

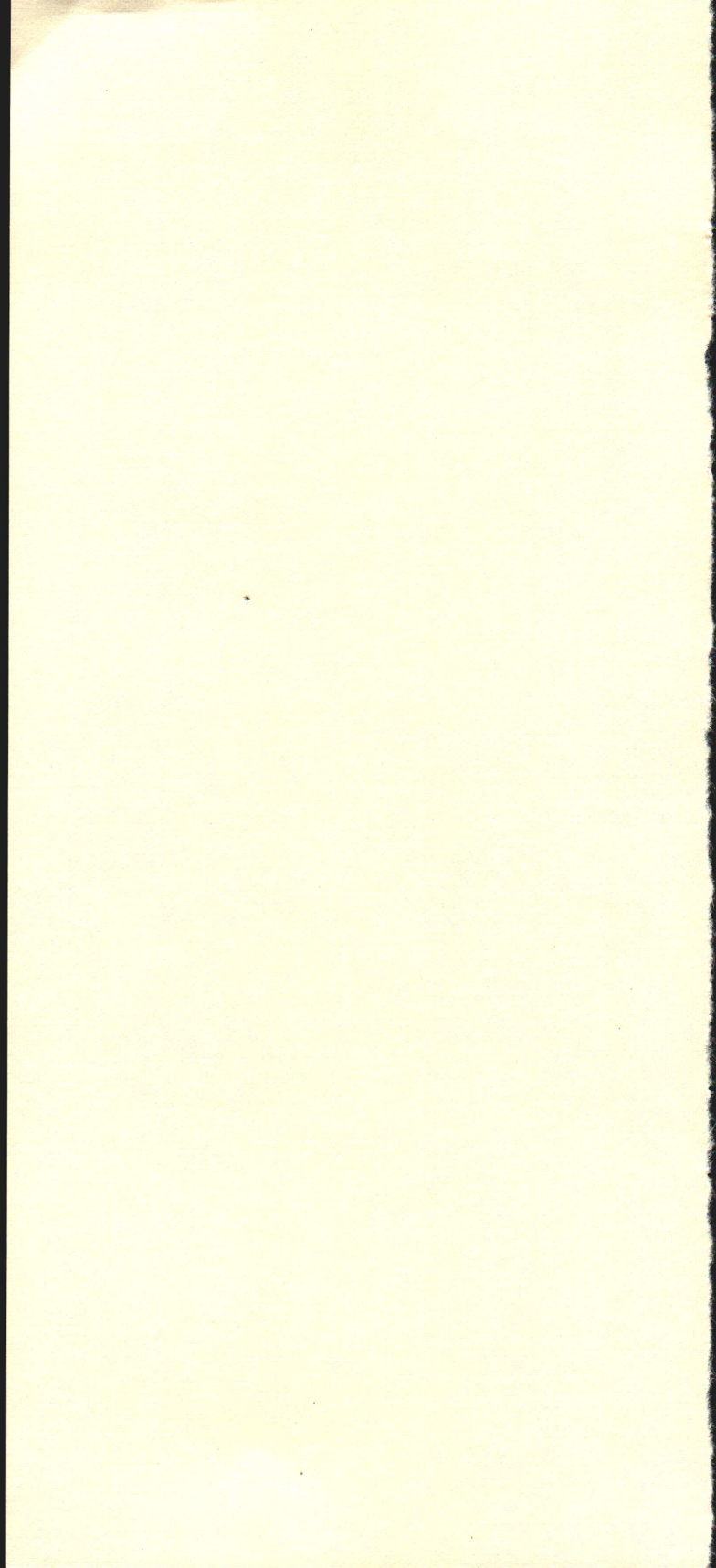
# VENISON

*Upper  
Peninsula  
Style!*



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COOPERATIVE EXTENSION SERVICE  
MICHIGAN STATE UNIVERSITY





# Venison for Food

BY GAIL E. BOWERS

*Former Menominee County Extension Director, deceased*

**I**N THE PIONEER DAYS and in the logging camps of Michigan's Upper Peninsula, venison was one of the main meat dishes. Many youngsters from the backwoods farms took "veal" sandwiches to school in molasses-pail dinner buckets.

Today, deer hunting is for rest and recreation. Venison, however, is just as good today as it was in the pioneer days. If you are lucky enough to kill a deer, proper handling of the animal before it is made up into cuts of venison may determine how well you enjoy eating the trophy of your hunt.

The purpose of this booklet is to preserve some of the recipes used by natives of the Upper Peninsula in preparing venison, and to explain the proper handling of deer meat after the game has been shot.

## BE SAFE AND BE SURE

Your rifle is a deadly weapon. Handle it carefully. Never point it at anything you don't expect to kill.

Sight in your rifle before going into the woods. That first shot may be all you will get, so make it a good one. The first shot, before the game is scared, is better than all the shots left in the magazine of your rifle.

Be sure your target is a deer before you shoot, and make sure it is a legal deer. Nothing makes a good hunter more disgusted than to find illegal deer that have been shot and left in the woods.

If you only wound your deer, follow its trail as far as possible and then go another 100 yards. Many deer are lost because the hunter did not follow the trail far enough. A mortally wounded deer will often travel a hundred yards or better and that is a long way, especially in a cedar swamp.

One native of the Upper Peninsula summed up deer hunting this way, "Be where he comes through, when he comes through, and shoot straight."

