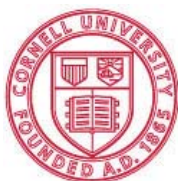


4-H SHOOTING SPORTS



RIFLE

*Wild Harvest Table Guide to
Deer Hunting and Preparation*



Cornell University
Cooperative Extension
Department of Natural Resources

This guide is produced in partnership with Wild Harvest Table, NYS 4-H Shooting Sports, Seneca County Cornell Cooperative Extension, and Cornell University Department of Natural Resources.



Cornell University
Cooperative Extension
Seneca County



Cornell University
Cooperative Extension
Department of Natural Resources

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United States
Department of
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National Institute
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Through the 4-H Shooting Sports Shotgun training you have learned how to safely shoot a rifle and have hopefully had lots of practice shooting! A potential added benefit of outdoor recreation activities and shooting sports is bringing home meat to eat. Rifle is often used to hunt big game species, such as deer and black bear. This booklet offers practical advice on preparing and consuming venison (deer meat) 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 wild game is presented, along with recipes and tips for delicious preparation and presentation. Always be sure to check your state's hunting regulations for seasons and bag limits as well as guidance regarding game and habitat studies.

Hunting is a great way to learn more about animals. By spending time in their habitats you will learn more about the animals and the environment they live in. Cornell's Department of Natural Resources offers many publications to learn about wildlife and conservation, including interesting fact sheets for different species that you may hunt with a rifle (or just watch), such as black bear. You can find this information at <http://blogs.cornell.edu/cerp/publications/wild-things-in-your-woodlands/>. New York State DEC also has some interesting facts about animals, such as white tailed deer, along with excellent information on responsible hunting practices.

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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 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.

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

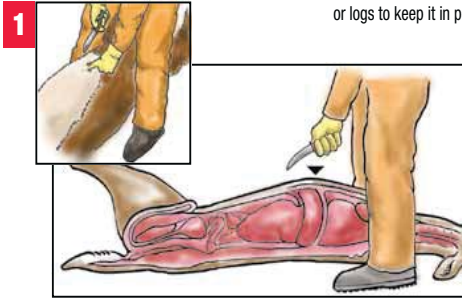
Data source: U.S. Department of Agriculture, Agricultural Research Service. 2011. USDA National Nutrient Database for Standard Reference, Release 24. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/nd>. Compiled by Moira Tidball, Cornell University Cooperative Extension. 2012.

Field Dressing a Deer

- Field dress deer as soon as possible to ensure rapid loss of body heat, prevent surface bacteria from growing, and maintain overall quality of the meat.
- To reduce your risk of exposure to disease, wear disposable plastic gloves while handling animals. Wash hands and arms thoroughly with soap and water before and after dressing.

Using clean water, pre-moistened wipes, or alcohol wipes, clean your knife frequently between cuts to prevent bacterial contamination.

- Use 6–8 feet of rope to tie one of the animal's legs to a tree to open up the carcass for field dressing. Spread the hind legs by propping a branch between them or position the carcass on its back with rocks or logs to keep it in place.



Step 1: Start your cut at the bottom of the breastbone.

- Using a clean knife, make a shallow cut by lifting the skin and muscle together.



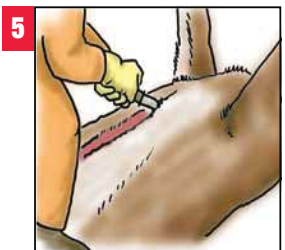
Step 2: Open the body cavity.

- Position the knife within the cut with the blade facing upwards.
- Insert 2 fingers (one on each side of the knife blade in the shape of a "V") in the slit next to the breastbone and push the entrails away from the blade.
- Do not pierce the entrails.
- Make an incision following the midline from the breastbone to the pelvis.



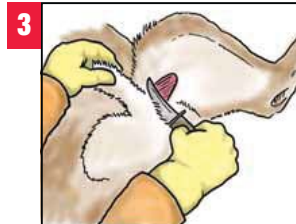
Step 4: Cut the skin and muscle from the bottom of the breastbone to the brisket.

- Hold the knife with blade facing upward.



