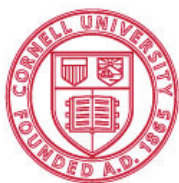


# VENISON

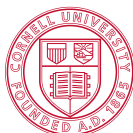
*Processing, Preparing, and Presenting Deer*



Cornell University  
Cooperative Extension  
Department of Natural Resources

This guide is produced by REWORRRS (Returning Warriors: Outdoor Recreation, Restoration & Resilience Study) in partnership with Wild Harvest Table, Seneca County Cornell Cooperative Extension, and Cornell University Department of Natural Resources.

# REWORRRS



**Cornell University**  
Cooperative Extension  
Seneca County



Edited and Compiled by: Moira Tidball, Keith Tidball  
Graphic Design by: Christie Brewer



United States  
Department of  
Agriculture

National Institute  
of Food and  
Agriculture

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11/2015 v.2

The REWORRRS study, funded by United States Department of Agriculture National Institute of Food and Agriculture, explores the importance of human nature interactions in outdoor recreation and restoration activities among returning war veterans, and how these interactions relate to individual, community, and social-ecological health and resilience. The multitude of benefits provided by nature contact for health and well being are well documented. A potential added benefit of outdoor recreation activities that involve nature contact thru hunting and fishing is bringing home meat to eat! This booklet offers practical advice on preparing and consuming venison from field to table based on the Wild Harvest Table program and Cornell Cooperative Extension research and outreach. The health and nutritional benefits of consuming venison are presented, along with recipes and tips for delicious preparation and presentation of venison. Always be sure to check your states hunting regulations for seasons and bag limits as well as guidance regarding game and habitat studies.



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# REMEMBER FOOD SAFETY STARTS IN THE FIELD!

- **Consider using non-lead bullets or slugs**

Research has shown that small, undetectable lead fragments remain in the meat of animals shot with lead ammunition, especially in the ground meat. Lead is a neurotoxin that can be particularly harmful to growing children and developing fetuses (pregnant women). If you choose to use lead ammunition, be sure to discard the meat around the wound channel.

- **Properly field dress the deer and cool the inner cavity as soon as possible**

Bring a sharp knife for gutting your deer, plastic gloves, and some sanitizing wipes to clean your blade. If you choose to rinse the inner cavity of the deer after gutting, be sure to dry it with a towel. Excessive moisture can lead to harmful bacteria growth. Prop

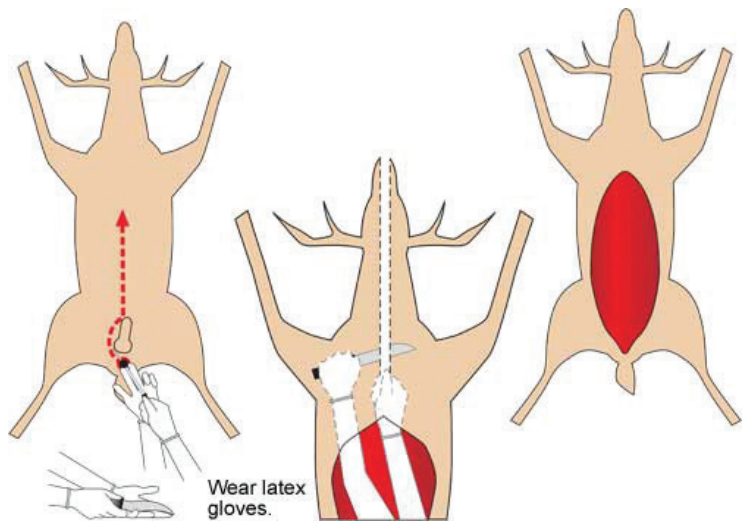


Image from [www.hunter-ed.com](http://www.hunter-ed.com)

the cavity open with clean sticks to allow the air to circulate, cooling down the cavity. Penn State has a Field Dressing Deer Pocket Guide that is handy to have in your kit. There are many on-line resources for field dressing deer. Just be sure the information is from a reliable, research-based source, such as a State's Cooperative Extension (.edu) or Department of Environmental Conservation (.gov).

- **Keep the deer below 40°F during aging**

Only age your deer for a few days to tenderize the meat if you have a place to store it below 40°F where pests cannot get it (i.e. canines, cats, or rodents). The deer should be hung by its hind feet with the skin on during aging. If the temperature is not cooperating, it is not necessary to age the meat to achieve tender results. Other ways to tenderize meat are through mechanical processes, such as pounding with a meat mallet or piercing the meat; using acidic marinades, such as vinegar or wine to break down the meat; brining the meat in salted water to enhance juiciness; braising by searing or “browning” the meat, then cooking it for a few hours in liquid (think stew or pot roast); and a final tenderizing technique is to not overcook steaks or other tender cuts.

- **Have a plan for storing deer meat, such as freezing, canning, jerky making**

One cubic foot of freezer space holds about 30-35 pounds of cut and wrapped meat, depending on the shape of the cuts. You can expect to get about 50-60% yield of edible meat, so a 100 pound deer will yield about 50 to 60 pounds of meat for the freezer. Always freeze meat one layer at a time. Filling a box with many packs of unfrozen meat will lead to warm spots in the middle of the box and portions of the meat may not be thoroughly frozen, causing a food safety concern. Meat can be condensed into a box once it is frozen solid. Canning meat is a great way to save on freezer space. It not only frees up freezer space, but the canned meat is very tender and ready to prepare quick meals. If you are unfamiliar with canning check with your local Cooperative Extension office to see if they offer hands on courses or guidance for canning. There is a large section in this booklet devoted to canning meat.

Venison is a delicious and nutritious meat, especially when properly prepared!

Wild deer meat tends to be low in fat and high in mineral and protein content due to a deer's diverse, foraged diet and free range lifestyle. Less fat in the meat equals fewer calories as well.

