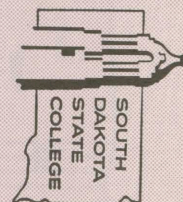
By **Donald Progulski**, Assistant Professor of Entomology-Zoology; **Harold Tuma**, Assistant Professor of Animal Science; **Rena Wills**, Associate Professor of Food and Nutrition; **Lida Burrill**, Professor of Food and Nutrition Research

The authors express appreciation to **Mrs. Joan Aspelin**, Assistant in Home Economics, and **Mrs. Joyce Schreiber**, Laboratory Technician, for their help in testing the recipes, and to the **South Dakota Department of Game, Fish and Parks** for supplying the venison.

Care and Cooking

VENISON

Cooperative Extension Service



Once the viscera has been taken out, prop the body cavity open to quicken cooling. Wipe the cavity with a dry, clean cloth. If the cavity is soiled from stomach or intestinal contents, wash it out with clean cold water.

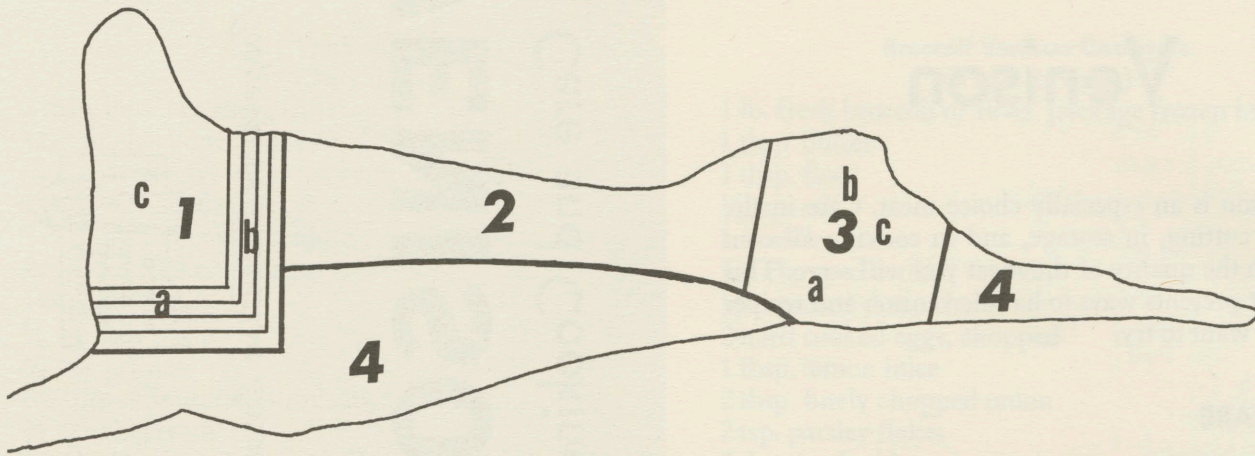
Deer may be left unskinned, as the carcass will cool readily with the hide on. Leaving the hide on helps keep the meat clean during transportation from the field to your home or place of processing.

Meat quickly spoils from internal heat, so don't leave the carcass on the ground to cool; the meat on the underside is likely to spoil within a short time. Keep the deer in shade where air will freely circulate around it.

Venison is often ruined as table meat during its transportation from the field to the final destination, especially when unseasonably warm weather prevails. Strapping the carcass on a cartop carrier is the best method of keeping the meat cool. If traveling is to be done at night, the cooled deer carcass can be put into the automobile trunk. Take precautions so the animal does not get dirty from road dust. Ordinary cheesecloth makes suitable cover and prevents flies from reaching the meat.

HOME CARE

After transporting the deer carcass to your home, skin but do not split it. Aging, or hanging the carcass in the cooler (36° to 38° F.) for 14 days, increases the tenderness of the various cuts. Aging occurs more rapidly when the carcass is held at a higher temperature a few days prior to hanging in the cooler. For every day the carcass is out in 40° to 50° F. temperatures, subtract 2 to 3 days from the total aging time.



1. SHOULDER

- A. Arm Chops
- B. Blade Chops
- C. Ground Stew Meat

2. RIB AND LOIN

- All Chops

3. ROUND AND RUMP

- A. Roast
 - a. sirloin tip
 - b. inside round (inside of C)
 - c. outside round or
- B. All Steak

4. SHANKS AND FLANK

- Ground Venison

The carcass may be split before separating it into the major cuts, or split afterward in the same manner as lamb. If the latter method is used, the paired major cuts will be split. This is usually the easiest. Separate the major cuts as shown in the diagram.

