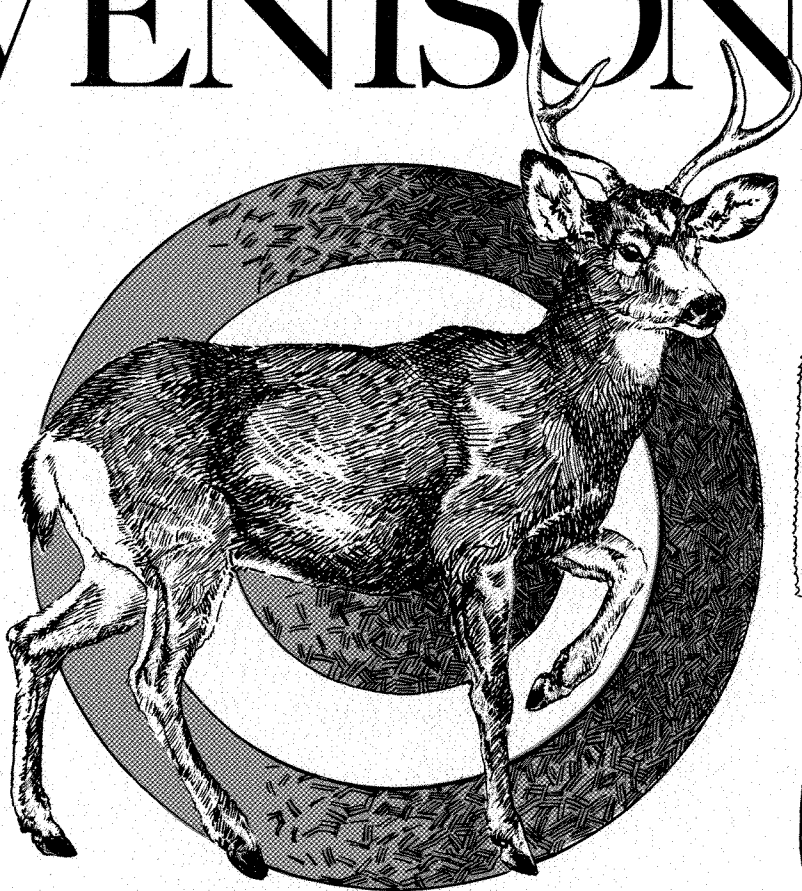
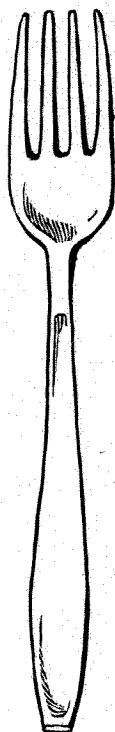


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VENISON



on the menu

Cooperative Extension Service
Colorado State University
Fort Collins, Colorado 80523
Bulletin 531A

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October 1984

VENISON on the menu

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Proper Care of Wild Meat in the Field

Good venison can begin with the shooting. Experienced and skillful hunters can approach near enough to big game to shoot it as desired. They are cool enough to place their bullets with precision, in spite of the excitement which always is felt in big game hunting. They choose and equip their rifles with care, and practice until their shots are sure.

The best shot, if highest quality meat is wanted, is in the brain or at the juncture of the skull and spinal column. Shot here, the carcass of a deer or elk can be as clean as a packing-house beef. Shots at distant or running animals cannot be as accurately placed and may result in paunch-shot animals or badly damaged hams and loins.

When a large buck or bull is shot, with antlers making a splendid mounted trophy, head or neck shots naturally are not desired. Shots through the thin-fleshed ribs into the lungs or the rear portion of the heart are preferred. But when shooting smaller animals, the condition of the meat usually is more important than the trophy.

Hunters generally agree that "hot" animals — those that have been running hard for a distance — have stronger flavored meat than those that recently have been at rest. Animals that are "hot" usually are breathing with open mouths and should be avoided when shooting.

Experienced hunters also have found that the older, low-velocity cartridges (the .45-70 for example) tear and bloody the meat less than high-speed bullets do. As they say, meat struck by these slow bullets is "good right up to the bullet hole." However, hunters who are in a hurry, who hunt where the game is very wild, or who lack skill in stalking and shooting are surer of success if they use a modern high-velocity rifle and cartridge and shoot for the heart and lung region of the body rather than the head or neck.

When Your Deer or Elk Is Down

Load your rifle and approach the animal from the rear to make sure it is dead. Note whether the bullet entered or emerged from a deadly spot. If in doubt, a hard-nosed bullet from a supplementary chamber in the rifle or a pistol bullet will kill a wounded animal without tearing meat or trophy. It may be well to prod the animal with your toe, the muzzle of your rifle or a stick. In any event, be ready to shoot again.

¹ This bulletin was originally developed in 1945 by Elizabeth G. Cassel, Elizabeth Dyar and J.V.K. Wagar, in cooperation with the Colorado Game and Fish Department and the Experiment Station. It was revised in 1954 by Ferne Bowman and Elsie Slayton of the Home Economics Section of the Colorado State University Experiment Station and in 1984 by Delwin Benson, Extension Wildlife Specialist and Pat Kendall, Food and Nutrition Extension Specialist, Cooperative Extension Service, Colorado State University.

Bleeding the Animal

Should you "stick" the animal or not? Hunters differ about this. It once was a general practice to stick the hunting knife into the base of the neck just above the brisket, or chest, and to cut sideways until one or both of the large neck veins (jugulars) were cut, and blood gushed out in quantity.

This practice spoils the neck for today's sculptured mounts including the neck and the shoulders. If the animal is struck through the lungs with a large or high-velocity bullet, it probably has bled quite completely into the lung cavity. Many hunters today prefer to open the carcass within a very few minutes and to bleed the animal by cutting the large blood vessels leading to the heart.