## NUTRITIONAL COMPARISON OF DEER MEAT TO GROUND BEEF

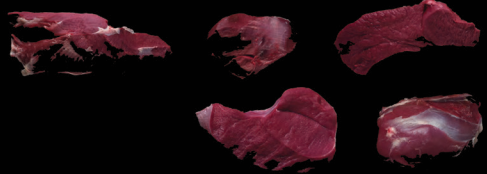
Based on 3 ounce portions (85g):	Ground Wild Deer Meat	Ground Grass-Fed Beef	Ground Beef 85% lean
NUTRIENTS:			
Energy (kcal)	134	163	183
Protein (g)	18.52	16.52	15.8
Total fat (g)	6.06	10.83	15.8
Total saturated fat (g)	2.859	4.537	4.986
Total mono-unsaturated fat (g)	1.143	4.082	5.572
Total poly-unsaturated fat (g)	0.335	0.452	0.367
Cholesterol (mg)	68	53	58
MINERALS:			
Ca (mg)	9	10	13
Fe (mg)	2.48	1.69	1.78
Mg (mg)	18	16	15
P (mg)	171	149	145
K (mg)	281	246	251
Na (mg)	64	58	56
Zn (mg)	3.57	3.87	3.81

Data source: U.S. Department of Agriculture, Agricultural Research Service. 2011. USDA National Nutrient Database for Standard Reference, Release 24. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/nd>. Compiled by Moira Tidball, Cornell University Cooperative Extension. 2012.

# Venison Cuts and Cooking Methods

## ROUND and SIRLOIN

Cuts: roasts, steaks, e.g., eye of round and bottom round



## TENDERLOIN

Cuts: roast, steaks, medallions  
(from interior cavity)



## LOIN (BACKSTRAP)

Cuts: roasts, butterflied chops, loin chops



## GROUND VENISON

Made from any cut of venison



## STEW

Made from any cut of venison



## OTHER CUTS and OPTIONS

Cuts: shank, neck, shoulder roast, fajita strips, jerky



BRAISE



GRILL / BROIL



MARINATE



POT ROAST



ROAST



SKILLET / PAN-FRY



STEW

PENNSTATE



College of Agricultural Sciences • Agricultural Research and Cooperative Extension

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# *Recipes*

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Serves: 10 - 12

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# *Venison Pot Roast*

This makes a delicious Sunday roast and the leftovers make great sandwiches.  
Happy hunting and bon appetite!

## **INGREDIENTS**

- 3 pound venison roast
- 2 tablespoons flour
- 1 tablespoon olive oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 3 big carrots, sliced
- 4 celery sticks, sliced
- 1 teaspoon thyme
- 1 teaspoon rosemary
- ½ teaspoon salt
- ½ teaspoon pepper
- 1½ cups stock (beef, chicken, or wine)

# VENISON

## DIRECTIONS

1. Lightly dust roast with flour, salt and pepper.
2. Heat olive oil in dutch oven over medium to medium-high heat; sear roast on each side until brown (about 2 minutes each side).
3. Add onion, garlic, carrots, mushrooms, and celery to pan. Saute for 3-5 minutes.
4. Add thyme, rosemary, salt, and pepper.
5. Pour in liquid, then scrape bottom of the pan with a wooden spoon to loosen flour and meat drippings to incorporate into the sauce.
6. Cover the pan and place in oven at 300°F for a few hours until meat is very tender and falls off the bone, making sure there is still liquid in the pan.
7. If using a crock pot, cook in crock pot for 8 hours on low.
8. To make a gravy, save the juice from the pan by straining off the solids and then boiling the liquid on the stove until thickened. Can be served over boiled potatoes.

## Nutrition Facts

Serving Size 5 oz.  
Servings Per Container 10 - 12

Amount Per Serving

**Calories 200**    **Calories from Fat 45**

% Daily Value\*

**Total Fat 4.5g**    **7%**

**Saturated Fat 1.5g**    **8%**

**Trans Fat 0g**

**Cholesterol 115mg**    **38%**

**Sodium 290mg**    **12%**

**Total Carbohydrate 5g**    **2%**

**Dietary Fiber 1g**    **4%**

**Sugars 2g**

**Protein 33g**

**Vitamin A 45%**    • **Vitamin C 4%**

**Calcium 4%**    • **Iron 30%**

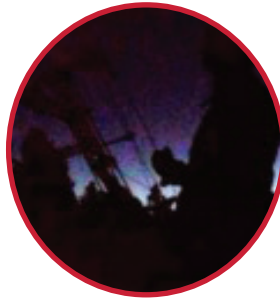
\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Serves: 4

.....



# *Venison Backstrap with Caramelized Onions*

The backstrap or tenderloins are the long tender strips of meat found along either side of the spine. It is often considered the prize cut of meat from a deer.

## INGREDIENTS

- 1-2 pounds venison backstrap
- 2 tablespoons balsamic vinegar
- 3 tablespoons olive oil, divided
- 1 medium vidalia or yellow onion, sliced
- 2 cloves fresh garlic, minced
- 1 teaspoon fresh rosemary
- 1 teaspoon fresh thyme (optional)
- ½ teaspoon brown sugar
- dash of cayenne pepper
- coarse salt
- freshly ground black pepper



# VENISON

## DIRECTIONS

1. Rinse venison and pat dry. Season with salt and pepper. Add balsamic vinegar and 1 tablespoon of the olive oil. Rub into meat and let marinate for about 30 minutes to an hour.
2. Heat 1 tablespoon of the olive oil over medium high heat. Pan fry venison, turning to brown, until medium rare, about four minutes total for a two-inch thick backstrap. Remove from heat and tent with foil (it will cook a bit more under the foil).
3. Turn down heat to medium and add remaining olive oil to pan. Add onions, garlic and rosemary, dash of cayenne pepper and other desired herbs. Sprinkle with brown sugar. Toss and cook until onions brown and are slightly caramelized, about 2-5 minutes. Remove from heat. Slice venison at an angle and serve with onion and garlic mixture.