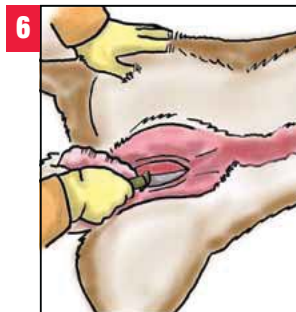
Step 5: Split the rib cage at the breastbone.

- Cut through the breastbone with a knife or use a small saw on older or large animals.



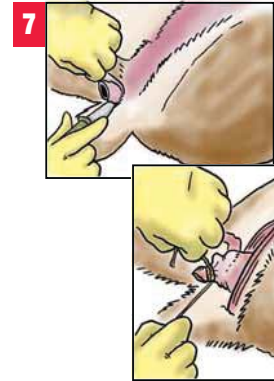
Step 3: Remove the reproductive organs.

- Use a smaller incision to prevent contamination when dragging or carrying the deer.



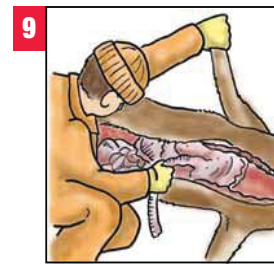
Step 6: Follow the previous incision from the pelvis to the anus.

- Split the pelvic bone with a saw.
- Carefully cut around the urethra. Do not sever.



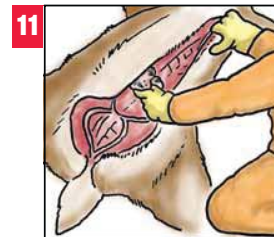
Step 7: Carefully remove the anus.

- Cut around the anus, loosening its connective tissues.
- Tie off the anus with rubber bands or string.
- Pull the anus and large intestine into the body cavity.



Step 9: Roll the carcass onto its side to spill out the entrails.

- Loosen connective tissues as needed.
- Remove the windpipe and esophagus.



Step 11: Clean, ventilate and dry the body cavity.

- Prop open the body cavity with a clean stick or branch.
- Remove all visible dirt, feces, hair, and bloodshot areas.
- Clean out entrail residue and drain excess blood.

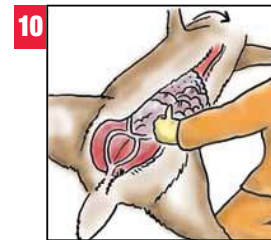
If gut shot...

- Field dress as soon as possible to remove the entrails.
- Trim all visible feces or ingesta with a clean knife. Clean the knife regularly between cuts.
- If you need to wash the cavity to remove contamination, dry it thoroughly with a dry cloth or paper towels.
- Prop open the body cavity to circulate air.



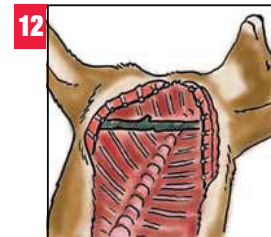
Step 8: Make your final cuts.

- Hold open the rib cage. Reach into the cavity and cut the diaphragm free from the rib cage down to the backbone.
- Avoid cutting the stomach or intestines to reduce contamination.



Step 10: Place the liver and heart in resealable plastic bags and chill.

- Do not eat the meat if the organs smell bad, exhibit greenish discharge, have blood clots, are discolored, or exhibit any other abnormality. Do not take any risks if in doubt about the health of the deer.



Step 12: Wipe the inside of the body cavity with a dry cloth or paper towels.

- Use clean water and dry the insides thoroughly if you choose to rinse out the cavity.