Trim the major cuts, removing any external fat and superficial, unsightly areas (dried blood, hair, or any foreign substance). The major cuts are then ready to be processed into portions ready for cooking.

The chops and steaks may be cut approximately 1 inch thick, depending upon individual preference. Roasts removed as described below will weigh approximately 3 pounds. Cut stew pieces into 1-inch cubes. Run the ground venison through the grinder twice using a one-eighth inch plate the final time.

The shoulder (removed between the 5th and 6th ribs) may be processed by alternately removing about four arm and blade chops; use remaining portion for stew or ground meat. The rib and loin may be used entirely for chops. The round may be utilized either as roasts or steaks, depending on individual preference. The three roasts are boneless, convenient in size, and easy to separate. Remove the sirloin tip roast first, then the inside (top) and outside (bottom) roasts may easily be separated. Use the shanks, flank, and trim for stew or ground meat.

RECIPES FOR VENISON

In general meat from deer may be cooked by the same methods as beef or lamb. Because the fat has been removed from the meat, additional fat may be added freely during cooking.

Some of the flavorings which are especially desirable with venison are: Worcestershire sauce, onion, garlic, mushrooms, and tomato.

Cooking venison to a medium or rare stage is preferred to cooking it well done. The meat fibers are very juicy but even a little over-cooking makes the meat dry.

STEAKS, CHOPS, ROASTS

Steaks and chops are delicious broiled or braised. Roasts are also excellent.

Braised Venison Chops in Mushroom Gravy

(4 servings)

- 3 tbsp. butter or margarine
- 1 small onion, chopped
- 4 large venison loin chops
- 1¾ tsp. salt
- dash of pepper
- 1 c. water
- 1 10½ oz. can mushroom soup
- 1 tsp. Worcestershire sauce

Use a skillet with tight-fitting cover. Cook onions in fat until golden (300° F.). Sprinkle chops with salt and pepper. Remove onions from skillet and brown chops slowly (uncovered at 340° F.) on both sides. Add ¼ c. of the water, cover and simmer 15 minutes (220° F.). Add ¼ c. more water and again cover and simmer 15 minutes. Add the rest of the water and the mushroom soup. Cover and continue cooking very slowly for half an hour. Stir in Worcestershire sauce just before serving.

Venison Swiss Steak

(3-4 servings)

- 1½ lbs. venison round steak, cut into individual servings
- 1 medium onion, chopped
- 2 tbsp. shortening
- ¼ to ⅓ c. flour
- 1 tsp. salt
- ⅛ tsp. pepper
- 1 10½ oz. can tomato soup

Mix flour, salt and pepper. Pound flour mixture into steaks. Cook onions in fat in uncovered pressure sauce pan until partly done. Move onions to one side and brown meat on both sides. Pour soup over meat and cook for 15 minutes at 10 pounds pressure.

Variation: Cook onions in fat in skillet (300° F.). Remove from pan. Prepare meat as above and brown at 340° F. Add onions and soup and cook in electric skillet (220° F.) or oven (350° F.) for 1 to 1½ hours.

Venison Stroganoff

(4-5 servings)

- 1½ lb. venison sirloin steak cut in ½-inch strips
- ¼ c. flour
- 1 tsp. salt
- ¼ c. fat
- 1 large onion, finely chopped
- 1 3½ oz. can mushrooms (optional)
- ⅛ tsp. garlic powder
- 2 tbsp. flour
- 1 beef bouillon cube dissolved in 1¼ c. water
- 1 tbsp. Worcestershire sauce
- 1 c. sour cream
- 1½ to 2 c. cooked rice

Mix 1 tsp. salt with ¼ c. flour. Roll steak in flour and salt mixture. Cook onions, mushrooms and garlic in fat for 5 minutes (300° F.). Add steak. Brown evenly (340° F.). Remove meat, onions, and mushrooms from pan. Combine 2 tbsp. flour with drippings in pan. Add Worcestershire sauce and bouillon cube dissolved in water. Cook until thickened. Stir in sour cream and heat slowly (220° F.) until gravy simmers. Add venison and vegetables and heat for a few minutes. Serve over hot cooked rice.

