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Venison – Upper Peninsula Style 2001
Michigan State University
Michigan State University Extension Service

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◆ M I C H I G A N ◆ ◆ V E N I S O N ◆



2001

HOW TO ◆ FIELD DRESS
◆ BUTCHER ◆ PREPARE / COOK / PRESERVE





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**Venison that is handled and cooked safely
is a healthful addition to our
Michigan food supply.**

**To be safe, venison should be cooked to 165
degrees F. (Michigan Unified Food Law,
Public Act 92 of 2000)**

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Note: This bulletin contains material adapted from Michigan Extension bulletin "Venison, Upper Peninsula Style" and University of Wyoming Agricultural Extension Service bulletin "You and Your Wild Game."





than shooting the deer the second time as recommended. If the deer is dead, there is no point in inserting a knife into the deer because once the heart has stopped pumping, severing

additional arteries and veins will cause little additional blood loss.

Once the deer is dead, correctly mark the appropriate deer tag and attach it to the deer as required by law.

Field Dressing

Now that you have made a quick, clean and humane kill, it is important to clean and cool the

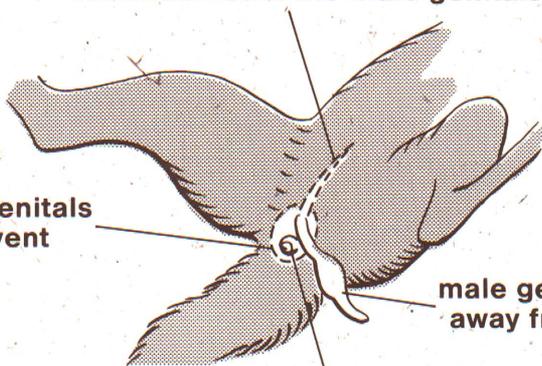
venison as quickly as possible. To do this, you will need four items: at least one length of rope 10 to

Field Dressing

Figure 2

cut underneath the male genitals

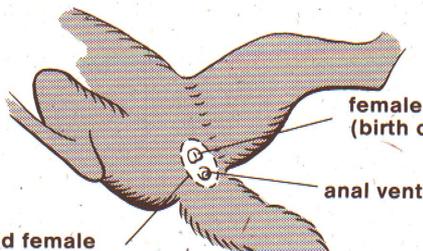
cut around genitals and anal vent



male genitals cut away from belly

anal vent

cut around female genitals and anal vent



female genitals (birth opening)

anal vent



Quick Review

Venison is a good-tasting, tender meat, but it is often made less tasty or even gamey by the following practices:

- Contaminating the meat with the contents of bowels, bladder or stomach, dirt or dirty water.
- Hanging the carcass when the meat will reach temperatures above 40 degrees F.
- Not cleaning or trimming and disposing of contaminated meat.
- Leaving fat and connective tissue (the white material) on the meat (the red material).

As with all food preparation, it is important to handle and cook venison safely. Venison food safety practices are the same as those for other foods.*

- Clean hands, cooking utensils and surfaces often.
- Separate: don't cross-contaminate.
- Cook to proper temperature.
- Chill by refrigerating promptly.

(*Fight BAC campaign from the U.S. Department of Agriculture and the U.S. Food and Drug Administration)



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All other cuts must be cooked using moist heat (pot roasting, stewing, soup). Adding beef suet, butter, pork fat or bacon prevents venison from becoming dry and chewy. This will, however, also increase the total fat, calorie and cholesterol content of the food. Venison without added fat is relatively low in fat, saturated fat and cholesterol. A 3-ounce serving of roasted venison has 131 calories, 2.7 grams total fat, 1.1 grams of saturated fat and 95 milligrams of cholesterol. This means that 19 percent of its calories are from fat and 7 percent from saturated fat. That makes

venison slightly lower in total calories than roasted beef, roasted chicken breast (meat only) and roasted pork tenderloin, and much lower in percentage of calories from fat than either beef or pork. Only chicken is lower in percentage of calories from saturated fat. All the other meats mentioned, however, are lower in cholesterol than venison. (See chart below.)

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 quickly as the pork fat.