Removing the Entrails

Hunters disagree as to the best way to remove the entrails (intestines) from the carcass. Some hang their deer in trees, with the help of other hunters or light block-and-tackle outfits. Others roll the carcass on its back, cut from the breast bone back to the pelvic arch, cut the liver, diaphragm, heart, lungs, and intestine loose, and then roll the unwanted portions out sideways.

The principal purpose in removing the entrails is (1) to remove the lungs and heart to promote bleeding of the flesh and cooling of the meat and (2) to remove organs containing partly digested foods and body wastes which prevent quick cooling of the meat and which may taint it. These organs should be removed as completely and quickly as possible, without rupturing them. The exact method of routine is less important than the objective.

Cooling

The carcass should be cooled as quickly as possible. Meat sours or decays most rapidly when kept warm and moist. Several methods aid rapid cooling. These include (1) hanging or propping the meat off the ground to permit free air circulation, (2) propping the intestinal cavity open with a stick, (3) placing the carcass in the shade, (4) hanging it outdoors during cold autumn nights and in a cool building or shelter during the day, (5) skinning and quartering the carcass as soon as possible to permit cool air to reach pieces smaller than the entire carcass.

Heavy, massive animals such as elk or large bucks cool less rapidly than smaller animals and require more care to prevent spoilage.

Properly cooled meat is sometimes spoiled later by carrying it next to a hot car motor, upon a pack horse with the venison poorly shielded from the sweating horse, in a car trunk that is hot, or in similar unfortunate locations.

The ideal arrangement for cooling meat is to hurry the carcass, neatly shot and carefully skinned, to a locker plant. There it may be placed in a cool room only a few degrees above freezing and watched by experts until it is properly aged without spoiling before cutting and freezing. Hunting conditions do not always permit this because of distance and because the party of hunters is not ready to return. Then the best field methods should be used.

Drying

Wet meat spoils more quickly than dry. For this reason most hunters warn against washing any portion of the carcass with water. It is better to wipe bloody or soiled portions clean with a nearly dry cloth. (Here again neatly shot and dressed game prevents necessity for washing bloody or fouled portions).

Old timers in arid portions of the West, who had no better means, preserved their meat by drying it in thin strips, as in "jerky," or by hanging quarters in the dry wind until the exterior would "case" or be covered with a layer of blackish dried meat resembling dried beef. The meat inside would remain edible for some time, but the outside dried meat usually had to be wasted by heavy trimming, and the thin-fleshed rib portions soon dried to an unappetizing, chip-like texture.

The best rule is to dry the meat by hanging it in a cool place until the surface no longer is wet. Air circulation must be provided, for meat hung beneath or covered by tight canvas will probably "sweat" and become wet enough to sour on the surface. Too severe drying is prevented in the field by leaving the hide upon the thoroughly cooled carcass, or by wrapping skinned portions in light muslin, mosquito netting, or packer's meat tubing.

Dirt, Dust, and Animal Taints

Careless dragging of dressed carcasses often covers exposed flesh with pine needles, hair, and other trash. Game carried unprotected in partly open car trunks or in open trucks and racks will become dust covered. The venison should not be tainted by letting the hair side of the hide or hands soiled by contact with the hair or scent glands touch it.

Flies

Old-timers hoisted venison in screen-covered boxes up into the tops of trees by means of rope and pulley arrangements. They claimed that the air was cooler and drier than next to the ground and that flies did not venture that high. Other hunters sprinkle black pepper upon the meat to discourage flies.

Hurrying the meat to a screened, cool place is best. In some camps the hunters cool and dry the meat by hanging it out at night, when flies are not around and cover it beneath canvas in a shaded, cool place during days. With freezing night temperatures and warm days in the higher deer and elk ranges, this method has merit if all basic principles are followed.

A few hunters are building well-insulated meat boxes for pickup trucks. They cool these boxes with dry ice or even gasoline-powered refrigeration units. Meat that is neatly skinned, quartered and trimmed can be kept safely for several days in these cold boxes, even during the warmer early seasons.

Use of Fat and Hides

The Fat

Deer and elk fat seems to turn rancid sooner than that of domestic animals. Most hunters trim it off their meat before cooking, or even freezing. Fat can be made into good soap by using recipes printed on cans of lye bought for soapmaking.

The following method is also recommended:

1. Clean the tallow or fat by melting it in a kettle half-filled with water. Let stand while cooling slowly. Lift tallow from water after dirt has settled out and the tallow is firm.
2. For each 4 1/2 pounds of tallow prepare a lye-mix consisting of:
 - 1 can (13 oz.) lye
 - 3 pints of cold water
 - 1/2 pound of borax
 - 3 tablespoons of ammoniaPour water over borax. Stir. Stir in ammonia. Add lye and stir until dissolved. (It will heat as it dissolves.) Cool.
3. Stir 4 1/2 pounds of warmed tallow (which has been melted over water) into each quantity of lye-mix as above. Keep stirring with a wooden paddle until thickened. Pour into a wooden box lined with cloth.
4. Cut into convenient cakes while still soft, but allow to harden and blend for a few weeks before using.
5. REMEMBER THAT LYE IS VERY CAUSTIC. IF NOT HANDLED WITH CARE IT WILL INJURE THE SKIN AND METAL UTENSILS.

The Hides

No hides make better gloves or jackets than deer and elk skins. Deer hides are preferred to those from elk for thinner gloves or jackets. Colorado laws now permit hunters to sell their properly tagged hides to dealers, or hunters may secure the finest gloves and jackets for their families by sending hides and measurements to firms which tan and manufacture such articles.