Nutrition Facts			
Serving Size ~ 1.5 cups			
Servings Per Container ~4			
Amount Per Serving			
Calories 320		Calories from Fat 130	
		% Daily Value*	
Total Fat 14g		22%	
Saturated Fat 3g		15%	
Trans Fat 0g			
Cholesterol 145mg		48%	
Sodium 130mg		5%	
Total Carbohydrate 7g		2%	
Dietary Fiber 1g		4%	
Sugars 3g			
Protein 40g			
Vitamin A 0%		• Vitamin C 6%	
Calcium 2%		• Iron 35%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Serves: 6 - 8

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## *Get your Game On!*

# *Venison Nachos*

## *for Super Bowl Sunday*

This venison nachos recipe is a crowd favorite, plus using venison lowers the fat content compared to typical beef versions!

### INGREDIENTS

- 1 pound ground venison
- 1 tablespoon olive oil
- 1 medium onion, diced
- 2-3 cloves garlic, minced
- 2-3 tablespoons chili powder
- 1 can (28 ounces) diced tomatoes (or 1 quart home canned tomatoes)
- 1 can (15 ounces) red kidney beans or black beans (drained and rinsed)
- 1 cup shredded cheddar cheese
- ½ cup sour cream
- salt and pepper to taste
- tortilla chips
- optional: 1 tablespoon brown sugar, 1 teaspoon crushed oregano, and 1 teaspoon cumin

# VENISON

## DIRECTIONS

1. In a stock pot, add the olive oil and brown the venison over medium high heat. Add the onion and cook 3-5 minutes longer until onion is translucent. Add the garlic and spices and cook another minute (don't let the garlic get brown). Add the tomatoes and scrape the bottom of the pan with a wooden spoon or non-metal spatula.
2. Bring mixture to a gentle boil, then lower heat and simmer the chili about half an hour or more until it is thicker. Add the beans and cook until heated through and the consistency is thick. Season to taste.
3. Preheat oven to 400°F. In a 10-inch pie plate, layer the tortilla chips, then cover with venison chili (leave some room along the edges to pick up chips) and top with cheddar cheese. Bake for about 8 minutes until the cheese is melted. Dollop spoonfuls of sour cream on top and serve.

## Nutrition Facts

Serving Size ~ 1 cup  
Servings Per Container ~ 6-8

Amount Per Serving

**Calories 360**    **Calories from Fat 140**

% Daily Value\*

**Total Fat 16g**                      **25%**

    Saturated Fat 6g                **30%**

    Trans Fat 0g

**Cholesterol 70mg**                **23%**

**Sodium 470mg**                    **20%**

**Total Carbohydrate 33g**        **11%**

    Dietary Fiber 7g                **28%**

    Sugars 4g

**Protein 24g**

Vitamin A 25%    •    Vitamin C 30%

Calcium 25%    •    Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Serves: 6

.....



# *Venison Summer Sausage*

## *with Cheese and Jalapeño Pepper*

Here is a recipe for a delicious summer sausage you can make at home. It is perfect for holiday parties!

### INGREDIENTS

- 1 cup cold water
- 3 tablespoons Tender Quick Curing salt
- 1-2 teaspoons mustard seed
- 1-2 teaspoons garlic powder
- 1 teaspoon marjoram (optional)
- 1 teaspoon ground black pepper
- 2 teaspoons liquid smoke flavoring (\*omit this if smoking the sausage)
- 3 pounds ground venison
- 1 cup shredded or finely diced cheddar cheese
- 2 jalapeño peppers, seeded and finely diced



# VENISON

## DIRECTIONS

1. Preheat oven to 300°F.
2. In a large bowl, mix water, curing salt, mustard, garlic, marjoram, black pepper and liquid smoke until the salt is thoroughly dissolved. Mix in the ground venison, cheese and jalapeño peppers until evenly blended (easiest to do this with your hands, wearing food gloves).
3. Divide the mixture in half and roll each half into 2 inch thick “logs.” Tightly wrap each “log” with aluminum foil and refrigerate for 24 hours.
4. After 24 hours, carefully remove the aluminum foil from the sausage logs and place them on a baking sheet. Bake the sausage until they reach an internal temperature of 170°F, about 1½-2 hours. Let cool and slice thin to serve.

\*If smoking the summer sausage, omit the liquid smoke when mixing ingredients. Then instead of baking the unwrapped sausage logs, cook them in a smoker according to the manufacturer’s recommendations, making sure the meat reaches an internal temperature of 170°F.

# Nutrition Facts

Serving Size ~ 1 cup  
Servings Per Container ~ 6-8

Amount Per Serving	
Calories 360	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 470mg	20%
Total Carbohydrate 33g	11%
Dietary Fiber 7g	28%
Sugars 4g	
Protein 24g	
Vitamin A 25%	Vitamin C 30%
Calcium 25%	Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Serves: 4

.....



# *Venison Meatballs*

Meatballs are a great way to feed a crowd and use up ground venison. They can be served with Marinara sauce over spaghetti or as a sandwich, and freeze well to be enjoyed later.

## **INGREDIENTS**

- 1 pound ground venison
- 2 eggs, beaten
- 6 tablespoons grated Parmesan cheese
- ½ cup breadcrumbs or quick oats
- 1-2 tablespoons olive oil
- ¼ cup chopped fresh parsley
- 1 tablespoon Italian seasonings (thyme, oregano, basil)
- 1 clove minced garlic
- ¼ cup minced onion (optional)
- ½ teaspoon salt
- ½ teaspoon black pepper

# VENISON

## DIRECTIONS

1. In a large bowl mix all ingredients and form into 1½ inch meatballs.
2. Lightly oil a large, heavy skillet or use a non-stick sauté pan and cook the meatballs over medium heat until browned and cooked through, turning frequently, for about 15 minutes.
3. The meatballs can also be cooked in the oven at 375°F for about 25-30 minutes, until cooked through. Enjoy your meatballs with your favorite sauce or in a sandwich.
4. To freeze any leftover meatballs, allow them to cool 15-30 minutes and freeze them in an airtight container, such as tightly wrapped in butcher paper or vacuum sealed.