Table 1. Venison nutrition.

meat or poultry (3 oz.)	calories	total fat	% cal. total fat	saturated fat	% cal. sat. fat	chol.
venison*, roasted	131	2.7 g.	19%	1.1 g.	7.3%	95 mg.
beef, roasted eye of round trimmed to 0" fat	149	4.8 g.	29%	1.8 g.	11%	59 mg.
chicken, roasted breast, meat only	140	3.0 g.	19%	.9 g.	5.8%	72 mg.
pork, roasted tenderloin	133	4.1 g.	28%	1.4 g.	9.5%	67 mg.

Sources: Composition of Foods: raw, processed, prepared. USDA Handbook 8, vol. 5, 10, 13, 17; 1979; 1991, 1990, 1989, USDA.

*note: Handbook 8, vol. 17, has only one venison entry. There may be leaner cuts of venison available, but no other authoritative reference has more complete nutrient information regarding specific venison cuts.



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If you have some venison roast left over, try one of the following two recipes:

BARBECUED VENISON NO. 1

- | | |
|---|---------------------------------------|
| 1 (28 ounces) 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. Serve on hard rolls crisped in oven. Makes 10 hearty sandwiches.

BARBECUED VENISON NO. 2

- | | |
|--------------------|----------------------------------|
| 2 onions, chopped | 1/2 cup vinegar |
| 3 Tbsp. salad oil | 2 Tbsp. Worcestershire sauce |
| 2 Tbsp. sugar | 2 drops Tabasco sauce (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 dish. Pour sauce over meat. Bake at 375 degrees F for 20 minutes, or until sauce thickens.

VENISON AND CORN CASSEROLE

- | | |
|------------------------------------|-------------------------------------|
| 1 pound ground venison | 1 clove garlic, minced |
| 4 celery stalks, diced | Dash pepper |
| 2 medium onions, chopped | 1 1/2 Tbsp. Worcestershire sauce |
| 1 can (10 1/2 ounces) tomato soup | 1 tsp. chili sauce |
| 1 can (1 pound) cream style corn | 1 package (3 3/4 ounces) corn chips |
| 1 can (15 1/2 ounces) kidney beans | |

Heat oven to 375 degrees F. 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 dish. 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

Vegetable oil, margarine or non-stick cooking spray
2 pounds ground venison
Pepper and salt, if desired
2 cups celery, diced
2 cups onion, diced
1 green pepper, chopped
1 can mushroom soup
1 can chicken rice soup
1 cup uncooked rice

Brown venison in a little oil, margarine or non-stick cooking spray in large frying pan. Add salt (if desired), pepper, celery, onion and green pepper, and heat thoroughly. Combine remaining ingredients and pour over meat and vegetables. Simmer for 1 hour at 300 degrees F. Serves 8.

CHILI

Vegetable oil, margarine or non-stick cooking spray
2 pounds ground venison
2 cloves garlic, minced
1 tsp. paprika
2 Tbsp. chili powder
1 Tbsp. salt, if desired
1 Tbsp. white pepper
1 Tbsp. diced chili pods
1 quart water

Brown meat in a little oil, margarine or non-stick cooking spray. Add seasonings. Add enough water to cover meat. Cook slowly 4 to 5 hours, stirring occasionally. Add remaining water as needed. Serves 8.

VENISON CHOP SUEY

1 pound venison, cubed
Vegetable oil, margarine or non-stick cooking spray
1 cup onion, chopped
2 cups celery, chopped
2 Tbsp. molasses
2 Tbsp. soy sauce
1 can bean sprouts
2 Tbsp. cornstarch
Rice or chow mein noodles

Cook venison in a little oil, margarine or non-stick cooking spray; do not brown. Add onion, 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 cooked rice or chow mein noodles, if desired. Serves 6.



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DEERBURGERS (with suet)

2 pounds lean venison, ground
1/8 to 1/4 pound suet
A handful moist bread

Sliced onion
Salt (optional)
Pepper

Mix well, shape and fry.

DEERBURGER SKILLET MEAL

Non-stick cooking spray, vegetable oil
or margarine

1/2 pound ground venison
1/2 medium onion, chopped
1/2 green pepper, chopped
1 cup tomatoes, canned

1/2 tsp. Worcestershire sauce
1/2 tsp. salt (optional)
1/16 tsp. pepper
3/4 cup water
3 ounces noodles

Brown venison in non-stick cooking spray, vegetable oil or a little margarine. 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. Serves 2 to 4.