## WHEN YOU HAVE YOUR DEER DOWN

Be sure he is dead—it is better to shoot him again in the neck, than to watch him get up and bound off into the woods.

A shot half way between the ear and throat should hit the jugular vein and this will help bleed the deer. If you are going to have the head mounted, pass up this shot.

If your shot went through the chest (the shot I like best), chances are the deer will be well bled.

If the deer is not chest shot or has not been dead for several minutes before you find him, take time to bleed him.

Swing the deer around so the head and shoulders are lower than the rump. Stand in back of the deer, close to the body and reach over the body to do the sticking. Watch those feet, he may not be as dead as you think. Many a deer hunter has been hit by the flying front feet of a "dead" deer.

Quickly insert a knife 4-5 inches at the spot where the base of the neck joins the chest. This is along the side of the windpipe. Cut sidewise to sever the large arteries that are at the base of the neck.

The more blood that drains out, the better your venison will be when cooked.

If the deer does not bleed, don't worry about it. It is better to stick a deer and get no blood than not to try to bleed the deer properly.

Okay—your deer is down and stuck. The best thing for you to do right now is to sit down until the ague (buck fever) has passed. When you can again light a cigarette with one match, it is time to go to work.

First, tag the deer. Attach the tag to the antler. If it is a spike horn, poke a hole through the ear and attach the tag there.

Take off your hunting coat, roll up your sleeves, put your wrist watch in your pocket, and get that deer dressed out.

### Dressing It Out

Roll the deer over on its back. Tie the legs to a tree, or block the shoulders with chunks of wood to keep the belly up. You can also hold him in this position with your knees on the inside of his hind legs.

The first few cuts should be made carefully to avoid poking a hole in the intestines or paunch. Cut along the belly line from the pelvic bone to the chest. Be sure with this first cut that you cut only the hide.

Now cut through the belly muscles—watch out for the intestines and paunch. Once through the muscles, you can hold the intestines back with the back of your hand, while guiding the knife between the first two extended fingers—cutting edge up.

Some hunters, after cutting through the muscles, take the knife in their fist, with the point of the knife up, and shove the fist along the belly muscles. The fist is inside of the body cavity and holds the intestines down while the knife cuts the muscles.



Now slide your sleeves up a little higher and reach up into the body cavity until you come to the diaphragm. That is the thin muscle floor that separates the chest cavity from the stomach cavity. Cut this muscle out, staying close to the ribs. Now reach in farther—whoops!—you got blood on your undershirt—and cut the windpipe. The windpipe feels like a good-sized hose with wire rings in it to hold it apart.

A steady pull with the left hand and a cut here and there with the knife will allow the lungs, heart, paunch, and intestines to roll out of the body cavity.

Before you jerk them clear out of the body cavity, cut around the anus (there are a lot of supporting cords) until it is loose, and draw it into the body cavity. Now roll out everything.

Dressing out a deer is not a messy job unless the animal has been shot up badly.

### Hang It Right

Next, hang the deer in a tree to drain. Hang the deer head up and high enough so blood can drain out of the hole where you removed the anus.

One man can hang a deer easily with a small set of pulleys and nylon rope carried in his hunting coat.

A good way to hang your deer to drain is as follows:

Select a hardwood sapling (maple is one of the best) 2-3 inches in diameter. Bend the top down and tie it to the antlers. You may need to notch the sapling near the base so it will bend low enough for tying. Cut two forked sticks, about 8 feet long, and strong enough to support a portion of the weight of the deer. Place both forked sticks at the point where the deer is attached to the sapling. The sapling and the two forked sticks form a tripod. Raise the deer by moving the forked sticks closer together (first one stick then the other) until the deer is clear of the ground. The bigger the bent sapling, the more it will help lift.

A hanging deer cools more rapidly than one that is in contact with the ground.

A little time spent now may keep your meat from spoiling. Look inside and make sure you have removed every last bit of the diaphragm, lungs, intestines, and loose fat.

If you carry a clean dry cloth with you (you'd better!), wipe the inside of the cavity until it is clean and dry.

If you made a gut shot or poked a hole in the intestines or paunch with your knife, use water to clean the cavity. The water will not do as much damage to the meat as leaving all that foreign matter in there to sour. If there is snow on the ground use it to clean the body

cavity. Large handfuls of snow rubbed in the body cavity not only clean the cavity but the snow starts the cooling process.

Next, cut the heart and liver out of the entrails. Skewer them onto a small forked stick and take into camp for some good eating.

Check and make sure the draining hole is open before you leave to get help to take the deer into camp.

When you get the deer to camp, hang it head up, in a shady place where there is good air circulation.

Most of the strong, disagreeable flavor in venison is due to inadequate bleeding, delay or carelessness in dressing, or failure to cool promptly and thoroughly. Blood from a shot wound, spreading through the muscles can also cause off flavors.

The best venison is the venison that is skinned out immediately, cooled outside of the hide, and prepared in the camp while fresh.

In other words, "The sooner you get the deer home, skinned, and cut up, the better."

Many a deer in the Upper Peninsula has been killed, skinned, and cut up in less than 6 hours.

If your shot has messed up a lot of meat, you can save it if you take care of the carcass at once. If in camp, separate the hide from the meat around the wound area. Cut out all meat affected by the shot (all that is blood shot). Take plenty—it is better to cut out some meat that is not bloodshot than to leave bloodshot meat in the carcass.