Horseradish Sauce for Venison Steak

(4-6 servings)

- ⅔ c. sour cream
- ½ tsp. salt
- 2 tbsp. prepared horseradish
- 1 tsp. parsley flakes

Combine all ingredients. Mix well and serve with broiled or pan broiled venison steak. Butter is excellent for pan broiling deer meat but other fats may be used.

This sauce may be frozen and used at a later date.

Spanish Venison

(4 servings)

- 2 large onions, chopped
- 2 tbsp. bacon fat (or other shortening)
- 4 venison loin chops, trimmed
- ½ tsp. salt
- ⅛ tsp. pepper
- 1 green pepper, chopped
- 1 carrot, thinly sliced
- 1 stalk of celery, sliced
- No. 300 can (1¾ c.) tomato sauce

Preheat oven to 350° F. Cook chopped onions in bacon fat until golden brown (300° F.). Remove onions. In the same fat, sear chops on both sides (360° F.). Put chops in a flat casserole. Sprinkle with salt and pepper. Spread onions over meat and top with the chopped green pepper, sliced carrot, and sliced celery. Pour tomato sauce over meat and vegetables. Cover casserole (fitted cover or aluminum foil). Bake in 350° F. oven for 1 to 1¼ hours. The vegetables may not be fully cooked at the end of this time but the "crunchiness" adds to the texture. If fully cooked vegetables are desired, 10 to 15 minutes more baking time will be necessary.

Variation: Prepare onions and chops as above. Leave browned chops in skillet (electric or other). Arrange vegetables and tomato sauce over meat as directed above. Cover skillet. Simmer (220° F.) ¾ to 1 hour.

Venison Oven Steak Dinner

(4 servings)

- 3 slices bacon, diced
- 2 onions, sliced
- 1 3½ oz. can mushrooms (optional)
- 4 venison rib steaks, trimmed
- ¼ c. flour
- 1 tsp. salt
- ⅛ tsp. pepper
- 2 medium potatoes, quartered
- 1 small bay leaf
- ¾ c. tomato sauce (or juice)
- 1 c. (8 oz. can) green beans, drained
- grated Parmesan cheese (optional)

Preheat oven to 350° F. Cook bacon. Use fat to cook onions and mushrooms until a light golden color (300° F.). Remove onions and mushrooms from pan. Mix flour, salt, and pepper. Rub flour mixture into steaks and brown them slowly on both sides (340° F.). Place browned steaks in casserole. Add onions, mushrooms, bacon, potatoes, and bay leaf and pour tomato sauce over all. Bake at 350° F. for 1½ hours or until meat is tender. Add beans and cook 10 minutes more. If desired sprinkle with grated Parmesan cheese just before serving.

Venison Roast Marinade (for 3 to 4 lb. roast)

- 3 c. cold water
- 1 c. tomatoes (or tomato juice)
- ½ c. vinegar
- ¼ c. sugar
- 1 tbsp. lemon juice
- 2 onions, sliced
- 2 carrots, quartered
- 3 bay leaves
- 1 tbsp. meat tenderizer
- 1 tsp. celery salt
- 1 tsp. dry mustard
- 1 tsp. salt
- ¼ tsp. garlic powder
- ¼ tsp. pepper

This marinade is made the day before the venison is to be served and added to the roast to allow marinade to flavor and tenderize the meat.

Combine all ingredients in deep roaster or kettle which is to be used for cooking meat. If possible allow marinade to stand at room temperature for a few hours. Place thawed roast in marinade so mixture covers meat. Refrigerate roast in marinade over night. Cook meat in 350° F. oven in marinade mixture, keeping roaster covered. Allow 20 to 25 minutes per pound for medium doneness. If liquid evaporates, add water. Baste with juice occasionally. When meat is done, remove from pan. Strain juice and mash vegetables through a strainer. Set aside until fat comes to top. Skim off fat. Thicken juice for gravy.

CUBED STEW MEAT

The cubed stew meat is very useable. Flavor is best when all visible fat is removed during cutting.