VENISON GOULASH

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

2 pounds small white onions, sliced
4 ounces canned vegetable shortening
or vegetable oil
3 pounds stewing venison, cubed

1 Tbsp. marjoram
1 1/2 Tbsp. paprika
2 cans beef broth
Noodles (if desired)

Saute onion slices in shortening 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 adding more warm beef broth from time to time. Gravy should be thick. Broad noodles are excellent with this gravy liberally spooned over them. Serves 8.



MEATBALLS

2 pounds ground venison
2 tsp. salt (optional)
1/4 tsp. pepper
1 onion, chopped fine
1 cup celery, chopped

1/2 cup green pepper, chopped
4 eggs, slightly beaten, or 8 egg whites
1 cup cracker crumbs, crushed
2 Tbsp. shortening or vegetable oil
Tomato sauce or tomato juice

Mix ground venison, salt (if desired), pepper, onion, celery, green pepper, eggs or egg whites, and cracker crumbs. Shape into small balls and brown thoroughly in shortening. Pour tomato sauce or tomato juice over the meatballs. Cover and simmer for about 1 hour. Serves 8 to 10.

MEAT LOAF

1 egg or 2 egg whites
1/2 cup dried bread crumbs
1 cup lowfat milk

1 pound ground venison
1/2 pound ground pork
1/2 Tbsp. onion, chopped
1 1/2 tsp. salt (optional)

Beat egg or egg whites; add bread crumbs and milk. Mix thoroughly with meats. Add onion and salt, if desired. Put in greased pan and bake at 350 degrees F for 1 hour. Tomato and green pepper may be added for seasoning. Serves 4.

MEAT PIE

1 large onion, chopped
2 Tbsp. vegetable oil
1 pound ground venison
1 tsp. salt (optional)
1/4 cup canned green chilies, chopped
(about 2 small peppers; optional)

1/8 tsp. oregano
1 can (8 ounces) tomato sauce
2 cups biscuit mix, prepared according to directions on package
1/2 cup American cheese, shredded

In 10-inch cast-iron frying pan, cook onion in oil until wilted. Add ground venison, salt (if desired), 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 degrees F) for 15 to 20 minutes or until brown. Turn upside down on a broiler pan. Sprinkle with shredded cheese and slip under the broiler for a few minutes to melt the cheese. Serves 6.



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

RIBS (CHINESE STYLE)

4 pounds of venison ribs	1/2 cup water
1/2 cup soy sauce	4 Tbsp. brown sugar
1/2 cup cooking sherry (optional)	2 cloves garlic, crushed

Preheat oven to 350 degrees F. 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 over 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. Serves 6 to 8.

ROASTING VENISON

For roasting venison in moist heat, a favorite way is to lay out a piece of aluminum foil large enough to wrap the roast. Sprinkle half of a 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 mix on top of the roast. Wrap the aluminum foil tightly around the roast and place it in an oven preheated to 350 degrees F. Cook the average 2- or 3-pound venison roast for 2 1/2 hours, until the thickest portion of the roast reaches 165 degrees F. The meat will be juicy and moist.

POT ROAST NO. 1

A neck or shoulder roast	1 medium onion
3 Tbsp. vegetable oil	2 bay leaves
Mustard	Pepper to taste
1/2 tsp. salt (optional)	1/2 cup vinegar
1 clove garlic, crushed	Water

Brown roast on all sides in Dutch oven. Cover roast thinly with mustard. Add garlic and onion, bay leaves, salt (if desired) and pepper to taste. Add vinegar and some water, and cook in Dutch oven at 350 degrees F until the thickest portion of the meat reaches 160 degrees F, adding water as needed.



DEERBURGER SOUP

1 to 2 pounds deerburger
2 Tbsp: vegetable oil
1 cup onion, diced
1 cup raw potatoes, cubed
1 cup carrots, sliced
1 cup cabbage, shredded
1/4 cup uncooked rice

Beef concentrate to taste
1 small bay leaf, crushed
1/2 tsp. thyme
2 tsp. salt (optional)
1/8 tsp. pepper
1 1/2 quarts water
1 No. 2 can tomatoes

Brown deerburger and onion in oil in large kettle. Add potatoes, carrots, cabbage and water. 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.

