

Tasty Ideas For Venison Lovers

EPHRATA (Lancaster Co.) — Wondering what to do with all the venison the deer hunters in your family lugged home this week? Here are recipes from an anonymous reader. It's sure to be a help in serving tasty meals to family and friends.

When preparing venison, use the same cooking techniques as those for lean beef. Trim the outer layer of fat before cooking. Use a small amount of vegetable oil, if you plan to saute, or if necessary, vegetable spray to grease the pan.

This is suggested as venison fat tends to have a strong flavor and can become rancid quickly. Meat

of younger animals is more tender so dry cooking methods such as pan frying, roasting, and broiling can be employed. Tougher meat from older deer or the chuck and shank cuts in general benefit from moist cooking such as braising or stewing. Most importantly, be sure to cook the meat completely as you would pork or chicken.

VENISON SHISH-KA-BOBS

- 1 to 2 pounds cubed venison
- 2 or 3 large green peppers
- 2 large onions
- Whole mushrooms (optional)
- Ground ginger
- Olive oil or peanut oil
- Soy sauce

Cut green peppers and onions into nice sized pieces for shish-ka-bobs. In a rectangular container with a lid or other available container with lid, layer some venison cubes, green pepper and onions.

Sprinkle with ground ginger, olive or peanut oil and soy sauce. Repeat the procedure until you have used all of your cubed venison, etc. Marinate in the refrigerator for a day or two. Shake the container occasionally. Then put your pieces on skewers and bake on the grill for delicious mouth-watering, moist venison ka-bobs.

VENISON AND BROCCOLI STIR FRY

- 1 pound of venison, very small pieces
- ½ cup soy sauce
- 2 teaspoons cornstarch
- Pinch of salt
- 1 stalk broccoli, partly steamed and cut up
- ¼ cup of oil

Marinate the meat about one hour in the soy sauce, cornstarch and salt. Heat oil in wok or heavy skillet, add meat one piece at a time and cook quickly while stirring. Add broccoli while stirring. Serve over rice, noodles etc. Add soy sauce on top.

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How does venison made in a pit barbecue sound? It's delicious when made by Kenneth Strouse who won't divulge his secret sauce recipe. Strouse, who lives in Centre Hall, hauls his barbecue set-up to those who want their venison barbecued. It's a great party hit.

Hooked On Horses

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was still recovering from a previous leg injury. She also serves as teen leader and on Teen Council in 4-H.

Upon seeing how much her sister enjoyed horses and 4-H, 11-year-old Mary wanted to start riding. The sixth grader has ridden for two years and so far has competed in Western riding. However, she is learning English style and wants to learn to jump and do everything that Leah does. She has been in 10 shows and was overall PeeWee champion in Buffalo Valley. She hopes to get her own horse someday but is content with riding one owned by Tuck-A-Way Farm where she goes regularly with Leah to practice and have fun riding. Mary enjoys 4-H very much, and also school. She plans to be a teacher.

At the annual banquet meeting of the 4-H Pegasus Horse and Pony Club, 4-H Leader Pam Shellenberger gave them and 30 other members a beautiful jacket embroidered with the club name

and insignia. Many hours and much effort had been spent by members and parents to raise the money for these jackets.

Two sisters, 15-year-old Holly and 5-year-old Jessica Thomas, are active in the 4-H Pegasus Horse and Pony Club of which their mother, Pam, is the leader. Holly has been in the 4-H Club for four years and has gone to state competition all four years. In the Horse Show at the Juniata County Fair, Holly had the Grand Champion Appaloosa mare at halter for three-year-olds, plus she took second with her quarter horse for showmanship; second in the egg and spoon contest; and led Jessica to first place in leadline competition. Their home is in Mifflintown.

A really small rider is Shanna Hart, one-year-old daughter of Duane and Heidi Hart. When only three months old, Shanna first sat on a horse — on her mother's lap — and has been hooked ever since! She has her own tiny saddle, boots and a special hat. Of course she is supported on the horse by the steady hand of dad or mother who walks alongside as Shanna competes in leadline competition. Her mother had her first pony when she was only 18 months old, and she was in 4-H until age 18. She still competes in open shows but is temporarily sidelined as she awaits the birth of Shanna's brother or sister. The Harts live near Port Royal.

Another small rider is Christine Sciortino, seven-year-old daughter of Frank and Francine Sciortino of Lewistown. Christine has been riding since Mareh and has been in three shows in the English style of riding. She placed second in one of those shows in leadline competition. Christine looks forward to becoming a member of the 4-H Horse Club but will have to wait until 1996 because her eighth birthday in February will be too late for the January deadline. She also takes piano lessons and likes to read and play outdoors.

Those horse lovers agree: You're never too young to start, and you can keep riding the rest of your life. Whether in competition or just plain old riding, you can really get hooked on horses!



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