Cut out any portion that has had bone or hair ground into the meat and throw it away. Put the rest into cold water and add a little salt. Let it stand over night at least. Changing the salt water once or twice will draw out most of the blood.

Drain, dry, and cut into cubes for stew or grind for deerburgers in camp.

## SKINNING

The sooner you remove the hide, the easier it will come off. All you need to skin a deer is a sharp knife and a strong thumb. Hang the deer by the horns, low enough so you can reach the head. Put your knife under the hide where you finished opening the deer at the rib cage. Have the sharp blade out and the point pointing up. Slide the knife up the neck, under the skin all the way up to the head. With the knife under the hide, and the sharp part of the blade out, circle the neck, just below the antlers and ears.

Now start removing the hide, working down and around the neck at the same time. If you have cut from



the inside out, there will be very little hair on the meat. Pick off the few hairs found on the throat. Keep the hair side of the hide from touching the meat. Using your thumb, peel the hide as far as possible. Use the knife wherever cords or meat hold the hide in place. Case skin the front legs. Pull the hide down the leg without splitting the hide on the leg. Splitting the leg skin can be done after the hide has been completely removed.

You will have to use your knife around the knees. The leg can be severed at the knee with a knife, or you can saw off the leg just below the knee.

Keep rolling the skin down and again case skin the hind legs. After the hide has been completely removed, cut off the boney part of the leg that you did not skin, and split the skin that covered the legs so it will lie flat on the floor, flesh side up.

Sprinkle the hide with salt. Use plenty of salt—it is cheap and it preserves the hide. In a couple of days pour off or wipe off the moisture accumulated on the hide. Re-salt and roll into a bundle, hair side out.

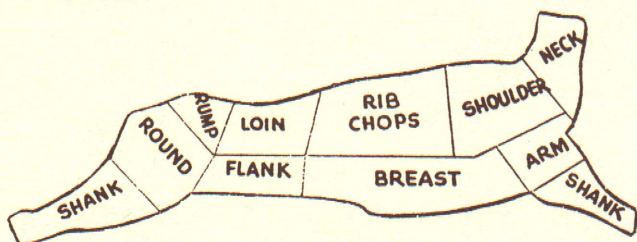
If you want your deer hide made into articles (gloves, vests, jackets, etc.), send it to a tanner right away.

### CUTTING UP THE CARCASS

Now that you have the deer skinned and any loose hair picked off, the easiest way to get it cut up into usable pieces is to take it to a butcher or to a locker plant where they cut, wrap, and freeze meat. Freezing is the best way to preserve venison.

If you plan to cut up the carcass yourself, all you will need is a saw or cleaver (hatchet can be used) and a sharp knife.

There are two different ways to cut up a deer carcass. The first way is to hang it up by the hind legs and saw it in half. It can also be chopped with a cleaver or hatchet. Split the backbone the full length including the neck. Then divide each half into cuts according to the following chart.



Another way to cut up a deer carcass is as follows: Cut along the line between the rump-loin and round-flank. This then is split down the backbone and cut into the parts listed on the chart. Next, cut the line be-

tween loin-flank and rib chop-breast and divide the flank and breast. The backbone is not split, and the loin and rib chops are cut, making a double chop of each piece.

The neck is removed without splitting the backbone. This can be cut up into neck roasts or boned out for deerburgers or stews. The arm and front shanks are then removed and the shoulder cut into roasts.

## HOW TO USE CUTS OF VENISON

*Hind and fore shanks*—bone out and cut into cubes for stew meat or ground for meat loaf or deerburgers.

*Round*—is usually cut into steaks and prepared according to one of the recipes that follow. If the meat is tough, make it into Swiss steaks.

A small tender leg can be roasted whole just like a leg of lamb. It can also be ground or made into stew meat. Or it can be cured and smoked.

*Loin and rib chops*—the loin is where you get the sirloin and porterhouse. Generally, they are called chops. The loin and rib chops make the best frying steaks. These cuts also make extra choice roasts.

*Shoulders*—here is where very good pot roasts come from. Cut to whatever size roast you want. The shoulder can also be corned or it can be boned out for stews or ground meat.

*Rump*—this is also used for pot roast. It is also good corned or it can be boned out and used like the shoulder.

*Neck*—is best used for pot roasts. The irregularity of the neckbone makes boning difficult but with a little care it can be done.

*Flank and breast*—the flank and breast contain a lot of meat, but it is best used for soup, stews, or ground meat.

Just don't waste it!

## HOW TO COOK VENISON

Venison is one of the highly prized game meats. As mentioned earlier, most of the objectionable or gamey flavor comes from careless handling of the deer once it has been shot.

Venison should taste like venison and not doctored up to taste like beef. If you want meat to taste like beef, I guess it will just have to be beef.

Most of the gamey flavor is in the fat, so trim away all the fat possible. Then too, venison fat, as it cools, tends to be sticky or tallowy, and it clings to the teeth and roof of the mouth.

Because venison is a dry meat, it is greatly improved by adding suet, butter, pork, or bacon to it while cooking.



When mixing venison with other meat for storage, using suet instead of pork will prolong the storage life of the venison. The suet doesn't become rancid as soon as the pork fat.