CREOLE STEAK

1 large round steak
Flour
Salt (optional) and pepper
Vegetable oil, margarine or non-stick cooking spray

3 stalks celery, chopped
1/2 green pepper, chopped
3 large onions, chopped
1 cup tomatoes

Pound flour, salt (if desired) and pepper into steak. Brown in vegetable oil, margarine or non-stick cooking spray. Cover with celery, green pepper and onions. Add tomatoes. Cover tightly and cook slowly until meat is tender (about 1 1/4 hours).

FRESH STEAK

Cut steaks 1 inch thick. Put between waxed paper and flatten with mallet or side of a cleaver until 1/4 inch thick. Heat frying pan. Add the steaks and keep shaking the pan so steak does not stick. If desired, salt and pepper lightly while cooking. Turn just once, but keep shaking the pan all the time. Serve hot.



MARINATED STEAK

Steaks 1/4 to 1/2 inch thick
1 quart vinegar
1 quart water
2 Tbsp. salt (optional)

8 bay leaves and/or
8 whole cloves

In the refrigerator, marinate steaks 12 to 24 hours in liquid made from above ingredients. Remove, drain and rinse in cold water. Dry on cloth or paper toweling. Salt (if desired) and pepper to taste. Fry at medium heat in margarine or non-stick cooking spray.

PAN-FRIED VENISON STEAKS

1 pound round steaks, 1/2 inch thick
1/4 cup evaporated milk
1/4 cup flour

1 Tbsp. margarine
Salt (optional) and pepper to taste

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

STEW

1 1/2 pounds venison (any part cut in pieces for stew)
6 medium potatoes, cut in chunks
6 carrots, cut in chunks

3 celery stalks, cut in 2-inch lengths
1 package onion soup mix
1 8-ounce can tomato sauce
1 2-ounce can mushroom bits and pieces

Put venison, potatoes, carrots and celery in casserole dish and sprinkle with onion soup mix. Add tomato sauce and mushrooms. Cover tightly, either with lid or aluminum foil. Place in oven at 350 degrees F and bake 1 1/2 hours, or until venison is tender. Serves 6.



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STROGANOFF

1/4 cup vegetable oil
 2 pounds venison cut in strips 1/2 inch
 by 1/2 inch by 2 inches
 1/4 cup flour
 1 envelope onion soup mix

3 cups water
 1 can cream of mushroom soup
 6 Tbsp. catsup
 Noodles, rice or mashed potatoes

Heat oil. 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 cooked noodles or rice, or mashed potatoes. Serves 6.

CANNING VENISON

Choose quality chilled meat. Remove excess fat. Soak strong-flavored meat for 1 hour in the refrigerator in a brine solution containing 1 tablespoon salt per quart of water. Rinse. Remove large bones. **Hot-pack:** precook meat until rare by roasting, stewing or browning in a small amount of fat. Add 1 teaspoon of salt per quart to the jar, if desired. Fill jars with pieces of venison and add boiling broth, meat drippings, water or tomato juice, leaving 1 inch headspace. Adjust lids and process, using information in the charts below.

Table 2. Recommended process times for strips, cubes or chunks of meat in a dial-gauge pressure canner.

Style of pack	Jar size	Process time	Canner pressure (PSI) at altitudes of			
			0-2,000 ft.	2,001-4,000 ft.	4,001-6,000 ft.	6,001-8,000 ft.
Hot/raw	pints	75 min.	11 lb.	12 lb.	13 lb.	14 lb.
Hot/raw	quarts	90 min.	11 lb.	12 lb.	13 lb.	14 lb.

Table 3. Recommended process times for strips, cubes or chunks of meat in a weighted-gauge pressure canner:

Style of pack	Jar size	Process time	Canner pressure (PSI) at altitudes of	
			0-1,000 ft.	Above 1,000 ft.
Hot/raw	pints	75 min.	10 lb.	15 lb.
Hot/raw	quarts	90 min.	10 lb.	15 lb.

Source: Complete Guide to Home Canning. Agriculture Information Bulletin No. 539. 1994. USDA.



