

# Home on the Range

## A Bounty Of Wild Game Recipes

When the hunters in your family return home upon successfully bagging their trophy deer, the chef needs to be ready with a variety of tasty venison recipes.

Proper handling in the field and until the meat is served is of utmost importance to insure food safety and quality. Contact your local Cooperative Extension for further information on dressing, handling, and storing deer.

Today's recipes offer a tasty selection so it doesn't seem like you are always cooking the same meat. You can use venison in place of beef in most recipes. 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 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.

Remember not only is venison tasty, it is nutritious. Venison, as with most game, has less fat than domestic meats. Cholesterol is an integral part of the cell membrane of animals so the cholesterol content of meat is more closely tied to the membranes of muscle cells than to the fat content of the muscle. This means, as a rule of thumb, that game meat tends to have the same amount of cholesterol as beef or pork. However, since game gets more exercise, game meat has considerably less fat than domestic meat.

The following table offers a comparison of the nutritional composition of venison, beef, and chicken.

	Calories	Protein (% of USRDA)	Fat (% of Calories)	Cholesterol (milligrams)	Iron (% of USRDA)
Venison	158	67%	18%	112	25%
Beef	222	67%	42%	90	18%
Chicken	190	64%	35%	89	7%

\*Source: U.S. Department of Agriculture Handbooks No. 8-5, 8-13, and 8-17.

### VENISON MINCEMEAT

- 2 pounds lean venison
- 1 pound beef suet
- 6 pounds apples
- 2 pounds currants
- 1 pound Sultana raisins (seeded)
- 2 pounds seedless raisins
- ½ pound citron
- 4-6 cups brown sugar
- 2 teaspoons nutmeg
- 1 tablespoon allspice
- 1 tablespoon cinnamon
- ¼ teaspoon ginger
- 1 teaspoon cloves
- 1 tablespoon salt
- 2 oranges
- 1 lemon
- 8 cups cider or grape juice

Trim all fat from venison. Bake meat 40 minutes in 350 degree oven. Cool and chop. Mix with the chopped beef suet, pared, cored, and chopped apples, currants, raisins, and citron. Add sugar, spices, juice of two oranges, finely chopped rind of 2 oranges, chopped lemon and the cider or grape juice. Simmer 30 minutes. Freeze in one-quart containers.

Sally Kenamond  
Mifflinburg

### BOOK'S VENISON BOLOGNA

- 60 pounds venison, ground twice
- 2 pounds Tender Quick
- 1 pound brown sugar or more for sweet bologna
- 1 tablespoon mace
- 1 tablespoon dry mustard
- 3 ounces black pepper
- 1 ounce garlic salt
- 5 ounces liquid smoke
- ½ cup hot pepper or to taste
- Grind and mix all ingredients well. Grind again. Stuff firmly into 4-inch wide cloth bags. Make them yourself out of white cloth. Tie bags with string and roll to make nice and round.
- Let stand 24 hours.

Bake approximately four hours at 225 degrees, turn them every 30 to 45 minutes. Eat when cool. Freezes well.

Mrs. Harold Book  
Blairs Mills

## Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

### December

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Rice bran meat loaves made from venison is an example of recipes in which venison may be substituted for beef.

### WALNUT STUFFED GROUSE

- 2 dressed grouse
- 6 tablespoons butter
- ¼ cup chopped walnuts
- 6-ounce can chopped mushrooms
- ½ teaspoon salt
- 1 cup bread cubes
- ½ cup chicken broth
- Saute walnuts in 2 tablespoons butter until lightly browned. Cool. Add drained mushrooms and bread cubes. Stuff grouse. Melt remaining butter and mix with chicken broth. Roast grouse at 400 degrees for one hour, basting often with butter and chicken broth, until lightly browned.

### MARINADED VENISON STEAKS

- 2-3 pounds of ¼ -inch venison steaks
- Cover with:
- ½ cup water
- ½ cup dry red wine

Add:

- 3 or 4 black peppercorns
- 1 bay leaf
- 4 or 5 cloves
- 1 small sliced onion

Cover and refrigerate in marinade 1-2 days. Turn occasionally.

Saute in:

- 1 tablespoon butter
- 1 tablespoon oil
- 5-6 minutes per side.

### VENISON MEATLOAF

- ¼ pound ground venison
- ¼ pound ground sausage
- 1 egg
- 2 tablespoons chopped parsley
- 1 tablespoon soft butter
- 1 tablespoon bread crumbs
- 1 teaspoon lemon juice
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 medium onion, chopped
- Bake at 350 degrees for one hour. Baste with:
- ½ cup butter
- 1 cup vegetable stock or water plus ¼ package dried soup mix

### VENISON CHILI BEANS

- 1 gallon cooked pinto or red kidney beans
- 3 pounds ground venison
- 1 cup finely chopped onion
- ½ cup finely chopped celery
- ½ cup finely chopped bell pepper
- 1 quart plain spaghetti sauce
- 2 quarts tomato juice
- 1 tablespoon mixed Italian spice
- 1-1½ -ounces chili powder
- 1 teaspoon salt
- ¼ cup cider vinegar
- Saute venison in oil until it changes color. Add vegetables and saute until limp. Add remaining ingredients except kidney beans and cook on low heat for 10 minutes. Add beans. Simmer for at least 30 minutes. Pour into hot clean sterile jars and pressure can at 10 pounds for 20 minutes.

### VENISON JERKEY

Remove all fat from round or other steak. Cut in thin strips, cutting along grain of meat or it will fall apart while cooking.

Place pieces of meat in a square container side by side. Sprinkle with salt, pepper, and liquid smoke. Repeat layers until used up, weigh down top with heavy cover. Chill overnight.

In morning drain off liquid and pat dry. Place toothpick through one end of each strip. Hang each over oven rack placed at top of oven. Line bottom of oven to catch drips.

Bake at 250 degrees until dried, about 3½ -4 hours.

Cool, store in tight container in refrigerator or cool temperature.

Mary Criswell  
Martinsburg

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## Featured Recipe

If it's been a successful hunting season, you may be eating wild game for many months. This necessity is not always greeted with delight from all family members.

You can make a stringent diet more palatable by adapting favorite beef recipes for venison. Make sure venison is thoroughly cooked — you should not eat it slightly red like you may beef.

Venison usually tastes more tender and moist if cooked slowly — crock pots are wonderful.

Depending on the diet of deer, some venison tastes almost identical to beef, but some has a gamey flavor. If you don't like the gamey flavor, use plenty of herbs, seasonings, and onion to camouflage the flavor.

Here is a recipe that is low fat and flavorful.

### MINI BRAN MEAT LOAVES

- Vegetable cooking spray
- 1½ pounds venison
- 1½ cups rice bran
- 1 cup finely chopped onions
- ½ cup diced red pepper
- ½ cup snipped parsley
- ½ cup dry bread crumbs
- ½ cup picante sauce
- 2 egg whites, lightly beaten
- 1 teaspoon lemon pepper
- 1 teaspoon seasoned salt
- Picante sauce or ketchup (optional)
- Coat 8x4-inch loaf pan with cooking spray. Combine all ingredients in large bowl; mix well. Bake at 350 degrees 50 to 60 minutes. Serve with picante sauce or ketchup, if desired. Makes 8 servings.