Antelope hides are considered less durable than those of deer and elk. Some hunters use antelope leather for ladies' or dress gloves, however. All hides should be protected from abrasion resulting from dragging carcasses upon the ground until the hair is rubbed off. They should be salted thoroughly and dried quickly to prevent spoilage. Raw hides folded and rolled before they are cool and dry will soon spoil.

Home Care of Game

Game properly cared for in the field and suitably skinned is (1) cut into convenient pieces, (2) packaged, and (3) safely stored to prepare it for satisfactory home cooking.

Cutting is not a haphazard operation. For easy cutting hang the carcass by the hocks or hock tendons. Split lengthwise along the backbone from tail to neck; sawing with a meat or carpenter's saw, or chopping with a cleaver or handaxe. Keep halves well spread while splitting. Cut between the last two ribs and through the backbone to divide halves into quarters.

Badly shot portions should be cut out. If they appear distasteful, cook them for dog or cat meat. If the pieces are merely blood-shot, cut into small chunks, score, soak overnight in salt water, and use in stews, hamburger or mincemeat.

Clear portions may be cut into steaks, roasts and stew meat in proportions desired. Many freezer locker stores have power saws and capable meat cutters who cut and wrap meat. Some hunters cut their own roasts and have steaks or chops cut by expert meat cutters. Cuts and their uses are indicated upon the accompanying chart:

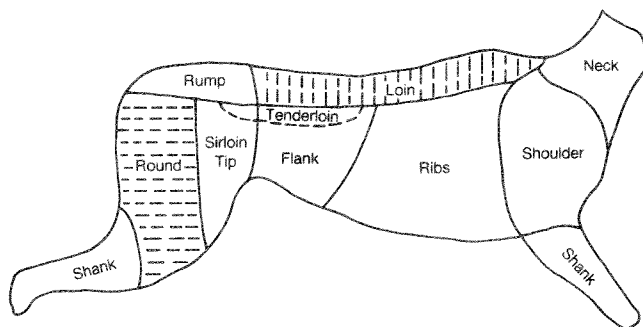


Figure 3.

Shank — ground meat or stew
Shoulder — roasts or chops
Neck — stew or ground meat
Rib — stew or boiled meat
Loin — steaks

Flank — braised steak or stew
Rump — roast
Round — steaks or roasts
Sirloin — steaks or roasts
Shank — ground meat or stew

Major cuts are made along solid lines. Smaller cuts are made along broken lines.

The simplest way to cut meat is to remove all flesh from bones following along natural seams of muscles. Loins are removed from the back as they lie between the upright vertebra and downturned ribs. The long, sausage-shaped piece can then be trimmed of loose tissue and cut into steak-sized pieces (similar to cutting a loaf of bread). On smaller animals, a cut twice the desired size is made, then cut almost in two again, leaving connective tissue enough to fold out the cuts to resemble a butterfly. The result is two small steaks, held together to form a reasonable portion.

Freezer-Locker Plant Care of Game

Freezer-locker plants become more efficient each year in the general processing of meats, but the wise hunter inquires concerning those which will handle meat in the most pleasing way. Some plants will receive game carcasses with hides on, and will skin them for a modest sum or for the hide. Others refuse carcasses not already skinned and with loose hair removed. Some locker plant employees who cut and wrap domestic meats with great care are not experienced game handlers. It is best to work with those who have experience if possible. Ask about this so that your meat will be handled as you want it.

The hunter who trims venison free of unattractive portions will get better service at the locker plants.

Hunters should inform butchers of the proportion of steaks, roasts, and burger desired and of the size of each package to be frozen. A good marking system which indicates roasts, burger, chops and the different cuts of steaks helps in the sure selection of meat for a particular recipe or more particular guests.

Directions for Cooking Venison

General Suggestions

The use of herbs, spices, condiments and such vegetables as tomatoes, onions and garlic can do much to improve game, especially if the meat is strong-flavored.

Since venison is apt to be dry after cooking, moist heat is more desirable than dry heat for all except the very tender cuts. A pressure cooker or slow cooker can be used to advantage as these devices supply the necessary moisture and tenderize tougher cuts. Times for cooking will depend on the age of the animal and condition of the meat.

Pounding the tougher steaks and chops before cooking helps break up the long meat fibers that are sometimes found in elk meat.

Trimming the fat from game is most important, because the strong flavors are more pronounced in that fat than in the meat itself. The fat which is present solidifies readily and for that reason the meat is best when served piping hot. Fat from bacon or salt pork can be used to replace the fat removed from the meat.

Freezing

The principles of cooking frozen venison are the same as those for cooking frozen beef.

Broiling and Roasting

For oven broiling, choose medium to thick steaks from rib to loin. Wipe with a damp cloth and place in a pre-heated broiler set at 350° F. The broiler or oven door should be left slightly ajar during broiling. When brown on one side, salt and

turn. Venison can be cooked to the same preference as domestic meats. Rare steaks are more moist. A 1-inch deer sirloin steak will require about 15 to 20 minutes to reach the medium done stage. Elk steaks will take a little longer than the corresponding beef steak. Venison can be cooked to the same preference as domestic meats. Rarer steaks are more moist.

When pan broiling, place meat in a preheated skillet that is just lightly greased. Cook over medium heat, turning once, until meat has reached the desired state of doneness. Salt it after turning.

When oven roasting, rub salt into surface of roast and place in an uncovered pan. Insert a meat thermometer into the center of the largest muscle, being careful to avoid contact with bone or fat. Roast at a constant oven temperature of 300° to 350° F for 25 to 30 minutes for each pound or to an internal temperature of 170° F. All game has a dark surface when roasted and may appear to be done before it actually is.