Nutrition Facts			
Serving Size 3 oz.			
Servings Per Container 4			
Amount Per Serving			
Calories 290		Calories from Fat 110	
		% Daily Value*	
Total Fat	12g		18%
Saturated Fat	4g		20%
Trans Fat	0g		
Cholesterol	195mg		65%
Sodium	390mg		16%
Total Carbohydrate	9g		3%
Dietary Fiber	1g		4%
Sugars	1g		
Protein 34g			
Vitamin A	10%	Vitamin C	10%
Calcium	15%	Iron	30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat		9	Carbohydrate 4 • Protein 4

Serves: 4

---



# *Grilled Venison Steaks*

There are three tenderizing techniques used in this recipe to make the end result tender and juicy- piercing the meat, marinating, and not over-cooking.

## INGREDIENTS

- 1½ pounds of venison steak from the loin or round
- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 tablespoon soy sauce
- 1 tablespoon Worcestershire sauce
- 1 clove minced garlic
- salt and pepper to taste

OR you can use ½ a cup of your favorite marinade



# VENISON

## DIRECTIONS

1. Mix all ingredients except steak vigorously together with a wire whip or shake in a jar.
2. Place meat in a ceramic or glass dish and pierce the steak all over with a fork or Jaccard-type meat tenderizer. (Note: we are not promoting any particular brand of tenderizing equipment and the image below is just a representation. Forks work just fine, too.) Pour the marinade over the meat, turning the meat to evenly distribute the marinade.
3. Cover and place in the refrigerator for about 4 hours, turning the meat a few times.
4. Grill the steaks over high heat (hottest part of grill) about 4 minutes a side, basting with any remaining marinade or a bit of butter. Venison steak is best if cooked no higher than medium, or about 145°F. It's that simple.



## Nutrition Facts

Serving Size ~ 3 oz.  
Servings Per Container ~6

Amount Per Serving

**Calories 180**    **Calories from Fat 60**

**% Daily Value\***

**Total Fat 7g**    **11%**

Saturated Fat 1.5g    **8%**

Trans Fat 0g

**Cholesterol 95mg**    **32%**

**Sodium 200mg**    **8%**

**Total Carbohydrate 1g**    **0%**

Dietary Fiber 0g    **0%**

Sugars 1g

**Protein 26g**

Vitamin A 0%    •    Vitamin C 2%

Calcium 2%    •    Iron 25%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Serves: 6

---



# *Grandpa's Venison Burgers*

"This is a new spin on my grandpa's recipe for venison burgers. As an avid fisher and hunter, he often served these delicious burgers to my dad, aunt and uncle when they were growing up. Grandpa uses the sausage to give the lean venison some extra fat to hold the patties together on the grill. I've added the spices and peppers to give it a little extra heat!" – Megan Moore, dietetic intern with Seneca County Cornell Cooperative Extension.

## **INGREDIENTS**

- 1 pound ground venison
- 2 Italian sausages
- 1 small onion
- ½ cup mushrooms
- 1 teaspoon black pepper
- ½ teaspoon cayenne pepper
- ½ teaspoon cumin
- ½ teaspoon dried thyme
- for extra heat, 1-2 tablespoons diced jalapeño or poblano pepper (about 1 whole jalapeño or ⅓ of a whole poblano)
- Hamburger buns

# VENISON

## DIRECTIONS

1. Peel and dice half of the onion into ¼-inch pieces. Wipe the mushrooms with a damp paper towel then dice into ¼-inch pieces. If using jalapeño or poblano, rinse the pepper and dice to ¼-inch pieces. (For less heat, remove the seeds and sauté the peppers in oil before adding into the meat. For more heat, add the seeds and uncooked peppers).
2. Remove sausage from casing if necessary. Mix ground venison, sausage, onion, mushrooms, peppers if using, and spices by hand. Divide into 6 even portions, about 3 ounces each. Shape the patties into thick rounds with a slight impression in the middle of each.
3. Grill patties on preheated flattop griddle or two sided grill. The patties will be very lean so it is best not to cook them on a grated grill as they may fall apart. Cook until a thermometer inserted into the center of a patty reads at least 160°F.
4. Top with your favorite hamburger toppings (suggested: lettuce, tomato, onion and barbecue sauce) and enjoy!

## Nutrition Facts

Serving Size 1 Burger (250g)  
Servings Per Container 6

Amount Per Serving

**Calories 320**    **Calories from Fat 90**

% Daily Value\*

**Total Fat 10g**    **15%**

Saturated Fat 3.5g    **18%**

Trans Fat 0g

**Cholesterol 75mg**    **25%**

**Sodium 550mg**    **23%**

**Total Carbohydrate 31g**    **10%**

Dietary Fiber 5g    **20%**

Sugars 8g

**Protein 27g**

Vitamin A 90%    •    Vitamin C 15%

Calcium 8%    •    Iron 25%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9    •    Carbohydrate 4    •    Protein 4

Serves: 4

---



# *Italian Venison Burgers*

Venison steaks are excellent on the grill, but they are best if the meat has time to tenderize in a marinade for a few hours or even days. If you want to grill tonight, try these Italian flavored burgers.

## **INGREDIENTS**

- 1 pound ground venison, thawed
- ½ cup sun-dried tomatoes, chopped
- ½ cup red onion, diced
- 1 garlic clove, minced
- ⅓ green olives, chopped
- 1-2 tablespoons olive oil
- 1-2 teaspoons Italian seasoning
- ⅓ grated Parmesan cheese
- salt and pepper to taste

# VENISON

## DIRECTIONS

1. Mix all of the ingredients together and form into 4 hamburger patties. Grill until desired temperature. USDA recommends to cook the meat to an internal temperature of 160°F. To test the temperature, insert a meat thermometer sideways into the burger.