## RECIPES

From the Upper Peninsula of Michigan comes this collection of recipes for cooking venison. Some have been used for years by loggers and backwoodsmen. Others are quite new. All of them are worth trying.

If you happen to get a deer that has a real strong, wild flavor, here is a way to fix the meat to make it delicious.

### BARBECUED DEERBURGERS

So good on toasted buns—easy for a crowd.

Temp: 400° to brown, 220° to finish.

Time: About 20 minutes to brown, ½ hour to finish.

Serves 8 to 10.

3 Tbsp. fat or drippings	1¾ cups water
2 pounds ground venison	2 tsp. salt
1 cup onion, chopped	¼ tsp. pepper
1 cup celery, finely diced	2 Tbsp. Worcestershire sauce
½ large green pepper (chopped fine)	¼ cup vinegar
1 clove garlic, minced (optional)	1 Tbsp. brown sugar
½ cup chili sauce	2 tsp. dry mustard
½ cup catsup	1 tsp. paprika
	2 tsp. chili powder
	2 Tbsp. chopped parsley

Preheat fry pan. Add fat and melt. When hot, add meat, onions and celery. Brown, stirring frequently. Spoon off excess fat. Combine remaining ingredients, except parsley. Mix well and pour over meat. Cover fry pan and simmer 30 minutes, stirring occasionally. Add parsley. Serve between hot buns or over mashed potatoes, rice or noodles.

If you have some venison roast left over, try one of these:

### BARBECUED VENISON NO. 1

Serve on hard rolls crisped in oven:

1 (28 ounce) bottle prepared barbecue sauce	1 small onion, chopped
1 cup catsup	2 stalks celery, chopped
2 Tbsp. pickle relish	2 pounds cooked rump roast of venison
1 cup beef broth or pan juices from venison roast	

Mix all ingredients except venison in large saucepan. Cook over low heat for about 30 minutes or until sauce is thick. Slice rump roast into the bubbling sauce and simmer until meat is just heated through. Makes 5 servings of 2 hearty sandwiches per person.

### BARBECUED VENISON NO. 2

- |                    |                                     |
|--------------------|-------------------------------------|
| 2 onions, chopped  | ½ cup vinegar                       |
| 6 Tbsp. salad oil  | 2 Tbsp. Worcestershire sauce        |
| 2 Tbsp. sugar      | 2 drops Tabasco sauce<br>(optional) |
| 2 tsp. dry mustard | Sliced cooked venison               |
| 2 tsp. paprika     |                                     |
| 1 cup water        |                                     |

Brown onions in salad oil. Add remaining ingredients except venison. Arrange meat in casserole. Pour sauce over meat. Bake at 375° for 20 minutes, or until sauce thickens.

### VENISON AND CORN CASSEROLE

- |   |                                 |
|---|---------------------------------|
| 1 pound ground venison                  | 1 tsp. garlic salt              |
| 4 celery stalks, diced                  | Dash pepper                     |
| 2 medium onions, chopped                | 1½ Tbsp. Worcestershire sauce   |
| 1 can (10½ ounce) tomato soup           | 1 tsp. chili sauce              |
| 1 can (1 pound) cream-style corn        | 1 package (3¾ ounce) corn chips |
| 1 can (15½ ounce) kidney beans, drained |                                 |

Heat oven to 375°. Brown ground venison in large heavy skillet. Add celery and onions. Cook and stir 3 minutes. Reduce heat. Stir in soup, corn, beans, and seasonings. Pour into 2-quart casserole. Bake uncovered 20 minutes. Top with corn chips. Bake 10 to 15 minutes, or until chips are slightly toasted. Serves 8.

Variation: Omit corn chips. Bake 35 minutes. Serve with corn bread.

### VENISON AND RICE CASSEROLE

- |                         |                         |
|-------------------------|-------------------------|
| Lard or suet            | 1 green pepper, chopped |
| 2 pounds ground venison | 1 can mushroom soup     |
| Salt and pepper         | 1 can chicken rice soup |
| 2 cups celery, diced    | 1 cup uncooked rice     |
| 2 cups onion, diced     |                         |

Melt lard or suet in large fry pan. Add venison, salt, pepper, celery, onion and green pepper and cook until brown. Combine remaining ingredients and pour over meat and vegetables. Simmer for 1 hour at 300°



## CHILI

½ cup beef suet	1 Tbsp. salt
2 pounds ground venison	1 Tbsp. white pepper
2 cloves garlic, minced	1 Tbsp. diced chili pods
1 tsp. paprika	1 quart water
2 Tbsp. chili powder	

Fry suet in heavy kettle. Add meat and brown. Add seasonings. Add enough water to cover meat. Cook slowly 4-5 hours, stirring occasionally. Add remaining water as needed. Serves 8.

## VENISON CHOP SUEY

1 pound venison, cubed	2 Tbsp. soy sauce
¼ cup butter	1 can bean sprouts
1 cup onion, chopped	2 Tbsp. cornstarch
2 cups celery, chopped	Rice or chow mein noodles
2 Tbsp. molasses	

Cook venison in butter; do not brown. Add onions, celery, molasses and soy sauce. Cook 5 minutes. Drain bean sprouts. Reserve liquid. Mix cornstarch and reserved liquid. Add slowly to meat mixture. Cook until thickened. Add bean sprouts. Heat thoroughly. Serve over rice or chow mein noodles, if desired. Serves 6.