Recipes

Steaks and Chops

Steak With Horseradish Sauce

- | | |
|---------------------------|--|
| 2/3 cup thick sour cream | 1 sirloin or T-bone steak
(elk or deer) |
| 1/4 teaspoon salt | |
| 3 tablespoons horseradish | |

Combine sour cream, salt and horseradish. Beat well and serve over steak which has been broiled or sautéed and salted.

Barbecued Steak

- | | |
|--|-----------------------------------|
| 2 tablespoons margarine or butter | Sauce |
| 1 teaspoon dry mustard | 1 tablespoon Worcestershire sauce |
| 1/2 teaspoon salt | 2 tablespoons salad oil |
| 1/8 teaspoon pepper | 1 tablespoon catsup |
| 1 teaspoon sugar | 1/2 teaspoon sugar |
| 1/4 teaspoon paprika | 1 teaspoon salt |
| 1 thick sirloin or T-bone steak
(elk or deer) | |

Blend margarine or butter with mustard, salt, pepper, sugar and paprika. Rub this mixture well into the steak. Make sauce by mixing the last five ingredients listed. Brush a part of this sauce over the steak. Broil steak 20 to 30 minutes, according to doneness preferred. Leave door of broiler partly open. Watch steak carefully. Turn steak once. Brush frequently with remaining sauce.

Spanish Steak

- | | |
|------------------------------------|-----------------------|
| 2 pounds chuck steak (deer or elk) | 1 sliced green pepper |
| flour for dredging | 1 teaspoon salt |
| 2 tablespoons fat | 1/2 teaspoon pepper |
| 2 sliced onions | 1 No. 2 can tomatoes |

Have chuck steak cut 1 to 2 inches thick. Dredge with flour and brown in fat. Add onions, green pepper, seasonings and tomatoes. Cover closely and simmer approximately 3 hours, or until tender. Serves 4 to 6.

Breaded Chops

- | | |
|--------------------------------|---------------------------|
| 3 shoulder chops (deer or elk) | 1 beaten egg |
| 1/2 teaspoon salt | 1/2 cup fine bread crumbs |
| dash of pepper | fat for sautéing |

Simmer chops in small amount of water about 15 minutes. Drain and season with salt and pepper. Dip chops in beaten egg, coat with bread crumbs. Brown both sides in hot fat. Serve with brown sauce.

Brown Sauce

- | | |
|---|---------------------------------|
| 1 slice of onion | 1 teaspoon Worcestershire sauce |
| 2 tablespoons margarine or butter | |
| 2 tablespoons flour | 1/2 teaspoon paprika |
| 1 cup meat stock or 1 bouillon cube dissolved in 1 cup of hot water | 1/2 teaspoon salt |

Brown onion lightly in margarine or butter. Stir in flour and brown. Add meat stock slowly, stirring constantly, and cook until sauce is thick and smooth. Add Worcestershire sauce, paprika and salt.

Paprika Cream Schnitzel

- | | |
|--|-------------------------|
| 1 pound of elk or deer round cut in small pieces | 1/2 teaspoon salt |
| 1/2 cup water | 1 teaspoon paprika |
| 3 or 4 slices bacon finely cut | 1/2 cup tomato sauce |
| 2 tablespoons chopped onion | 3/4 to 1 cup sour cream |
| 1 clove garlic, chopped | chopped parsley |

Place cubed meat and water in a pressure pan and cook about 30 minutes at 10 pounds pressure. Fry bacon until crisp; add cooked meat, onion and garlic and cook until brown. Add salt, paprika, tomato sauce and sour cream. Simmer this mixture gently until sauce is thick. Sprinkle with chopped parsley just before serving.

Sauerkraut Rolls

- | | |
|---------------------------------|---------------------|
| 4 pieces of steak (elk or deer) | 1/4 teaspoon pepper |
| 2 slices bacon | 1 cup sauerkraut |
| 1/2 chopped onion | 1/2 cup meat stock |
| 2 teaspoons sugar | |

Pound meat quite thin and cut into pieces about 3 by 4 inches. Dice bacon and fry; add onion and cook 5 minutes. Add sugar, pepper and sauerkraut. Heat thoroughly. Place a portion of sauerkraut mixture in center of each piece of meat. Roll and tie securely with thread or fine string. Place rolls in a greased casserole and add meat stock. Bake in a moderate oven (350° F.) about 1 hour or until meat is tender.

Venison Roll-Ups

- | | |
|------------------------------------|------------------------|
| 2 pounds round steak (elk or deer) | 1/2 pound pork sausage |
| salt | 4 medium-sized carrots |
| pepper | flour |
| | shortening |

Pound thinly cut steak with saucer edge or meat hammer. Cut into 4-inch squares. Sprinkle with salt and pepper and spread with sausage meat. Peel carrots and quarter lengthwise. Place several strips on each piece of meat. Roll and tie with string or fasten with toothpicks or skewers. Flour lightly. Brown in hot shortening. Partly cover with water, cover pan, and cook in moderate oven (350° F.) until tender — 1 1/2 to 2 hours. Serves 6.

Stuffed Steaks

- | | | | | | |
|---|-----|---------------------------------------|--|-----|--|
| 1 | 1/2 | slices of day-old bread | | | salt |
| | 1/2 | teaspoon salt | | | flour |
| | 2 | teaspoons finely chopped green pepper | | 2 | club steaks 1 inch thick (elk or deer) |
| | 2 | teaspoons minced onion | | 2 | tablespoons margarine or butter |
| | 2 | teaspoons finely chopped celery | | 1/2 | cup water |

Make a dressing by combining bread, broken in small pieces, 1/2 teaspoon salt, green pepper, onion and celery. Salt steaks and dredge with flour. Cut slits halfway through steaks and fill with dressing. Using a pressure pan, brown steaks in margarine or butter. Add 1/2 cup of water and cook at 10 pounds pressure about 20 minutes. Serves 4.