## Nutrition Facts

Serving Size quarter pound  
Servings Per Container 4

Amount Per Serving

**Calories** 250    **Calories from Fat** 100

% Daily Value\*

**Total Fat** 11g    **17%**

**Saturated Fat** 4g    **20%**

**Trans Fat** 0g

**Cholesterol** 110mg    **37%**

**Sodium** 410mg    **17%**

**Total Carbohydrate** 5g    **2%**

**Dietary Fiber** 1g    **4%**

**Sugars** 3g

**Protein** 32g

**Vitamin A** 4%    • **Vitamin C** 6%

**Calcium** 20%    • **Iron** 25%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4





Serves: 4 - 6



# Venison Stew

This one pot meal is great on a cold winter night. You can even make it in a crockpot so it is ready when you get home.

## INGREDIENTS

- 1.5 pounds cubed venison meat (can cube a steak or roast if you do not have stew meat packaged)
- 6 medium potatoes washed and cut in half or quartered
- 1 medium onion, diced
- 1 cup diced carrots (large chunks or can use “baby” carrots)
- 1 cup diced celery
- 3 cloves garlic, minced
- 3 tablespoons olive oil
- ¼ cup flour (optional to season the flour with salt and pepper)
- 1 tablespoon Italian seasoning
- salt and pepper to taste
- 1 teaspoon Worcestershire sauce (optional)
- 1 tablespoon balsamic vinegar (optional)
- 1.5 cups dry red wine or 12 ounces of dark beer
- 1 can (about 14.5 ounces) canned tomatoes (diced or whole)
- 4 tablespoons fresh chopped parsley (optional)

## Nutrition Facts

Serving Size 2 cups  
Servings Per Container 4-6

Amount Per Serving

**Calories** 460      **Calories from Fat** 90

% Daily Value\*

**Total Fat** 10g      **15%**

Saturated Fat 2g      **10%**

Trans Fat 0g

**Cholesterol** 95mg      **32%**

**Sodium** 650mg      **27%**

**Total Carbohydrate** 50g      **17%**

Dietary Fiber 6g      **24%**

Sugars 7g

**Protein** 32g

Vitamin A 80%      •      Vitamin C 60%

Calcium 8%      •      Iron 40%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber	Less than	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## DIRECTIONS

1. Preheat oven to 300°F or turn on your crock pot. In a suitable braising pan (i.e. a deep pan with an oven-proof lid, such as a dutch oven) heat the olive oil over medium heat.
2. Meanwhile, lightly flour the venison cubes. Brown the floured venison cubes in the oil until nicely browned on all sides about 3-5 minutes.
3. Remove venison from the pan and set aside on a plate. Add the onion, garlic, carrot, celery and seasonings to the pan and gently brown your veggies for about 3 minutes. Add the wine, Worcestershire sauce and vinegar to the pan and gently scrape up any bits on the bottom of the pan with a wooden spoon.
4. Turn off the burner. Add potatoes, tomatoes and venison meat back into the pan. Gently stir all ingredients to combine and season with salt and pepper (about 1 teaspoon salt and ½ teaspoon black pepper) and parsley (optional).
5. Cover the braising dish and place in oven for about 2 to 2½ hours until the meat is tender.
6. If using a crock pot: flour and brown the meat in the olive oil as explained above. Place browned meat in a crock pot. Add the wine or beer to the pan that the meat was browned in and scrape up any browned bits on the bottom of the pan. Add this to the crock pot along with the remaining ingredients and leave it to cook all day (4 -5 hours on high setting or 8+ hours on low).



Serves: 4



# Venison “Veal” Cutlets

These tender morsels can be eaten simply or interchanged with any veal recipe (e.g., venison veal parmesan, venison veal marsala, venison veal piccata).

## INGREDIENTS

- 1 pound venison steak or chops
- ½ cup onion, sliced
- ½ cup fresh herbs such as parsley, rosemary, thyme or 2 tablespoons dried Italian seasoning
- 1 quart water
- 2-4 tablespoons salt
- 1 egg, stirred
- ½ cup milk
- ½ cup seasoned bread crumbs
- 1-2 tablespoons olive oil

## Nutrition Facts

Serving Size 3 oz.			
Servings Per Container 4			
Amount Per Serving			
Calories 110		Calories from Fat 35	
		% Daily Value*	
Total Fat 4g		6%	
Saturated Fat 1g		5%	
Trans Fat 0g			
Cholesterol 75mg		25%	
Sodium 110mg		5%	
Total Carbohydrate 3g		1%	
Dietary Fiber 0g		0%	
Sugars 1g			
Protein 15g			
Vitamin A 2%		Vitamin C 0%	
Calcium 4%		Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9		Carbohydrate 4 • Protein 4	

### DIRECTIONS

1. Starting in the morning, cut the venison into pieces about the size of a deck of cards (chop size). Then pound the venison until they are about ¼-inch thick, using a meat mallet (tenderizer).
2. Drain and change the salted water at least every hour (every half hour for the first 2 hours is even better). The venison will start to lose it's red color and become pale and tender like veal. It is best to have all day for this process, but it can be achieved in 3-4 hours.
3. Once the venison has transformed into veal-like quality, you can cook it cutlet style...place milk in one bowl, the mixed egg in another, and the seasoned bread crumbs in a third bowl or plate (no need for more salt because of the salted water brine).
4. Heat 1-2 tablespoons of olive oil in a fry pan. Place each cutlet first in the milk, then egg, and then coat with bread crumbs. Fry in the olive oil 2-3 minutes per side until golden brown.
5. These are delicious hot out of the pan with just a squirt of lemon and parsley or you can proceed from here to make venison parmesan, etc.