## DEERBURGERS

2 pounds lean venison, ground	Sliced onion
¼ pound suet	Salt
A handful of moist bread	Pepper

Mix well and fry. Top with sliced onion.

## DEERBURGER SKILLET MEAL

1 Tbsp. butter	½ tsp. Worcestershire sauce
½ pound ground venison	½ tsp. salt
½ medium onion, chopped	1/16 tsp. pepper
½ green pepper, chopped	¾ cup water
1 cup tomatoes, canned	3 ounces noodles

Melt butter in fry pan. Add ground venison. Stir to brown the meat. Add chopped onion and green pepper and continue cooking until onion is light brown. Add all ingredients except noodles. Stir and heat to boiling. Spread uncooked noodles over the top. Cover tightly. Simmer for 15 minutes or until noodles are tender and have absorbed most of the liquid.

## VENISON GOULASH

This is simplicity itself and uses the tougher portions of venison that are usually chopped into deerburger. Chuck portions are ideal.

2 pounds small white onions, sliced	1 Tbsp. marjoram
8 ounces fat (lard or canned vegetable shortening)	1½ Tbsp. paprika
3 pounds stewing venison, cubed	2 cans beef broth
	Noodles (if desired)

Saute onion slices in fat until soft. Add cubed venison and brown on all sides. Sprinkle marjoram and paprika over meat and cover with beef broth. Cover pot and simmer slowly 3 hours or until meat is tender, stirring often, and from time to time adding more warm beef broth. Gravy should be thickish. Broad noodles are excellent with this with the gravy liberally spooned over them. A fresh green vegetable is an eye-appealing accompaniment, along with a beverage.

## HEART

Remove the tough valves and arteries from the heart. Boil until tender. Serve hot or cool and sliced thin for sandwiches.

## BAKED HEART

Clean and cook as in recipe for heart. Split heart open and fill with dressing. Put the rest of the dressing around the heart. If completely covered, the heart will be better. Bake about 30 minutes at 300° or until dressing starts to brown. Try this dressing:

1 large onion, diced	1 tsp. salt
1 cup celery, finely cut	¼ tsp. pepper
½ cup butter (1 stick)	1 tsp. sage
½ loaf dry bread, cubed	

Cover onion and celery with a little water and simmer until tender. Add butter and leave until melted. Mix bread cubes, salt, pepper and sage. Pour the liquid over the bread and stir until moist.

## OVEN-METHOD JERKY

3 pounds venison	½ tsp. liquid smoke in
Salt and pepper to taste	2 Tbsp. water

Slice the meat ½ inch thick. Remove all fat. Lay meat out in a single layer on a counter surface. Dab each piece with a brush dipped in the water and liquid smoke. Salt generously. Sprinkle with pepper if desired. Place strips layer-on-layer in a large bowl or crock. Place a plate and weight on top of meat. Let stand overnight or at least 6 hours. Remove meat strips from bowl and dry.



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

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

### TRUE VENISON JERKY

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

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

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

### LIVER

Slice liver thinly.

Cover with water and bring to boil.

Pour off water.

Slice 1 large onion and saute in 1¼ Tbsp. of olive oil plus 1 Tbsp. butter.

Fry liver with onion lightly. Season with salt and pepper. Squirt on a little lemon juice. Do not overcook or the liver will be tough.

### MEAT BALLS

2 pounds ground venison	½ cup green pepper, chopped
2 tsp. salt	
¼ tsp. pepper	4 eggs, slightly beaten
1 onion, chopped fine	1 cup cracker crumbs, crushed
1 cup celery, chopped	Tomato sauce or tomato juice
	2 Tbsp. shortening

Mix ground venison, salt and pepper, onion, celery, green pepper, eggs and cracker crumbs. Shape into small balls and brown in shortening. Pour tomato sauce or tomato juice over the meat balls. Cover and allow to simmer for about 1 hour.

### MEAT LOAF

- |                          |                        |
|--------------------------|------------------------|
| 1 pound ground venison   | 1 cup milk             |
| ½ pound ground pork      | ½ Tbsp. onion, chopped |
| 1 egg                    | 1½ tsp. salt           |
| ½ cup dried bread crumbs |                        |

Beat egg; add bread crumbs and milk. Mix thoroughly with meat. Add onion and salt. Put in greased pan and bake at 350° for 1 hour. Tomato and green pepper may be added for seasoning.

### MEAT PIE

- |  |   |
|--|---|
| 1 large onion, chopped   | ¼ tsp. oregano  |
| 2 Tbsp. shortening   | 1 can (8 ounces) tomato sauce                                   |
| 1 lb. ground venison   | 2 cups biscuit mix, prepared according to directions on package |
| 1 tsp. salt  | ½ cup American cheese, shredded                                 |
| ¼ cup canned green chilies, chopped (about 2 small peppers—may omit) |   |

In 10-inch cast-iron frying pan, cook onion in shortening until wilted. Add ground venison, salt, green chilies and oregano. Cook until brown, breaking meat with a fork. Add undiluted tomato sauce and heat.

Pat out biscuit dough on a piece of floured waxed paper to a 10-inch circle. Cut into wedges and place, paper side up, on top of the "filling." Peel off paper and bake in hot oven (425°) for 15-20 minutes until brown. Turn upside down on a hot chop plate. Sprinkle with shredded cheese and slip under the broiler for a few minutes until cheese has melted. Serves 6.