Venison Pie (4 servings)

- 1 lb. venison stew meat, trimmed and cubed
- 1 tsp. salt
- ⅛ tsp. pepper
- 1 tbsp. butter or margarine
- 1 large onion, diced
- 2 carrots, thinly sliced
- 3 tbsp. flour
- 1 quart boiling water
- 4 medium potatoes, diced
- Baking powder biscuit dough for 4 large biscuits

Heat water to boiling. Sprinkle meat with salt and pepper. Use a large skillet or saucepan which can be put in the oven. Brown meat in butter (340° F.). Add onion and cook a few minutes, then add carrots. Sprinkle with flour and stir well. Add water and simmer until meat is tender. Preheat oven to 425° F. Add potatoes, and cook until done. Top mixture with biscuits and bake in 425° F. oven until biscuits are brown.

Barbecued Venison (4 servings)

Barbecue Sauce:

- ⅓ c. cider vinegar
- ½ c. catsup
- ¼ c. water
- 1 tbsp. brown sugar
- 1 tbsp. Worcestershire sauce
- 1 tbsp. lemon juice
- 1 tsp. salt
- ½ tsp. pepper
- ⅛ tsp. garlic powder
- ¼ tsp. Tabasco

Mix all ingredients and simmer together for 15 minutes.

Barbecued Venison:

- 1½ lb. venison stew meat, trimmed
- 3 tbsp. shortening
- 1 large onion, sliced
- 1 recipe barbecue sauce
- ½ c. sweet cream for gravy (optional)

Preheat oven to 350° F. Brown trimmed stew meat in shortening in deep skillet which can be put into oven. Partially cover browned venison with sliced onions. Pour some of barbecue sauce over meat and onions. Put skillet (uncovered) in preheated oven. As the sauce cooks away, add more. Cook until most of the sauce is absorbed (about 1 hour). Remove meat to hot platter.

Optional: Make a rich gravy in skillet by adding sweet cream and stirring over a low fire until it reaches desired thickness. Pour gravy over meat or serve separately.

This is very spicy. If less spice is desired, decrease pepper and Tabasco.



Venison Stew

(3-4 servings)

¾ lb. venison stew meat, trimmed and cubed
2 tbsp. flour
1 tsp. salt
⅛ tsp. pepper
2 tbsp. butter
1 onion, cut in large pieces
2 tbsp. chopped green pepper
½ c. hot water
¾ c. tomatoes or juice
1 tsp. lemon juice
1 carrot, sliced
1 stalk celery, sliced
1 tbsp. chopped celery leaves
dash of chili powder
2 tbsp. catsup
2 medium potatoes, quartered
1 c. peas
1 tsp. parsley flakes

Mix flour, salt, and pepper. Roll pieces of stew meat in flour mixture. Use a heavy saucepan. Brown meat, green pepper, and onion in fat (340° F.). Add water, tomatoes, lemon juice, carrot, celery leaves, chili powder, and catsup. Cook about 1 hour or until meat is tender. Add potatoes and cook about 15 minutes longer. At the last, add peas and parsley. Cook until all vegetables are tender. If you prefer thicker gravy, add a little flour mixed with water just before serving.

Variation: Prepare meat as above. Brown meat in fat in pressure saucepan (follow directions of manufacturer). Add water and cook for 10 minutes at 10 pounds pressure. Cool according to manufacturer's directions. Add other ingredients except peas and parsley. Cook for 8 minutes at 15 pounds pressure. Cool again. Add peas and parsley and reheat.

GROUND VENISON

The ground meat tends to be dry unless moisture is mixed into the meat or added during cooking. A sauce served over the meat patties also helps to keep them moist. Over-cooking contributes to the dryness. If broiled patties are still a little pink in the center when served, the meat is more juicy.

Liquid-Flavoring Combinations for Ground Venison

Ground venison seems dry when broiled in patties. When extra moisture is added before cooking, palatability is increased considerably. Below are some of the liquid-flavoring combinations which seem quite acceptable. Amounts given are for 1 lb. ground venison. 1 tsp. salt and a dash of pepper should be added to each lb. of meat.

⅓ c. milk and ⅛ tsp. garlic powder
¼ c. sour cream and 1 tsp. green onion tops or chives
⅓ c. tomato sauce
1 tsp. lemon juice, ¼ c. water, and 1 tbsp. minced onion
⅓ c. water and ½ tsp. oregano

↑

Basic Recipe—Venison Patties

(4 servings)

2 tbsp. butter or margarine
2 tbsp. chopped onion
2 tbsp. chopped celery leaves
2 tsp. dry parsley flakes
¾ lb. ground venison
½ c. dry bread crumbs or cracker crumbs
¼ c. milk
1 egg
1 tbsp. flour
2 tsp. lemon juice
¾ tsp. salt
¼ tsp. oregano
dash of garlic powder
dash of pepper

Cook onions, celery leaves, and parsley flakes in butter (300° F.) until tender. Combine all ingredients and mix well. Shape into patties and broil in oven or on an outside grill until browned on both sides.