\*Venison meat tends to have far fewer calories and fat than veal.

Serves: 4

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# *Venison Swiss Steaks*

Here is a tried and true way to make tender and flavorful venison steaks!

## **INGREDIENTS**

- 1 pound venison steak or boneless chops
- ¼ cup flour, seasoned with salt and pepper
- 1 tablespoon olive oil
- 1 small onion (about ½ cup), chopped
- 1 clove minced garlic (1-2 teaspoons)
- ½ cup chopped carrot
- ½ cup chopped peppers
- ½ cup chopped mushrooms
- 1 pint diced tomatoes (fresh or canned)
- 2 teaspoons Italian seasoning or a mix of oregano, thyme, rosemary, basil, etc.
- salt and pepper to taste

# VENISON

## DIRECTIONS

1. Flour the venison steak and pound with a meat mallet until about ¼ - ½-inch thickness.
2. In a large braising pan or cast iron skillet (properly seasoned, of course) heat the olive oil over medium high heat. Add the steaks and cook about 3 minutes until well browned. Flip and brown the other side.
3. Remove the meat and set aside on a plate.
4. Add the onion, carrot, pepper, mushroom, garlic and 1 teaspoon herbs to the skillet. Saute the veggies 3-5 minutes. Push the veggies aside, put the steaks back in the pan, and arrange veggies around and on top of the meat.
5. Mix the other teaspoon of herbs with the tomatoes and pour on top of the meat and vegetables.
6. Cover pan and cook in a 325°F oven for 1½ hours.
7. Can be served over brown rice or whole grain noodles with a side salad for a balanced, nutritious meal.

Nutrition Facts			
Serving Size 4 ounces (262g)			
Servings Per Container 4			
Amount Per Serving			
Calories 230		Calories from Fat 60	
% Daily Value*			
Total Fat 6g		9%	
Saturated Fat 1.5g		8%	
Trans Fat 0g			
Cholesterol 95mg		32%	
Sodium 75mg		3%	
Total Carbohydrate 13g		4%	
Dietary Fiber 2g		8%	
Sugars 5g			
Protein 28g			
Vitamin A 80%		Vitamin C 60%	
Calcium 2%		Iron 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Serves: 6

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## *Red, White, and Blue – 4th of July Venison Burgers*

In celebration of the 4th of July, try this “Red, White, and Blue” burger... sure to be a crowd pleaser. The “red” is from sun dried tomatoes, the “blue” is blue cheese and the “white” is white tailed deer. Recipe was developed by Cagey T.

### INGREDIENTS

- 1.5 pounds ground venison meat
- ½ cup diced sweet onion, such as vidalia, red, or shallot
- ½ cup diced sun-dried tomatoes
- ½ cup crumbled blue cheese
- 1-2 tablespoons olive oil
- 1 egg or just egg white
- 1 tablespoon Italian seasoning (or 1 teaspoon thyme, 1 teaspoon oregano,
- 1 teaspoon parsley flakes)
- salt and pepper to taste

# VENISON

## DIRECTIONS

1. Mix all ingredients and form into 6 hamburger patties. Grill patties until cooked through. You can top patties with additional blue cheese and chives. It is important to not over cook venison or it will dry out due to its lack of fat, which also makes it a healthy choice of meat!

## Nutrition Facts

Serving Size 4 oz burger  
Servings Per Container 6

Amount Per Serving

**Calories** 220    **Calories from Fat** 80

% Daily Value\*

**Total Fat** 8g    **12%**

Saturated Fat 3.5g    **18%**

Trans Fat 0g

**Cholesterol** 105mg    **35%**

**Sodium** 340mg    **14%**

**Total Carbohydrate** 4g    **1%**

Dietary Fiber 1g    **4%**

Sugars 2g

**Protein** 30g

Vitamin A 4%    • Vitamin C 6%

Calcium 8%    • Iron 25%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



Serves: 6

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## *Venison (or Goose) Jerky*

Clean out the freezer of last year's venison by making some jerky to snack on during this hunting season. Jerky is really quite easy to make, yet it takes some time. Reliable, science-based recipes must be followed. One reason to use last year's deer from your freezer for making jerky is because game meat should be frozen at 5°F or below for at least 20 days to kill the *Trichinella* parasite that causes the disease, trichinosis. Other reasons could be proper rotation of your freezer space, defrosting your freezer before restocking it with this year's quarry, and just because jerky tastes great!

### **MARINADE INGREDIENTS**

- ¼ cup soy sauce
- 1 tablespoon Worcestershire sauce
- dash of pepper
- dash of garlic powder
- dash of onion powder
- 1 teaspoon hickory smoke flavored salt (or regular salt)



### PREPARING VENISON OR GOOSE TO MAKE JERKY

- Take about 2 pounds of meat out of the freezer, choosing a cut that will slice well, such as steaks, chops or roasts.
- Place the meat in the refrigerator to defrost. Partially frozen meat is easier to slice. Do not defrost the meat at room temperature because this will allow bacteria to multiply and potentially cause an unsafe product.
- Trim fat from the meat and slice the meat into slices no thicker than ¼-inch. Slice with the grain if a chewy jerky is desired and across the grain if a more brittle, tender jerky is preferred.

*(directions continued on next page)*



Photo by Holly A. Heyser

## **DIRECTIONS**

1. Combine all of the marinade ingredients in a shallow glass or ceramic (not metal) pan and place meat in the pan, being sure to coat all of the pieces with the marinade.
2. Cover and refrigerate the marinating meat for 1-2 hours or overnight (the jerky will taste saltier the longer it is marinated).
3. Remove the pan from the refrigerator and place meat along with the marinade in a skillet or pan and place on the stove over medium high heat and bring to a boil. Boil the mixture for 5 minutes (this will kill any bacteria by reaching 160°F). Remove the strips of meat and place to drain on clean absorbent towels.
4. Arrange the meat strips on dehydrator trays with the meat close together but not touching. If you are dehydrating in an oven, place the meat on metal racks that are placed on cooking sheets to catch the drippings. Place the racks in a dehydrator or convection oven preheated to 140-145°F. Begin checking the meat after about 3 hours to see if it is dry. It should crack, but not break when bent.