### MINCEMEAT NO. 1

- |                            |                        |
|----------------------------|------------------------|
| 4 pounds cooked venison    | 2 cups brown sugar     |
| 5 pounds apples, chopped   | 2 scant Tbsp. salt     |
| ½ pound beef suet, ground  | 2 Tbsp. cinnamon       |
| 2 pounds currants          | 1 Tbsp. vanilla        |
| 4 pounds seedless raisins  | 1 tsp. cloves          |
| 2 pounds crushed pineapple | 1 tsp. allspice        |
| 2 cups white sugar         | 3 quarts cider (sweet) |

Cook slowly for 2 hours and seal (hot) in sterilized quart jars. Makes 10 quarts. Can also be cooled, put in containers, and stored in freezer.



## MINCEMEAT NO. 2

2 pounds cooked venison, chopped in food grinder	½ tsp. cloves
4 pounds apple, chopped	1 tsp. mace
2 pounds raisins	½ tsp. nutmeg
4 cups brown or white sugar	2 tsp. salt
¾ pound chopped suet or butter	1½ tsp. cinnamon
	Cider

Add cider to cover mixture or use fruit juices or water with ½ cup vinegar. Cook slowly until fruits are tender (about 1 hour). Store in fruit jars or make into pies when cool.

## CORNISH "COUSIN-JACK" PASTIES

Crust for 5 pasties:

3 cups (level) flour	1 cup lard
1 tsp. salt	1 cup cold water

Sift flour and salt twice. Cut in lard until pieces are size of small peas. Add water, a little at a time. Toss until mixture holds together, handling as little as possible. Cut into 5 portions. Roll out each portion on floured board the size of a 9-inch pie tin.

Filling:

Rutabaga, grated	Salt and pepper
Potatoes, cubed	Suet, finely chopped
Flank steak, cubed	Onion, minced
Fresh pork, cubed	Potatoes, diced

For 1 pasty:

Grate 2 Tbsp. of rutabaga on dough. Add ¾ cup of cubed potatoes (½ inch x ⅓ inch). Add 3 ounces of flank steak and 1 ounce of fresh pork which have been cut into cubes ½ inch square. Add salt and pepper to taste. Sprinkle 1 tsp. finely chopped suet over meat. Add 1 Tbsp. minced onion. Add 2 Tbsp. of diced potatoes. Fold crust over and crinkle edge to seal. Cut slit in top of each pasty to allow steam to escape. Bake for 1 hour at 400°.

## VENISON PASTIES

Deliciously seasoned meat and vegetable mixture will satisfy big appetites. Works well with beef, too.

Pastry for 9-inch 2-crust pie	1 tsp. salt
¾ pound venison round, thawed and cut into small cubes	¼ tsp. pepper
	¼ to ½ tsp. dried leaf thyme crushed (optional)
2 potatoes, diced	2 Tbsp. chopped fresh parsley
2 carrots, thinly sliced	4 tsp. water
3 Tbsp. minced onion	

Roll out half of pie dough and place in a 9-inch pie plate. Mix venison and remaining ingredients. Place half of mixture on pie dough in pie plate. Fold dough over filling to make half-moon shape that fills half of the pie plate. Seal and crimp edges of dough.

Roll out second half of dough and place in other half of pie plate. Fill with remaining meat mixture. Fold dough over into half-moon shape. Seal and crimp edges. Do not slit dough. You will have 2 half pies or pasties. Bake at 375° for 1 hour and 10 minutes. Pierce crust and vegetables with sharp fork to be sure vegetables are tender. Serves 4.

### RIBS (CHINESE)

4 pounds venison ribs	½ cup water
½ cup soy sauce, Japanese style	4 Tbsp. brown sugar
½ cup cooking sherry (may omit)	2 cloves garlic, crushed

Preheat oven 350°. Arrange the racks of ribs in a large roasting pan. Combine all other ingredients, stir well and pour over ribs. Cover pan. Bake 45 minutes turning ribs once or twice. Remove cover and continue cooking until golden brown and well done. Baste with sauce or turn ribs occasionally. For crispy brown ribs try to arrange in roaster in single layer.

### ROASTING VENISON

For roasting venison in moist heat, a favorite way is to lay out a piece of aluminum foil large enough to double wrap the roast. Sprinkle one-half package of dehydrated vegetable soup mix on the aluminum foil. Place the thawed roast on top of it and spread the rest of the vegetable soup mix on top of the roast. Wrap the aluminum foil tightly around the roast and place it in an oven preheated to 325° or 350°. Cook the average 2- or 3-pound venison roast for 1½ to 2½ hours, depending on how well done you prefer venison. The meat will be juicy and moist.

### POT ROAST NO. 1

A neck or shoulder roast	2 bay leaves
Mustard	Salt and pepper
½ tsp. garlic salt	½ cup vinegar
1 medium sized onion	Water

Brown roast on all sides in Dutch oven. Cover roast thinly with mustard. Add garlic salt and onion. Add 2 bay leaves. Salt and pepper to taste. Add vinegar and some water, and cook in Dutch oven until tender, adding water as needed.



