

Bear Stew

4# Bear Meat Cubed
1 large onion diced
olive oil
1# carrots diced
1# celery diced
1# turnips
t. oregano
2 Qt beef Stock
¼ tomato paste
1/3 c. cabernet
pepper
salt
Venison Roast

Venison Sausage

5 Feet medium hog casings
5 lb Cubed prefrozen venison
3 lb Lean prefrozen pork, cubed
2 lb Pork fat, cubed
5 tb Salt
1 ts Thyme
2 ts Sugar
1 tb Fine grind black pepper
2 ts Finely minced garlic
1 tb Paprika
1 ts Cayenne
1 c Brandy
1/2 ts Ascorbic acid
1 ts Saltpeter

MARINADE 1/2 c Red wine vinegar 1/2 c Red wine 2 ts Salt 1 sm Onion, sliced 1/2 c Thinly sliced carrot
1 cl Garlic, finely minced 1 Bay leaf 1/4 c Chopped heart of celery 1 tb Whole black peppercorns
Thaw venison. Prepare marinade and pour over cubes of meat. Marinate in the refrigerator for 24 hours.
Drain, discard marinade, and grind through the fine disk. Grind pork and fat separately and mix with
venison. Add remaining ingredients and mix well. Place in the
refrigerator overnight. Prepare casings, stuff and tie off into 4-5" links. Hang to dry for 48 hours. Cold
smoke (70-90) for ten hours. Hang again for at least two weeks before sampling.

Venison Chili

3 T Vegetable oil
1 ea Large onion, finely chopped
2 ea Large garlic, minced
1 ea Small hot green chili
1 x Pepper, minced (optional)
1 1/4 lb Venison, cut into 1/2" cubes
3/4 lb Ground venison (or pork)
28 oz Can of crushed tomatoes
3 T Red wine vinegar
3 T Ground chili powder
2 T Ground cumin
2 T Worcestershire sauce

1/2 t Cayenne pepper, plus a pinch
1 ea Large green bell pepper,
1 x Seeded and chopped
2 t Salt or to taste
1 x Freshly ground black pepper
10 oz Can of red kidney beans, dra
3 T Masa Harina (or fine cornmea
1 x Mixed with a little water
1 x Into a smooth paste for thic

Heat the oil in a very large skillet. Stir in the onion, garlic, and chile pepper. Saute over med-hi heat until the onion is just tender, about 5 minutes. Add the cubed and the ground venison and continue cooking for about four to five minutes, stirring with a wooden spoon, until the ground meat is no longer red. Add all the remaining ingredients except the beans and the masa harina (or cornmeal). Bring the mixture to a boil then reduce heat to medium and cook uncovered for 30 minutes, stirring occasionally. The stew should be fairly thick. Stir in the kidney beans and the masa harina and heat through. Taste and adjust the seasonings.

Makes 6 cups.

VENISON JERKY

1 Pound Ground Venison
1 Tablespoon Curing Salt
1/8 Teaspoon Garlic Powder
1/8 Teaspoon Onion Powder
2 Tablespoons Liquid Smoke

Mix all the ingredients in a bowl and leave in refrigerator overnight. Next day, mix well and put in a jerky shooter or you can roll it out, put in a dehydrator. Follow cooking instructions supplied with dehydrator or you can cook in a oven @145 degrees with the oven door open, takes 7 to 8 hours. Keep Checking. Enjoy, we love it!

VENISON

The term '*venison*' originally referred to the edible flesh of any wild animal. During the Middle Ages in England, it referred to the flesh of any animal killed in the hunt. Wild boars, rabbits, hares, bears, etc were all referred to as venison. A recently as the 19th century, even kangaroo was included. Today the term is used to refer to deer meat (wild or farm raised), especially fallow deer, red deer, roebuck, elk, antelope and reindeer.

VENISON FACTS

With just a third of the calories of beef, a fraction of the fat, and abundant protein, venison deserves a prominent place in today's health-conscious diet and on your dinner table.

Venison is not always easy to obtain. That which is farm-raised is most often sold to the best hotels and restaurants, while the venison obtained from deer shot in the wild cannot be sold and can only be enjoyed by hunters and friends. Due to the lack of familiarity (with the product among the average consumer) has

led to its reputation as meat that is difficult to prepare and best left to an experienced chef. Many have had unpleasant experiences with venison served to them by hunters, due perhaps to improper field dressing of the carcass, or to improper handling or butchering of it, or simply to the way it was cooked. Whatever the reason, there are a lot of misconceptions about venison which is unfortunate, since it is among the most delectable of meats.

From 1990 to 2000 venison consumption in North America almost tripled. Not only did the quest for variety and unusual taste sensations drive the demand for venison, but also the emphasis on healthy and natural foods gave it a significant boost. Venison is high in protein, contains iron, zinc and many of the B vitamins, and is raised naturally, without growth hormones, antibiotics and dyes. In addition, venison is very lean - there is no such thing as "marbled" venison. A deer has 5% body fat whereas other domesticated animals have up to 25%. Farm-raised venison is very low in cholesterol.

The American Heart Association has endorsed venison as a heart healthy red meat.