Nutrition Facts	
Serving Size ~ 3 oz. Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 120mg	<b>40%</b>
<b>Sodium</b> 370mg	<b>15%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 33g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

# *Presentation of Game*

Many people have a negative association with eating deer meat. Perhaps they have had a bad experience eating venison that was overcooked, or mishandled in some way to get labeled as “too gamey” or “tough as shoe leather”. Other people just cannot get past the idea of eating “Bambi”, so don’t mention that when presenting the food at the table 😊 The recipes and tips in this book should help even the toughest critics realize that deer meat is delicious, and don’t forget to mention that venison is also highly nutritious. The final step is presenting game nicely at the table.

You “eat with your eyes first” is a true expression known by chefs and restaurants. If food looks appealing, people want to eat it or are at least are willing to try it. If it looks nasty, well, you’ll have a harder time convincing people that it tastes good.

The term “plating” refers to making a dish look delicious by using a mix of color, textures, layering, and placement of foods on the plate. You can use the same techniques at home by choosing colorful vegetable side dishes or garnishing the plate with a bit of green parsley or a small section of fruit. You may choose to serve meat on top of rice, potatoes, pasta, or salad greens with a drizzle of sauce over the top when plating game dishes. Another important consideration is the portions on the plate so that it looks balanced and food is not spilling off the plate.

If you have taken the time to harvest an animal and cook it, then take the time to set a nice table and enjoy the meal! You can always be creative, but

a traditional way to set the table is forks on the left, knife and spoon on the right, drink above the knife and spoon slightly to the right, and a napkin under the fork. Enjoy your feast with family or friends or treat yourself to a well-deserved gourmet meal!



Photo by Holly A. Heyser

# *Canning Venison in a Pressure Canner*

Canning is the process by which foods are placed in jars or cans and heated to a temperature that destroys microorganisms and inactivates enzymes. This heating and later cooling forms a vacuum seal. The vacuum seal prevents other microorganisms from re-contaminating the food within the jar or can.

The pressure canner is used to process foods under pressure which creates higher temperatures in the canner than can be achieved in a boiling water bath canner. The pressure most often used is 10 or 11 pounds, which creates a temperature of 240°F.

Pressure canning is the only safe method for processing low acid foods such as vegetables, meat, poultry, and fish. The pressure canner can supply enough heat to destroy the bacterial toxins that cause botulism as well as other types of spoilage. Failure to properly process low acid foods in a pressure canner can result in botulism, which is often fatal.

Read your manufacturer's instructions concerning the operation of your pressure canner; however, only use canning recipes and timetables that have been approved by USDA and published after 1994.





## **THE FOLLOWING ARE GENERAL INSTRUCTIONS FOR USING A PRESSURE CANNER (17 STEPS):**

1. Place 2 to 3 inches hot water in the canner if you are canning raw packed foods. For hot packed food, the water may be gently boiling.
2. Set the jars of food on the rack in the canner so steam can flow around each jar.
3. Fasten the canner lid so that no steam escapes around the seal.
4. Make sure the vent (petcock) is open.
5. Turn burner heat to high, and watch for steam to escape in a funnel shape from the open vent.

6. Allow steam to escape for 10 minutes.
7. Close the vent, using a weight, valve or screw, depending on the type of canner. If it is a weighted gauge with varying pressures, be sure to use the correct pressure for the food.
8. For a dial gauge canner, let the pressure rise quickly to 8 pounds pressure. Adjust the burner temperature down slightly and let the pressure continue to rise to the correct pressure. (If the burner is left on high, it will be difficult to regulate the pressure once it rises.)
9. For a weighted gauge canner, let the canner heat quickly at first and when the safety lock engages adjust the burner heat down slightly until the weight begins to rock gently or “jiggle” 2 to 3 times per minute, depending on the brand of canner. Adjust the burner heat so as to have a continuous rocking or jiggling 2 to 3 times per minute. Start counting the processing time as soon as the weight rocks or jiggles.
10. Keep the pressure constant by regulating the heat. Do not lower the pressure by opening the vent or lifting the weight. Keep drafts from blowing on the canner. Fluctuating pressure is one cause of liquid loss from jars (siphoning) and for dangerous under-processing.
11. When processing time is complete, carefully remove the canner from the heat. If too heavy, simply turn off the heat. Removing the canner from an electric burner is recommended.

12. Let the pressure in the canner drop to zero. This will take 30-45 minutes in a standard heavy-walled canner and nearly an hour in larger canners. Newer thin-walled canners depressurize more quickly. Do not rush the cooling process by setting the canner in water or running cold water over it. Never lift the weight or open the vent to hasten the reduction of pressure. Proper depressurization is important for the safety of the food.
13. When canner is depressurized, open the vent or remove the weight. Older canners are depressurized when the gauge on a dial gauge canner registers zero, or when a gentler nudge to the weight on a weighted gauge canner does not produce steam. Newer canners are equipped with a safety lock. These canners are depressurized when the safety lock releases. Sometimes safety locks located in the handle of the canner will stick. If a nudge to a canner weight indicates it is depressurized then run a knife blade between the handles to release the lock.
14. Wait 10 minutes, unfasten the lid and remove it carefully. Lift the lid with the underside away from you so that the steam coming out of the canner does not burn your face. Do not leave the canner unopened to completely cool. The food may spoil, and it may be very difficult to open the canner hours after it has cooled.
15. Use a jar lifter to carefully remove the jars as soon as the processing time and depressurization time is over. Place the hot jars right side up on a rack, dry towel, wood board, or layers of newspaper to prevent the jars from breaking from contact with a cold surface. Any water on the top



of jars will evaporate, so do not tilt the jars to pour water off as this can break the seal. Leave at least 1-inch of space between jars. Keep hot jars out of cold drafts.