↑

Venison Patties with Bacon

Basic venison patty recipe
4 slices bacon, cut in half lengthwise
1 8-oz. can tomato sauce
½ c. water
1 3½-oz. can mushrooms, drained (optional)

Preheat oven to 400° F. or start coals in outside grill. Make 8 patties as thick as the width of the cut bacon slices. Wrap a slice of bacon around the edge of each. Fasten with toothpicks. Place in heavy, flat pan and bake in 400° F. oven or on an out-of-door grill. Cook for 15 minutes. Dilute tomato sauce with water. Add mushrooms. Pour over patties and bake ½ hour longer.

Venison Patties with Mushrooms

Basic venison patty recipe
2 tbsp. shortening
1 10½ oz. can mushroom soup
1 tsp. Worcestershire sauce

Brown shaped patties in shortening (340° F.). Pour mushroom soup over patties in skillet and sprinkle with Worcestershire sauce. Cover. Simmer 15 to 20 minutes (220° F.).

Venison Patties in Onion Gravy

Basic venison patty recipe
2 tbsp. butter or margarine
1 tbsp. flour
½ c. water
¼ tsp. salt
1 medium onion thinly sliced

Brown shaped patties in butter (340° F.). Remove from skillet. Add flour to butter remaining in skillet and stir until flour is lightly browned (300° F.). Add water gradually and cook, stirring constantly until mixture is smooth and thickened. Add salt and onions. Cover and simmer for 15 minutes (220° F.). Return patties to skillet and simmer 5 minutes more.

Venison Patties with Spinach

Basic venison patty recipe
2 tbsp. shortening
1 10 oz. package frozen spinach

Brown shaped patties in shortening (340° F.). At the same time cook spinach according to directions on package. Drain spinach. Remove patties from skillet to platter and keep warm. Reheat spinach in frying pan in which patties were cooked. Spinach will absorb meat flavor. Smother patties with spinach. Serve with lemon juice or milk gravy made in frying pan and poured over meat and spinach.

Venison Loaf

(4 servings)

⅓ c. fine cracker crumbs
½ c. milk
2 tbsp. finely chopped celery
¼ c. chopped onion
2 tbsp. butter or margarine
¾ lb. ground venison
1 egg, beaten with fork
½ tsp. salt
¼ tsp. sage
dash of pepper

Preheat oven to 350° F. Soak cracker crumbs in milk. Cook celery and onions in butter (300° F.) until golden. Combine all ingredients and mix thoroughly. Pat into greased loaf pan and bake at 350° F. for 50 to 60 minutes.

Venison Lasagne

(4 servings)

4 oz. lasagne noodles
¾ lb. ground venison
2 tbsp. finely chopped onion
1 tbsp. shortening
1 8 oz. can tomato sauce
1 c. tomatoes
¾ tsp. oregano
¾ tsp. salt
⅛ tsp. pepper
⅛ tsp. garlic powder
¼ lb. thinly sliced Mozzarella or American cheese
¼ c. Parmesan cheese

Preheat oven to 375° F. Cook noodles for 30 minutes in boiling salted water. Drain. Brown ground venison and onion in shortening (340° F.). Stir in tomato sauce, tomatoes, salt, oregano, pepper, and garlic powder. Cover and simmer for 15 to 20 minutes or until slightly thickened. Fill 4 individual casseroles or a 1½ quart casserole by alternating layers of noodles, Mozzarella cheese, tomato-meat mixture and Parmesan cheese. Bake in 375° F. oven 15 minutes for individual casseroles or 20 to 25 minutes for large casserole.

Venison Chili

(4 servings)

2 tbsp. shortening
1 large onion, chopped
¾ lb. ground venison
1 tsp. salt
½ tsp. chili powder
⅛ tsp. garlic powder
⅛ tsp. pepper
No. 2 can red kidney beans
No. 2 can tomato sauce

Cook chopped onion in shortening (300° F.) until golden. Add ground venison. Cook until venison is brown and moist from its own juice (360° F.). Add salt, chili powder, garlic powder, and pepper. Mix well. Add beans and tomato sauce. Mix well and simmer, stirring occasionally, until smooth and thick (220° F.).