## POT ROAST NO. 2

4 to 5 pounds venison	2 cups water or 1 can cream
½ cup flour	of mushroom soup and 1
1 Tbsp. salt	can water
Dash pepper	1 package dry onion soup mix

Rub meat with mixture of flour, salt and pepper. Brown on all sides in hot fat in 4-quart Dutch oven. Add water, or mushroom soup and water, and onion soup mix. Cover tightly. Cook slowly for 2 to 3 hours or until tender. Turn meat occasionally while cooking, adding more water if necessary. Serves 8-10.

## POT ROAST NO. 3

4 to 5 pounds venison	2 lemons
Salt and pepper	2 Tbsp. Worcestershire sauce
6 slices salt pork, ¼ inch thick	Medium-sized onion, chopped
	Hot water if needed

Remove all fat from venison roast. Season with salt and pepper. Line a roast pan with salt pork that has had excess salt washed off. Place roast in pan. Add the juice of 1 lemon, Worcestershire sauce, chopped onion and slices of other lemon. Cover and cook slowly until done. Add a small amount of hot water if needed.

## VENISON SAUERBRATEN

2 pounds venison chuck round or rump roast	3 Tbsp. fat
6 peppercorns	6 carrots
5 whole cloves	6 onions
3 bay leaves	1 cup celery, diced
1 cup vinegar	1 Tbsp. sugar
Water to cover	10 gingersnaps, crushed

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

Remove meat from marinade. Reserve liquid for gravy. Heat fat in heavy frying pan. Brown meat on both sides. Add vegetables and 2 cups of vinegar marinade. Simmer until meat and vegetables are tender—approximately 1½ hours. Remove meat and vegetables from pan. Add sugar and gingersnaps to remaining liquid to make gravy. Serve meat and vegetables with gravy. Serves 4 or 5.

(Note: For a less spicy flavor, substitute beef consommé for spiced vinegar when cooking the meat. Larger amounts of venison may be prepared this way if your family likes sauerbraten.)

## ITALIAN OR VENISON SAUSAGE

25 pounds meat, ½ pork and ½ beef or venison	1 tsp. nutmeg
6-8 ounces salt	1 tsp. cloves
3 heaping tsp. pepper	2 tsp. allspice
3 tsp. mace	Garlic to taste

Mix meat and seasonings. Put into casings or into packages the right size for your family. Store in deep freeze.

## SAUSAGE

1 pound venison, ground once
1 pound pork (fatty sausage trim)

Mix and season to taste with prepared sausage seasoning.

## POTATO SAUSAGE

4 pounds pork	1 cup salt
8 pounds venison	1/3 cup pepper
2½ pails (10 quart) potatoes	2 Tbsp. sugar
6 medium onions	Casings

Grind pork and venison as for hamburger. Peel and grind potatoes and onions (coarsely). Add salt, pepper and sugar. Mix together and put in casings that have been soaked in water for several hours or overnight. Put in casings as soon as potatoes are ground and mixed as potatoes will turn dark if let stand. Tie ends and prick each ring in several places with a large needle. Place rings in kettle of water. Bring just to boil and simmer for a few minutes. Boiling too hard can cause rings to burst. Cool, wrap, and put in freezer. When ready to eat, finish cooking in a little water, simmering about 10 minutes or until done. This makes about 35 rings the size of a small ring of bologna.

## SUMMER SAUSAGE

10 pounds pork	2 ounces pepper
15 pounds venison	2 ounces sugar
12 ounces salt	

Grind pork and venison fine. Add salt, pepper and sugar. Mix very well, kneading like bread. Put into casings. Refrigerate for 3 days. Cold smoke for 24 hours. After cold smoking, raise the temperature in the smokehouse to 160°F. and smoke until internal temperature of sausage reaches 145°F.



## VENISON PORK-SAUSAGE PATTIES

Sausage combines well with venison.

- |                                       |   |
|---------------------------------------|---|
| 1 pound venison, thawed               | ¼ tsp. dried leaf thyme,<br>crushed         |
| 1 pound seasoned bulk pork<br>sausage | ¼ tsp. crushed dried rosemary<br>(optional) |
| 1 tsp. salt                           |   |
| ½ tsp. pepper                         |   |

Grind together the venison and sausage. Mix in seasonings. Flour hands and form mixture into 8 patties. Pan fry for about 15 minutes on each side or until patties are cooked through. Drain off fat as patties cook. Serves 4.

## VENISON SCRAPPLE

- |                              |                        |
|------------------------------|------------------------|
| 1 medium onion, chopped fine | 1 cup sifted corn meal |
| Small piece beef suet        | A little pepper        |
| 2 pounds venison and bones   | 1 tsp. salt            |

Brown onion in suet until delicately browned. To 2 quarts salted water add the onion, meat and bones. Cook until meat is tender. Cool, skim off fat and remove bones. Chop the meat finely. To the remaining liquid add enough water to make 1 quart. Add the corn meal, a few grains of pepper, the salt and the chopped meat. Cook 1 hour, stirring frequently to prevent lumping. Turn into a mold, cool, cut in slices and fry in pork fat until done.