Creamed Venison

- | | | | | | |
|-----|--|-------------------------------------|-----|--|---------------------------------|
| 1 | | pound cubed elk or deer round steak | 2 | | teaspoons Worcestershire sauce |
| 3 | | tablespoons margarine or butter | 1/4 | | cup pickle relish |
| 2 | | cups medium white sauce | | | Topping |
| 1 | | teaspoon celery salt | 1/2 | | cup dry bread crumbs |
| 1/4 | | teaspoon pepper | 2 | | tablespoons margarine or butter |
| 3 | | tablespoons chopped parsley | | | |

Brown steak in 3 tablespoons margarine or butter. Add a small amount of water and cook in a covered skillet until tender, adding a little water from time to time as needed. When done add white sauce, seasonings, parsley and pickle relish. Put mixture in a greased casserole. Sprinkle top with bread crumbs and dot with margarine or butter. Bake in a moderate oven (350° F.) until crumbs are browned.

Hawaiian Venison

- | | | | | | |
|-----|--|--|-------|--|------------------------|
| 1 | | pound boneless elk or deer round steak | 1/2 | | cup pineapple chunks |
| 1/4 | | cup flour | | | Sauce |
| 2 | | tablespoons margarine or butter | 2 1/2 | | tablespoons cornstarch |
| 1/2 | | cup boiling water | 1/2 | | cup pineapple juice |
| 1 | | teaspoon salt | 1/4 | | cup vinegar |
| 2 | | or 3 green peppers | 1/4 | | cup sugar |
| | | | 2 1/2 | | tablespoons soy sauce |

Cut steak into 1-inch cubes and dredge with flour. Brown meat cubes on all sides in hot fat. Add water and salt. Simmer gently until meat is tender. Clean green peppers and cut into 1-inch squares. Boil 10 minutes and drain. Add pepper squares and pineapple chunks to browned meat. Combine last five ingredients and cook until sauce is clear and thick. Pour sauce over meat mixture and simmer 5 minutes. Serve over Chinese noodles or cooked rice.

Ground Meat Dishes

Chili

1	large onion, sliced	1/8	teaspoon paprika
1	green pepper, chopped	1/8	teaspoon cayenne
1	pound ground deer or elk meat	3	whole cloves
3	tablespoons fat	1	bay leaf
1	No. 2 1/2 can tomatoes	1	or 2 tablespoons chili powder
2	teaspoons salt	1	No. 2 can kidney beans

Brown onion, green pepper, and meat in hot fat. Add tomatoes and seasonings. Simmer 2 hours, adding water if necessary. About 10 minutes before serving add the beans and heat thoroughly. Serves 6 to 8.

Deviled Burger on Buns

1	pound ground elk or deer	3/4	cup meat stock or hot water
3	tablespoons margarine or butter	1 1/2	tablespoons prepared mustard
1	chopped medium-sized onion	3/4	cup chili sauce
1	tablespoon flour		

Brown ground meat in margarine or butter. Add onion, stir in flour and hot liquid. Cook mixture about 5 minutes, stirring constantly. Add mustard and chili sauce. Simmer about 15 minutes. Serve on toasted buns.

Meat Loaf

2	slices dry bread	1/4	cup minced onion
1/4	cup milk	1/4	cup diced celery
1	pound ground elk or deer	1/4	cup barbecue sauce
1/2	teaspoon salt	2	tablespoons margarine or butter
1/2	teaspoon pepper		
1	beaten egg	1/2	to 1 cup water

Soak bread in milk. Add ground meat, salt, pepper, egg, onion, celery and barbecue sauce. Blend mixture well and shape into two small loaves; wrap loaves in waxed paper and place them in refrigerator for 30 minutes or until firm. Melt margarine or butter in a pressure pan. Brown loaves in melted fat. Add water and cook at 10 pounds pressure for about 15 minutes. Serves 4 or 5.

Ground Meat Appetizers

1	pound ground elk or deer	1	teaspoon Worcestershire sauce
1	tablespoon minced onion	1	tablespoon prepared mustard
3/4	teaspoon salt	1	tablespoon horseradish
2	tablespoons margarine or butter	1/2	teaspoon celery seed
2	tablespoons flour	1/2	teaspoon sugar
1	cup hot water		

Mix ground meat with onion and salt and shape into balls about 3/4 inch in diameter. Brown in the margarine or butter. Remove balls from pan and blend flour into the fat and drippings; add hot water and stir until mixture boils and thickens. Add Worcestershire sauce, mustard, horseradish, celery seed and sugar. Place meat balls in a small casserole, pour sauce over them. Cover and bake in a moderate oven (350° F.) for 25 to 30 minutes.

Venison Shortcake

1 slice bacon, diced	1/2 teaspoon prepared mustard
1/4 cup sliced onions	1/8 cup tomato catsup
1 pound ground lean deer or elk	Shortcake
1/2 teaspoon salt	2 cups flour
1/4 teaspoon pepper	2 teaspoons baking powder
2 tablespoons flour	1/2 teaspoon salt
1 1/4 cups water	4 tablespoons shortening
	2/3 to 3/4 cup milk

Sauté bacon and onions until slightly browned. Add meat, salt, pepper, and cook until browned. Add 2 tablespoons flour and blend. Add water, mustard, and catsup. Bring to a brisk boil, stirring constantly.

For shortcake, sift flour, baking powder and salt together twice. Cut in shortening. Add milk gradually, mixing to soft dough. Turn out on floured board and knead slightly. Roll 1/4 inch thick and cut with floured 3 inch biscuit cutter. Place half the biscuits on baking sheets, brush with melted butter and place remaining biscuits on top. Bake in hot oven (425° F.) 12 to 15 minutes. To serve, split shortcakes and pile meat mixture between halves. Serves 6.