COOKED VENISON

When using left over cooked venison in a recipe, the texture is improved if the meat is chopped or cubed. Ground cooked meat becomes powdery and feels grainy in the mouth.

Venison and Bacon Salad

(4 servings)

3 c. diced, cooked venison
¼ c. French dressing
4 large tomatoes, not peeled
1 tsp. salt
4 lettuce cups
½ c. (8 slices) crumbled crisp bacon
½ c. sliced celery
¼ c. sliced radishes
½ tsp. salt
¼ tsp. garlic salt
1 tsp. Worcestershire sauce
¾ c. mayonnaise

The evening before salad is to be served (or at least 4 to 5 hours before), toss diced meat with French dressing. The meat is tenderized and absorbs flavor of dressing. Refrigerate. One to two hours before serving time cut tomatoes in 6 sections but not all the way through so they will open like a flower. Sprinkle tomatoes with salt and arrange in lettuce cups. Chill. Fry bacon and crumble. Toss together venison, bacon, celery, radishes, salt, garlic salt, and Worcestershire sauce. Mix in the mayonnaise. This can stand in refrigerator 1 to 1½ hours before serving if desired. Just before serving spoon salad into tomato shells and sprinkle with chopped parsley.

Venison-Vegetable Casserole

(6 servings)

½ c. celery, diced
¼ c. onion, diced
2 tbsp. green pepper, diced
1 tbsp. butter or margarine
1 c. diced cooked venison
1 8 oz. can (1 c.) peas, drained
1½ tsp. salt
⅛ tsp. pepper
1 tbsp. lemon juice
1 10½ oz. can mushroom soup
⅔ c. water
1½ c. cooked rice
½ c. cracker crumbs

Preheat oven to 350° F. Cook celery, onions, and green pepper in butter until golden (300° F.). Combine venison, vegetables, salt, pepper, lemon juice, soup, and water and mix well. Put cooked rice in buttered casserole. Pour meat and vegetable mixture over rice. Sprinkle with cracker crumbs. Bake in 350° F. oven for 25 minutes.

Curried Venison

(4 servings)

1 small onion, finely chopped
2 stalks celery, chopped
1 apple, minced
2 tbsp. butter or margarine
¾ to 1 tsp. curry powder
1 tsp. salt
1 tsp. Worcestershire sauce
⅛ tsp. ginger
⅛ tsp. Tabasco sauce
dash pepper
1 beef bouillon cube dissolved in 1 c. water
1 tbsp. flour
2 tbsp. cold water
2 c. cooked cubed venison
½ c. heavy cream
1 egg, well beaten
2 to 3 c. boiled rice

Cook onions, celery and apple in butter until slightly brown (300° F.). Stir in curry powder and simmer 5 minutes. Add remaining seasonings and bouillon and cook 20 minutes (220° F.). Stir in flour mixed with cold water, cook until thickened, and allow to stand ½ to 1 hour to develop flavor. Reheat and add cooked meat, cream and egg. Heat to boiling point, stirring constantly. Serve on hot rice.

Variation: Substitute package of dry onion soup mix and 1 c. water for onions and bouillon. Omit Worcestershire sauce, ginger, Tabasco, flour and cold water.

Venison Croquettes

(4 servings)

1 c. chopped leftover venison
1 c. thick white sauce
2 tbsp. chopped onion
1 tsp. parsley flakes
2 tsp. Worcestershire sauce
dash of pepper
1 hard cooked egg, diced
½ c. chopped mushrooms (optional)
1 egg, beaten, dilute with
2 tbsp. water
1 c. fine cracker crumbs

Croquettes should be mixed and shaped about 2 hours before they are fried. Combine white sauce and meat and cook a few minutes. Add onion, parsley flakes, Worcestershire sauce, salt, pepper, hard cooked egg, and mushrooms. Mix well and let cool. Shape croquettes and roll in cracker crumbs. Dip in beaten egg and water mixture and roll in crumbs again. Allow croquettes to stand in refrigerator a couple of hours. Fry croquettes in deep fat (360° F.) until they are a delicate brown. Serve hot with gravy or tomato sauce.