16. Do not tighten rings. Jar lids should not be re-tightened after processing. As jars cool, the contents in the jars contract, pulling the self-sealing lid firmly against the jar to form a high vacuum. Most two-piece lids will seal with a “pop” sound while they’re cooling.
17. Allow jars to cool, untouched, for 12 to 24 hours.

## **FINISHING THE CANNING PROCESS**

1. Testing for seal - When jars are completely cool to the touch (about 12 hours), test each jar for a seal. Jars with flat, metal lids are sealed if:
  - Lid has popped down in center.
  - Lid does not move when pressed down with a finger.
  - Tapping the center of the lid with a spoon makes a clear ringing sound. A dull thudding sound may indicate a weak seal or that food is touching the underside of the lid. To determine which, hold the jar up and look at it.
2. If a jar is not sealed, refrigerate and use it within 2 or 3 days. Other options are to freeze the contents (in a freezer container) or to reprocess the food within 24 hours of the initial processing.

3. To reprocess, start by removing the lid. Check headspace of food and liquid. Check the jar rim for damage. If no chips or nicks are on the sealing rim, the lid may not have been put on tightly enough or the lid may not have been prepared properly. Clean the sealing surface of the jar or replace the jar if damaged. Use a new lid and process for the full raw-pack time. After reprocessing, the food will be safe, however the quality will be diminished.

## STORAGE OF JARS

1. Remove, wash, dry and store metal screw bands in a dry place to retard rusting. Wash jars and label each jar with contents, date processed and lot number if more than one canner load was processed on the date. Writing the date and content directly on the lid with a permanent marker works well and insures you won't mistakenly use the lid again next year (the metal rings can be reused, but the lids should only be used once for canning). For best quality, store between 50°F and 70°F in a dry place to prevent the lids from rusting and possibly breaking the seal.
2. Before opening each jar, look for bulging lids, leaks and any unusual appearance of the food. After opening, check for off-odor, mold, foam or spurting liquid. Never taste questionable foods. *Caution:* To prevent the risk of botulism, low-acid and tomato foods not canned according to 1994 or more recent USDA-endorsed recommendations should be boiled even if you detect no signs of spoilage. At altitudes below 1,000 feet, boil foods for 10 minutes before tasting or eating. Add an additional minute of boiling time for each additional 1,000 feet elevation.

3. All low-acid foods canned according to the approved recommendations may be eaten without boiling, when you are sure of all the following:
- Food was processed in a pressure canner.
  - The pressure canner gauge was accurate.
  - Up-to-date researched process times and pressures were used for the size of jar, style of pack, and kind of food being canned.
  - An approved recipe was used with no changes made in ingredients or proportions of ingredients.
  - The time and pressure recommended for processing the food at the canning location's altitude were followed.
  - Jar lid is firmly sealed and concave.
  - Nothing has leaked from the jar.
  - No liquid spurts out when jar is opened.
  - No unnatural or "off" odors can be detected.
  - Meat that is not fully submerged in liquid may discolor, but it is still safe to eat.

References: USDA's Complete Guide to Home Canning, 2006. So Easy to Preserve, 5th Edition, Cooperative Extension Service, The University of Georgia, 2006. National Center for Home Food Preservation website: <http://www.uga.edu/nchfp/>. Compiled by Judy Price & Katherine Humphries, Cornell Cooperative Extension.



# *Canning Meat Strips, Cubes or Chunks*

*(Bear, Beef, Veal, Lamb, Pork or Venison)*

1. Choose high quality, chilled meat. Remove excess fat.
2. Strong-flavored wild meats should be soaked for 1 hour in a brine made from 1 tablespoon salt per quart of water. Rinse meat.
3. Cut into 1-inch wide strips, cubes or chunks.

## **HOT PACK PREPARATION**

1. Pre-cook meat to the rare stage by roasting, stewing or browning in a small amount of fat.
2. If desired put ½ teaspoon salt in pint jars, 1 teaspoon in quart jars.
3. Pack meat loosely into hot jars, leaving 1-inch headspace.
4. Fill jar to 1 inch from the top with boiling meat juices, broth, water or tomato juice (especially for wild game.)
5. Remove air bubbles. Add more liquid if necessary.
6. Wipe jar rim. Place prepared lid on jar and hold in place with ring.

## **RAW PACK PREPARATION**

1. If desired put  $\frac{1}{2}$  teaspoon salt in pint jars, 1 teaspoon in quart jars.
2. Pack raw meat into hot jars, leaving 1-inch headspace.
3. Do not add liquid.
4. Wipe jar rim. Place prepared lid on jar and adjust jar ring.

**Process in a Dial Gauge Pressure Canner at 11 pounds pressure OR in a Weighted Gauge Pressure Canner at 10 pounds pressure**

<b>Pints</b>	<b>75 minutes</b>
<b>Quarts</b>	<b>90 minutes</b>

## **ALTITUDE ADJUSTMENT**

### **Dial Gauge Pressure Canner**

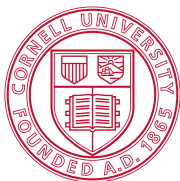
<b>Altitude</b>	<b>Pounds of Pressure</b>
0 to 2,000 feet	11
2,001 to 4,000 feet	12
4,001 to 6,000 feet	13
6,001 to 8,000 feet	14
8,001 to 10,000 feet	15

### **Weighted Gauge Pressure Canner**

<b>Altitude</b>	<b>Pounds of Pressure</b>
1 to 1,000 feet	10
Above 2,000 feet	15

Adapted from So Easy to Preserve, 5th Edition, Cooperative Extension University of Georgia.

For more information and recipes, go to:



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