Meat Loaf With Chili Sauce

4 slices fresh bread	1 teaspoon salt
1/2 cup water	1/4 teaspoon pepper
2 pounds ground elk or deer	2 eggs
1 medium onion	1 cup chili sauce

Soften bread in water and add remaining ingredients. Mix well, pack in pan and cover with chili sauce. Bake at 375° F. for 45 minutes.

Pot Roasts

Tomato Pot Roast

2 1/2 pounds chuck or rump (elk or deer)	1 tablespoon salt
1 tablespoon margarine or butter	1 clove garlic
2 cups tomato juice	4 medium potatoes
	6 carrots

Brown meat slowly in margarine or butter. When well browned add tomato juice, salt and garlic. Cover lightly and simmer until tender, about 3 1/2 hours. Add potatoes and carrots 45 minutes before meat is done.

Sauerbraten I

3 pounds elk or deer	3 bay leaves
2 1/2 cups vinegar	6 whole black peppers
3 cups water	1 1/2 teaspoons salt
2 sliced medium-sized onions	1 tablespoon fat
1/2 sliced lemon	1 1/2 tablespoons flour
6 whole cloves	

Place meat in a large bowl; add vinegar, water, onions, lemon, cloves, pepper and salt. Let meat stand 48 hours in refrigerator, turning occasionally. Remove meat, brown in hot fat. Remove meat and add flour, brown and add 2 cups vinegar marinade mixture; cook until mixture thickens. Add meat and simmer for two hours. Remove, slice meat and pour gravy over the meat.

Sauerbraten II

Marinade:

- 2 cups vinegar
- 2 cups water
- 2 tablespoons sugar
- 1/2 teaspoon whole black peppers
- 4 bay leaves
- 12 whole cloves
- 1 teaspoon mustard seed
- 2 teaspoons salt

Meat and vegetables:

- 3 pound roast (elk or deer)
- 2 sliced carrots
- 3 sliced onions
- 3 or 4 cups water for cooking

Gravy:

- 1/3 cup gingersnap crumbs
- 2 cups water
- 1/3 cup sour cream

Combine all ingredients for marinade in large bowl or crock. Add roast and let stand in mixture (in refrigerator) from 2 to 4 days. Turn meat once each day. At the end of this time remove meat and strain marinade. Put meat in kettle with 1 cup of marinade, add carrots, onions and 3 or 4 cups of water. Simmer until tender (3 or 4 hours). Remove meat and vegetables; stir in gingersnap crumbs and water. Cook until gravy is slightly thickened. Stir in sour cream. Heat, but do not boil. Spoon some of gravy over meat before serving.

Savory Roast

- | | |
|---|---|
| 4- or 5-pound rolled chuck roast of elk or deer | 1/4 teaspoon black pepper |
| 1/2 teaspoon salt | 3 or 4 tablespoons hot bacon fat or margarine |
| 3/4 teaspoon celery salt | 2 sliced medium-sized onions |
| 1 tablespoon poultry seasoning | 3 bay leaves |
| | 3 cups hot water |

Rub roast with the seasonings and brown on all sides in hot bacon fat or margarine. Place meat in pressure pan. Add onions, bay leaves and hot water. Cook meat about 1 1/4 hours at 10 pounds pressure if tough, less time if tender. Remove meat and bay leaves. Add about 1 cup of water and thicken the gravy with flour. Serve with mustard dumplings.

Mustard Dumplings

- | | |
|---------------------------------|--|
| 2 cups sifted all-purpose flour | 1 teaspoon dry mustard |
| 2 teaspoons baking powder | 1 tablespoon minced parsley |
| 1/2 teaspoon salt | 2 egg yolks |
| 1/4 teaspoon onion salt | 3/4 cup milk (about) |
| 1/2 teaspoon celery salt | 2 teaspoons melted margarine or butter |

Sift dry ingredients together twice, then add parsley and egg yolks which have been mixed with the milk and melted fat. Beat well and drop from a tablespoon into the boiling gravy. Cover tightly and cook for about 20 minutes.

Chuck Roast with Vegetables

- | | |
|-------------------------------|---|
| 4 diced carrots | a pinch each of thyme, marjoram, and pepper |
| 4 small diced turnips | 3- or 4-pound chuck roast of elk or deer |
| 1 quartered small onion | 1/3 cup sour cream |
| 4 or 5 slices of bacon, diced | 2 tablespoons capers, if desired |
| 2 tablespoons flour | |
| 2 cups meat stock or water | |
| 1 bay leaf | |

Combine vegetables and bacon in a large kettle; cook until vegetables are slightly browned. Add flour, mix well, and then add meat stock or water, bay leaf

and seasonings. Add the salted roast and simmer until done. When tender, remove the meat, strain gravy. Rub vegetables through a strainer and return to the gravy. Add sour cream and capers. Heat, but do not boil. Serve gravy over meat.

Spanish Pot Roast

- | | | |
|---|-----|------------------------------------|
| 3- or 4-pound pot roast
of elk or deer | 3 | tablespoons margarine or
butter |
| 10 or 12 sliced stuffed olives | 2 | cups canned tomatoes |
| 1/4 pound salt pork | 1 | teaspoon salt |
| 1 sliced medium-sized onion | 1/4 | teaspoon pepper |
| | 1 | teaspoon sugar |

Cut small pockets along the sides of the roast with a sharp knife. Fill these pockets with the sliced olives and salt pork which has been cut in small strips. Brown onion slices in margarine or butter. Remove onions and brown roast in hot fat. Add canned tomatoes, salt, pepper, sugar and browned onions. Cover and simmer until meat is tender — about 3 or 4 hours. Thicken liquid for gravy.