Tasty Venison Hash

(4 to 5 servings)

- 2 tbsp. butter or margarine
- ¼ c. finely chopped onion
- ⅓ c. coarsely grated raw carrots (optional)
- 1 tbsp. parsley flakes
- 2 c. chopped cooked venison
- 2 c. diced cooked potatoes
- 1 c. peas (optional)
- ½ tsp. salt
- ⅛ tsp. pepper
- few drops Worcestershire sauce
- ½ c. light cream

Cook onions in fat in skillet until golden (300° F.). Add carrots and parsley flakes and cook 2 minutes longer. Add venison, potatoes, peas, salt, pepper and Worcestershire sauce and cook about 5 minutes. Pour cream over mixture and cook until thoroughly heated. (340° F.).

Left-Over Venison Meat Loaf

(4 servings)

- 1 egg, beaten with fork
- 1 c. slightly cooled medium white sauce
- 2 c. chopped cooked venison
- 1 c. fresh bread crumbs (not dry)
- 1 tbsp. parsley flakes
- 2 tbsp. finely chopped onion
- 2 tsp. Worcestershire sauce
- ½ tsp. salt

Preheat oven to 350° F. Beat egg into slightly cooled white sauce. Add remaining ingredients and mix well. Put into greased baking dish and bake at 350° F. for 15 to 20 minutes.

Baked Potato Filled with Venison

(4 servings)

- 4 medium potatoes, baked
- 1 tbsp. soft butter
- 2 tbsp. sour cream
- 2 tbsp. minced onion
- ¾ tsp. salt
- ¼ tsp. paprika
- ¾ c. chopped cooked venison
- ⅓ c. bouillon, gravy or milk
- 2 tsp. Worcestershire sauce
- butter, grated cheese or parsley flakes

Preheat oven to 400° F. Bake potatoes in 400° F. oven until tender. Cut a thin slice off one side of potatoes and spoon out as much of the potato as is possible without breaking skin. Do not mash the potato. Add butter, sour cream, onion, salt, paprika and venison. Mix lightly. Moisten with bouillon and season with Worcestershire sauce. Fill skins with potato-meat mixture. Dot with butter or sprinkle with grated cheese or parsley. Brown under broiler or in a 400° F. oven.

Broccoli Venison Casserole

(5 to 6 servings)

- 1 lb. fresh broccoli or 10 oz. package frozen broccoli
- 1 tbsp. butter
- 1 tbsp. flour
- ½ tsp. salt
- 1 c. milk
- 1 c. chopped cooked venison
- ½ c. grated sharp cheese
- 2 hard cooked eggs, chopped
- 1 tbsp. lemon juice
- 2 tbsp. finely chopped onion
- 2 tsp. parsley flakes
- 2 tbsp. melted butter
- ½ c. cracker crumbs

Preheat oven to 325° F. Cook broccoli until just barely tender. Drain. Make a white sauce by melting butter, adding flour and salt, and cooking 1 minute. Remove from heat and add milk. Return to fire and cook until sauce bubbles, stirring constantly. Lay cooked, drained broccoli in 1½ quart casserole. Combine venison, cheese, egg, lemon juice, onion, and parsley. Cover broccoli with venison mixture. Pour white sauce on top. Combine melted butter with cracker crumbs and sprinkle over sauce. Bake in 325° F. oven 15 to 20 minutes.

Venison Mincemeat

(Makes six 9-inch pies)

- 2 lbs. cooked venison, chopped
- 3 lbs. apples, chopped (unpeeled)
- 2 lbs. raisins
- 1 lb. currants
- 1 large can crushed pineapple
- 1 c. white sugar
- 1 c. brown sugar
- 1 qt. sweet cider (or fruit juice)
- 3 c. meat stock or bouillon
- 2 c. chopped beef suet (or butter)
- ½ c. cider vinegar
- 1 tbsp. salt
- 2 tsp. cinnamon
- 2 tsp. allspice
- 2 tsp. cloves
- 2 tsp. nutmeg
- 2 tsp. vanilla

Use left over roast venison or simmer shoulder or other scrappy pieces until tender. When meat is cool, chop meat and apples with knife or blade chopper (grinding gives an undesirable "mealy" texture to the meat). Combine all ingredients in a large kettle. Bring mincemeat to a slow bubbling boil. Reduce heat and let mincemeat simmer from 1½ to 2 hours. If it seems dry during cooking, add more cider or meat stock. Mincemeat may be stored frozen or packed hot in pint jars and processed 20 minutes at 10 lbs. pressure.