SIMPLE DRY-CURED JERKY

1. Prepare 5 pounds of meat as described above (1/4-inch strips).
2. Spread out meat and sprinkle on 2 ounces salt (3 Tbsp.), 0.16 ounce ground pepper (2 tsp.) and 1 ounce sugar (2 Tbsp.).
3. Put the meat in a pan or dish and let stand 24 hours in the refrigerator.
4. Dip strips of meat in liquid smoke 1 to 2 seconds for added flavor (optional).
5. Spread meat out in the top half of a kitchen oven on a rack to dry. Heat the meat to 165 degrees F for 30 minutes. Open the oven door to the first or second stop. Heat at 120 degrees F (lowest temperature) for 48 hrs or until the desired dryness is reached. Use an oven thermometer to make sure the oven does not get hotter than 120 degrees F. Higher temperatures result in hard, brittle jerky that crumbles when it is eaten.

PICKLE-CURED JERKY

1. Cut the meat into 1/4- by 1-inch strips.
2. Make a brine as follows:
 - 1 gallon water
 - 8 ounces salt (3/4 cup)
 - 3.5 ounces sugar (1/2 cup)
 - 0.5 ounce ground pepper (2 Tbsp.)
3. Stir to dissolve salt and sugar.
4. Put the meat strips into the brine and leave them in the refrigerator overnight.
5. Pour off the brine and let cold tap water run on the meat in a container for one hour.
6. Hang the strips of meat in a smokehouse, heat at 170 degrees F until meat reaches 165 degrees F, then dry at 120 degrees F until the jerky is the desired texture. Use any hardwood for smoking.

NOTE: An oven, as described under "Simple Dry-cured Jerky," can be used if a smokehouse is not available, but the smoked flavor will be lacking. In addition to pepper, some people add 10 bay leaves, 1 tsp of cloves or 1 tsp of sage (or all of these) to the above brine.



MAKING SAUSAGE

CASINGS

Most sausages are molded and processed in casings. Casings serve as the container for sausage products during handling. Before 1920, all sausage casings were prepared from animal intestines. Today's sausage casings include several types of synthetic casings. For example, regenerated cellulose casings are used in the preparation of the major portion of today's sausage production.

Pork casings, pickled or preserved in dry salt, are obtainable from many locker plants. Beef casings, sheep casings and artificial casings are also often available from some locker plants or places where sausage is made. The use of casings can be avoided if fresh game sausage is made into patties and if cooked sausage such as salami is made in loaf pans. Sausages cooked in loaf pans may require the addition of bread crumbs, soy protein concentrate or other binder at the 5 to 10 percent level to prevent excessive fat and moisture separation.

All casings preserved in dry salt must first be soaked in lukewarm water for approximately 30 minutes before use. Flush each case by putting the end of the casing over the cold water tap and running cold water through the casing. Unused casings can be drained, covered again with fine salt and frozen.

Some artificial casings should be soaked in hot tap water (100 degrees F) at least 30 minutes but not over 4 hours before use and punctured with a knife point before sausage is stuffed. The purpose of puncturing the casing is to eliminate air and fat pockets in the finished sausage.

FRESH GAME SAUSAGE

17 pounds lean boneless meat	6 Tbsp. (42 grams) ground black pepper
8 pounds ground pork or beef (25 to 30 percent fat)	5 Tbsp. (14 grams) rubbed sage
3/4 cup (8 ounces or 227 grams) salt	

Grind venison through a 1/2- to 3/4-inch plate. Add seasonings by sprinkling over the meat, and add pork or beef. Mix thoroughly. Then grind through a 3/16-inch plate. The sausage can be wrapped and frozen, formed into patties or stuffed into casings. Note: This is a mild sausage. For a spicy or hot formulation, add an additional:

2 Tbsp. red pepper	1 Tbsp. ginger
1 Tbsp. nutmeg	1 Tbsp. mace



BOCKWURST

19 pounds lean venison
6 pounds ground pork or beef (25 to 30 percent fat)
3/4 pound nonfat dry milk
3/4 cup (8 ounces or 227 grams) salt
2 quarts ice
3 eggs or six egg whites

2 Tbsp. (28 grams) sugar
3 Tbsp. (18.9 grams) onion powder
4 Tbsp. (26.4 grams) ground white pepper
1 Tbsp. (5.4 grams) ground mace
1 Tbsp. (4.8 g) ground ginger

Grind venison through a 1/2- to 3/4-inch plate. Add seasonings by sprinkling the ingredients over the meat, and add pork or beef. Mix thoroughly and grind through a 1/4-inch plate while adding ice. Re-grind through a 1/8-inch plate. Stuff into hog or collagen casings. Cook in water at 170 degrees F. Use a meat thermometer and cook to 165 degrees F internal temperature. Immediately immerse in cold water until sausage reaches an internal temperature of 100 degrees F. Blot dry. Refrigerate at 32 to 38 degrees F.