Oven Roasts

Leg Roast of Venison

- | | | |
|---|-----|--------------------|
| 3- or 4-pound leg roast
elk or deer | 1/4 | teaspoon pepper |
| 5 or 6 slices of salt pork
onion and apple | 1/4 | teaspoon allspice |
| 1 or 2 teaspoons salt | 2 | sprigs of rosemary |
| | 2 | bay leaves |

Cut gashes in roast about 2 inches apart and half through the thickness of roast. Place in each gash a slice each of salt pork, onion and apple. Top with a few more slices of onion. Sprinkle roast with spices and herbs. Place meat on a rack in a roasting pan. Bake in 300° F. oven until done, 2 to 4 hours, depending on tenderness of the meat. Remove herbs before serving.

Venison Barbecue

- | | | |
|------------------------------------|-----|--------------------|
| 3 pound venison roast | 1 | tablespoon butter |
| 1 cup catsup | 1/8 | teaspoon cinnamon |
| 1 tablespoon salt | 3 | slices lemon |
| 2 tablespoons Worcestershire sauce | 1 | onion, sliced thin |
| 1/4 cup vinegar | 1/8 | teaspoon allspice |

Sear 3-pound roast of venison in frying pan. Mix remaining ingredients in saucepan and bring mixture to boil, stirring to avoid burning, and simmer 10 minutes. Cover venison with the sauce and roast in moderate oven (350° F.). Cook 1 1/2 to 2 hours — turning occasionally.

Barbecued Roast

- | | | |
|---|-----|-------------------------------------|
| 3- or 4-pound rolled roast
elk or deer | | Barbecue Sauce |
| 1/4 cup vinegar | 1/2 | cup catsup |
| 2 tablespoons brown sugar
salt and flour | 1 | cup water |
| | 2 | tablespoons Worcestershire
sauce |
| | 1/2 | cup melted margarine or
butter |
| | 1/4 | cup grated onion |

Dip roast in vinegar-sugar mixture, then salt and dredge with flour. Place roast on rack in roasting pan, pouring a little water into the roasting pan. Bake in moderate (350° F.) oven. Make a sauce of the last five ingredients listed above. After meat is slightly brown, spoon sauce over meat. Continue baking meat until tender, basting occasionally with remaining sauce. Cooking may be finished in a pressure pan at 10 pounds pressure if the roast is from an old animal.

Left-Over Meat

Mexican Corn Dish

1 1/2 cups	cooked, diced elk or deer	2 cups	whole kernel corn
2 tablespoons	margarine or butter	2 cups	tomato juice
1/4 cup	chopped onion	3/4 teaspoon	chili powder
1 1/2 tablespoons	chopped green pepper	1 teaspoon	salt

Brown meat in fat, then add onion and green pepper and brown. Add corn, tomato juice, chili powder and salt. Simmer, covered, for about 30 minutes. Serve with brown rice.

Croquettes

1 cup	chopped leftover venison roast	2 teaspoons	chopped onion
1 cup	thick white sauce	1 teaspoon	chopped parsley
1	beaten egg	1 tablespoon	pickle relish
1/4 teaspoon	salt		fine dry bread crumbs
1/8 teaspoon	paprika	1	beaten egg mixed with 2
1/2 teaspoon	Worcestershire sauce		tablespoons water

Combine and cook together for a few minutes the meat, white sauce and egg. Add the seasonings, onion, parsley and relish. Mix well and let cool. Shape croquettes and roll in bread crumbs, then dip in the beaten egg-water mixture; roll in crumbs again and allow croquettes to stand in refrigerator a couple of hours. Fry croquettes in deep fat (360° F.) until they are a delicate brown. Serve with gravy or tomato sauce.

Mincemeat

2 pounds	cooked venison	1/2 teaspoon	cloves
4 pounds	apples; cored	1/2 teaspoon	nutmeg
2 pounds	currants and raisins mixed	1/2 teaspoon	allspice
3/4 pound	suet	2	teaspoons salt
2 cups	brown sugar	2	quarts apple cider
2 cups	white sugar	1	cup molasses
1 1/2 teaspoons	cinnamon	2	tablespoons lemon juice

Grind venison, apples and suet. Add all ingredients except lemon juice. Simmer 1 1/2 hours, or until thick. Remove from heat and add lemon juice. Use immediately, freeze in serving-size containers, or can for later use. To can, ladle hot mincemeat into clean hot pint canning jars to 1/2 inch of jar tops. Add pretreated lids and process 20 minutes in a pressure canner at 10 pounds pressure plus 1/2 pound for each 1000 feet above sea level (e.g. 12 1/2 pounds at 5000 feet) Yields 7 to 8 pints.

Venison With Almonds

- | | | | |
|-----|---------------------------------|-----|--------------------------------|
| 1/2 | cup crushed pineapple | 2 | cups cooked, cubed elk or deer |
| 2 | tablespoons margarine or butter | | |
| 1 | 1/2 tablespoons cornstarch | 1/2 | cup sliced celery |
| 1/2 | cup pineapple juice | 1/2 | cup slivered toasted almonds |
| 2 | cups meat stock | 1 | teaspoon salt |

Brown pineapple in the margarine or butter for about 5 minutes. Mix cornstarch with pineapple juice. Add this mixture and meat stock to the browned pineapple. Cook over low heat, stirring constantly, until thickened. Boil 2 minutes, then add meat, celery, almonds and salt. Allow to heat through and serve with rice or chow mein noodles.