## DEERBURGER SOUP

- |                           |                           |
|---------------------------|---------------------------|
| 1-2 pounds deerburger     | 1 small bay leaf, crushed |
| 1 cup onion, diced        | ½ tsp. thyme              |
| 1 cup raw potatoes, cubed | 2 tsp. salt               |
| 1 cup carrots, sliced     | ½ tsp. pepper             |
| 1 cup cabbage, shredded   | 1½ quarts water           |
| ¼ cup rice                | 1 No. 2 can tomatoes      |
| Beef concentrate to taste |                           |

Brown deerburger and onion in large kettle. Add potatoes, carrots and cabbage. Bring to boil. Sprinkle rice into mixture. Add remaining ingredients, except tomatoes. Cover and simmer for 1 hour. Add tomatoes just before serving. Skim off fat if necessary. Serves 8.

## VENISON SOUP STOCK

Put the bones left from cutting the deer in a large kettle. Add water to cover. Simmer for 2 hours.

Cover and cool overnight in the refrigerator to harden the fat, then remove all fat. Pick any meat from the bones and return it to the jellied soup stock.

Package for freezer storage. One cup of stock plus 2 cups of water makes a good base for noodle or vegetable soup.

### CREOLE STEAK

1 large round steak	3 stalks celery, chopped
Flour	½ green pepper, chopped
Salt and pepper	3 large onions, chopped
Fat	1 cup tomatoes

Pound flour, salt and pepper into steak. Brown in fat. Cover with celery, green pepper and onions. Add tomatoes. Cover tightly and cook slowly until meat is tender (about 1¼ hours).

### FRESH STEAK

Fresh steak can be good if properly prepared.

Cut steaks 1 inch thick. Put between waxed paper and flatten with a mallet or side of a cleaver until ¼ inch thick. Have frying pan hot. Put in 1 Tbsp. of butter. Drop in the steaks, but keep shaking the pan so steak does not stick. Salt and pepper lightly while cooking. Turn just once—all the time shaking the pan. Serve hot with butter on top. The entire process takes about 3 minutes. The steaks will be rare, but tender and delicious.

### MARINATED STEAK

Steaks ¼ to ½ inch thick	2 Tbsp. salt
1 quart vinegar	8 bay leaves and/or
1 quart water	8 whole cloves

Soak steaks 12-24 hours in liquid made from above ingredients. Remove, drain and rinse in cold water. Dry on cloth or paper toweling. Salt and pepper to taste. Fry at medium heat in melted beef suet. (This is better than lard or oil.) Do not overcook. Brush with butter and serve on a hot plate.

### PAN-FRIED VENISON STEAKS

1 pound "ham" steaks, ½ inch thick	¼ cup flour
¼ cup thick cream or evaporated milk	3 tsp. butter
	Salt and pepper to taste

Pound steaks thoroughly with sharp-edged meat pounder. Cut into serving pieces. Dip steaks into cream and dredge in flour. Brown one side in hot butter. Turn. Salt and pepper to taste. Continue browning until second side is well browned. Serves 4.



## **DRY HEAT METHODS (For Tender Cuts)**

### **ROASTING (round, loin, shoulder)**

1. Season with salt and pepper.
2. Place on rack in uncovered pan, fat side up.
3. Do not add water — do not cover.
4. Extra fat may be added to venison. Bacon strips or beef suet may be laid across the top.
5. Roast in slow oven (300° - 350° F.), allowing 20-25 minutes per pound. Turning the roast aids uniform cooking.

### **BROILING (steaks and chops)**

1. Preheat the broiling oven.
2. Place steaks or chops on the broiling rack with top surface 3 inches below source of heat.
3. Broiler door should be open unless directions of range advise otherwise. Lower flame or heat if meat smokes or throws grease into flame.
4. Broil on one side until nicely browned and then turn to other side. For a 1-inch steak, the time required will be 7 to 10 minutes for each side.
5. Season with salt and pepper, add butter and serve at once. (Try broiling in your fireplace over a bed of glowing coals.)

### **PANBROILING—frying (steaks and chops)**

1. Heat a heavy frying pan until it is sizzling hot.
2. A little butter added to the pan improves the flavor — otherwise rub the pan with a little suet or small amount of fat. Place the meat in the hot pan.
3. Brown both sides — turning only once.
4. For thick chops or steaks reduce heat after browning to finish cooking clear through meat.

## STEW

- |   |  |
|---|--|
| 1½ pounds venison (any part cut in pieces for stew) | 3 celery stalks, cut in 2" lengths     |
| 6 medium potatoes, cut in chunks                    | 1 package onion soup mix               |
| 6 carrots, cut in chunks                            | 1 small can tomato sauce               |
|   | 1 2-ounce can mushroom bits and pieces |

Put venison, potatoes, carrots and celery stalks in casserole and sprinkle with onion soup mix. Add tomato sauce and mushrooms. Cover tightly, either with lid or aluminum foil. Place in 350° oven and bake 1½ hours.

## STROGANOFF

- |   |                                  |
|---|----------------------------------|
| ½ cup oil (or other fat)                                    | 3 cups water                     |
| 2 pounds venison cut in strips ½ inch by ½ inch by 2 inches | 1 cup cream of mushroom soup     |
| ¼ cup flour   | 6 Tbsp. catsup                   |
| 1 envelope onion soup mix                                   | Noodles, rice or mashed potatoes |

While oil is heating, shake meat in flour to coat. Saute until browned. Add onion soup mix and water. Simmer until venison is tender (1 hour or more). Add cream of mushroom soup and catsup. Heat thoroughly and serve over noodles, rice or mashed potatoes.



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