Note: This product may be refrigerated after stuffing and cooked from the fresh state for immediate consumption.

COOKED SALAMI

19 pounds lean boneless venison
6 pounds ground pork or beef (25 to 30 percent fat)
1 cup (10.5 ounce or 298 grams) salt
1/2 cup (100 grams) sugar
1 quart ice
4 Tbsp. (29.6 grams) ground black pepper

3 Tbsp. (13.5 grams) garlic powder
3 Tbsp. (14.5 grams) coriander seed
4 tsp. (7 grams) ground mace
4 tsp. (7 grams) ground cardamom
3 tsp. (21 grams) cure**

Grind venison through a 1/2- to 3/4-inch plate. Add seasonings by sprinkling the ingredients over the

meat, and add pork or beef. Mix thoroughly. Then grind through a 1/4-inch plate while adding ice or water. Re-grind through a 1/8-inch plate. Stuff into artificial or natural casings 2 to 3 inches in diameter. Hang in smokehouse and heat at 180 degrees F while smoking. Use a meat thermometer and cook to an internal temperature of 155 degrees F. Chill in a cold water bath until internal temperature is 100 degrees F. Refrigerate to 32 to 38 degrees F before slicing. **See note on cure on p. 42.



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PEPPERONI

22 pounds lean venison
3 pounds ground pork or beef (25 to 30 percent fat)
15 ounces (426 grams) salt
2 1/4 ounces (64 grams) cane sugar (dextrose)

3 tsp cure** dissolved in 1 cup water
3/4 cup (75 grams) ground red pepper
3/4 cup (64 grams) ground allspice
1 Tbsp. (5 grams) garlic powder
5 Tbsp. (28 grams) fennel seed

Grind venison through a 1/2- to 3/4-inch plate. Add seasonings by sprinkling the ingredients over the meat, and add pork or beef. Mix thoroughly. Then grind through a 1/8-inch plate. Let stand in a 6-inch-deep tray at 38 degrees F for 72 hours. Stuff in hog casings. Heat in 170 degree F smokehouse to 155 degrees F. Reduce smokehouse temperature to 90 degrees F and dry for 48 hours. Refrigerate until needed.

COUNTRY-STYLE BOLOGNA

17 pounds lean venison
8 pounds ground pork or beef (25 to 30 percent fat)
1 quart ice
1 cup (10.5 ounces or 298 grams) salt
0.7 pound nonfat dry milk

3 Tbsp. (42 grams) sugar
3 tsp. (21 grams) cure** dissolved in 1 cup water
8 tsp. (12 grams) ground coriander seed
5 Tbsp. (34 g) white ground pepper

Grind venison through a 1/2- to 3/4-inch plate. Add seasonings by sprinkling the ingredients over the meat, and add pork or beef. Mix thoroughly. Then grind through a 1/4-inch plate while adding ice. Regrind through a 1/8-inch plate. Stuff into natural or fibrous casings. Hang in smokehouse and heat at 180 degrees F while smoking. Use a meat thermometer and cook to an internal temperature of 155 degrees F. Chill in a cold water bath until internal temperature is 100 degrees F.

Note: This product may also be water cooked in 160 to 165 degree F water to an internal temperature of 155 degrees F.

Note: Frankfurters can be made following this recipe. The difference is that franks are stuffed into smaller casings.

**The cure mentioned contains 6.25 percent sodium nitrite, which gives a red, cured color to the sausage after heating and helps prevent botulinum toxin formation. Cures such as "Modern Cure" and "Prague Powder" can often be purchased from small commercial sausage makers. Complete cures such as Morton "Tender Quick" also contain sodium nitrite. When using a complete cure in this formulation, omit 1 cup salt and all cure, then add 1 cup (10.5 ounces or 298 grams) of "Tender Quick".