Jellied Meat Salad

- | | | | |
|-----|---|---|---|
| 1 | 1/2 tablespoons unflavored gelatin | 2 | tablespoons chopped green pepper |
| 1/2 | cup cold water | 2 | tablespoons pimiento, cut in small pieces |
| 1 | bouillon cube | 4 | or 5 chopped sweet pickles |
| 1 | 1/2 cups boiling water | 2 | tablespoons diced celery |
| 1/4 | cup vinegar | 1 | tablespoon minced onion |
| 1/2 | teaspoon salt | 2 | or 3 tablespoons cooked, cut green beans |
| 2 | cups cooked, diced, leftover roast of venison | | |

Soak gelatin in cold water. Dissolve bouillon cube and gelatin in boiling water. Add vinegar and salt. Cool this mixture and when just beginning to set add the rest of the ingredients. Pour into individual molds or a greased 8-inch square baking dish. Chill and serve on a bed of lettuce with mayonnaise.

Curried Venison

- | | | | |
|-----|---------------------------------|-----|---------------------------------------|
| 1 | 1/2 medium onions, minced | 2 | cups stock or bouillon |
| 3 | stalks celery, chopped | 1/8 | cup flour |
| 2 | apples, minced | 1/4 | cup cold water |
| 1/4 | cup salad oil or shortening | 2 | pounds cooked elk or deer meat, cubed |
| 2 | to 3 teaspoons curry powder | 1 | cup cream or canned milk |
| 1 | teaspoon salt | 1 | well beaten egg yolk |
| 1/8 | teaspoon pepper | 3 | cups boiled rice |
| 1/4 | teaspoon ginger | | |
| 1/4 | teaspoon tabasco sauce | | |
| 1/2 | tablespoon Worcestershire sauce | | |

Sauté onions, celery and apples in oil until slightly brown. Stir in curry powder and simmer 5 minutes. Add remaining seasonings and stock and cook 20 minutes. Stir in flour mixed with water and cook 5 minutes, stirring until thickened. Remove from heat and allow to stand one hour. Reheat and add cooked meat, cream or milk, and egg yolk just before serving. Heat to boiling point, stirring constantly. Serve over rice.

Left-over Roast Venison With Barbecue Sauce

- | | | | |
|-------|----------------------------------|-----|---------------------------------|
| 1 | cup canned tomatoes | 2 | tablespoons chopped onion |
| 1 1/2 | cups water | 3 | stalks chopped celery |
| 1/2 | sliced lemon | 2 | tablespoons margarine or butter |
| 1/4 | cup vinegar | 2 | tablespoons flour |
| 1/4 | cup catsup | 1/2 | teaspoon salt |
| 2 | tablespoons Worcestershire sauce | | slices of leftover elk or deer |
| 1 | bay leaf | | |
| 1 | clove minced garlic | | |

Combine the first 10 ingredients listed and simmer for about an hour. Strain, and add margarine or butter to the liquid. Thicken the sauce with 2 tablespoons of flour mixed with a little water. Add salt. Place meat slices in a greased casserole and add enough sauce to cover meat. Bake in a moderate oven (350° F.) until heated through.

Soups

Burger Vegetable Soup

- | | | | |
|-----|---------------------------------|-------|-------------------|
| 1 | pound ground elk or deer | 1/2 | cup diced celery |
| 1/2 | cup chopped onion | 1 | teaspoon salt |
| 2 | tablespoons margarine or butter | 1/8 | teaspoon pepper |
| 2 | cups canned tomatoes | 1/4 | cup uncooked rice |
| 2 | cups cubed potatoes | 1 1/2 | or 2 quarts water |
| 2 | diced carrots | | |

Brown meat and onion in fat, then add remaining ingredients. Simmer all slowly for about 2 1/2 hours.

Brown Soup Stock

- | | | | |
|-----|-------------------------------------|---|-----------------|
| 3 | pounds bone and meat of elk or deer | 1 | teaspoon salt |
| 2 | tablespoons fat | 2 | sprigs parsley |
| 3 | quarts water | 5 | whole cloves |
| 1/2 | cup celery | 1 | or 2 bay leaves |
| 1/2 | cup carrots | | |
| 1/2 | cup onions | | |

Cut meat from bones and brown well in fat. Cover bones and browned meat with water. Add remaining ingredients, cover and simmer for 3 1/2 to 4 hours. Strain, chill, remove fat and strain again. (Other seasonings such as thyme or marjoram may be added if desired.)

Stews

English Brown Stew

1	pound elk or deer cut in inch cubes	1/2	tablespoon Worcestershire sauce
2	tablespoons flour		
2	tablespoons margarine	1/4	cup tomato juice
2 1/2	cups boiling water	1/4	to 1 cup pearl onions
2	tablespoons chopped onion	1/4	to 1/2 cup diced celery
1/2	clove garlic	1/2	cup sliced carrots
1	teaspoon salt	1	cup cubed potatoes
1/2	teaspoon paprika		(Vary last 4 ingredients to suit individual taste)
1	teaspoon sugar		
1/2	tablespoon lemon juice or		
	1 tablespoon dry wine		

Flour meat and brown in margarine in a heavy pan. Add boiling water, chopped onion, garlic, salt, paprika, sugar, lemon juice or wine, Worcestershire sauce and tomato juice. Cover tightly and simmer 2 hours, adding more water if needed. Add vegetables and continue cooking until vegetables are done. Pour off juices and thicken with a flour-water paste. Add gravy to meat and vegetables. Serves 6.

Shank Stew

2	pounds elk shank (cut in 2 inch pieces)	1 3/4	cups water
2	tablespoons fat	1	teaspoon salt
1	cup canned tomatoes	1	cup sliced onion
		3/4	cup diced celery

Brown meat in fat. Add tomatoes, water, salt, sliced onions and celery. Cover and cook slowly or bake in a moderate oven (350° F.) about 2 1/2 hours.