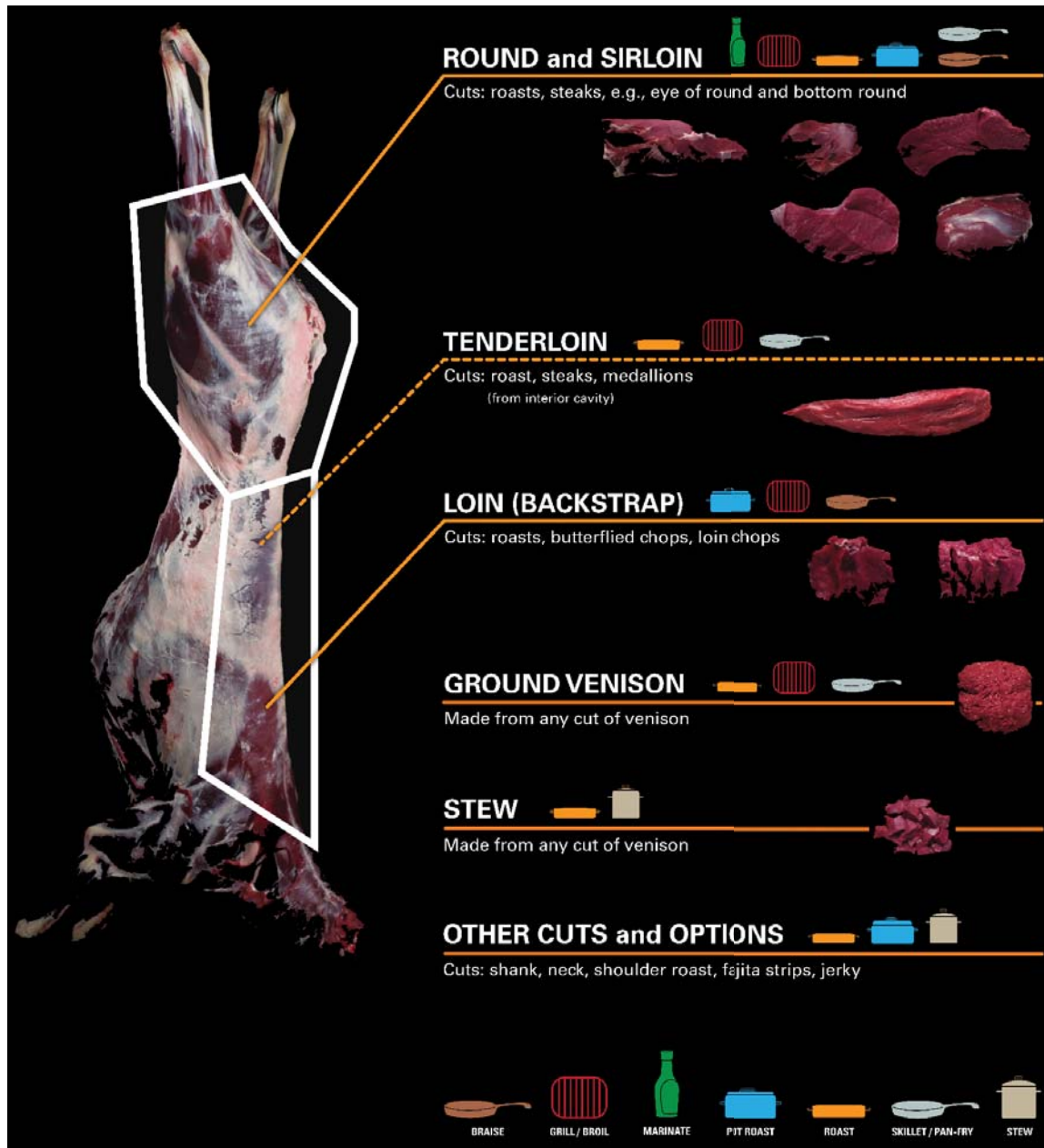
Rapidly chill the carcass by inserting ice packs, milk jugs full of ice, or plastic bags filled with snow into the body cavity and tying the cavity shut with string. If snow or ice is not available, allow adequate air circulation into the cavity and keep the carcass out of direct sunlight.

Upon arrival at home or camp, remove the hide and refrigerate the carcass (below 40°F) as soon as possible to prevent spoilage and maintain the quality of the meat.

Always remove the hide before taking the carcass to the processor.

Note: Please be sure to follow your state laws when it comes to tagging requirements or identification of your animal. In Pennsylvania, deer must be tagged immediately after harvest and before the carcass is moved. The tag must be attached to the ear and remain attached until the animal is processed for consumption or prepared for mounting.

Venison Cuts and Cooking Methods



Source: Penn State

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Serves: 10 - 12



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)

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.

VENISON

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	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	



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

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	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4



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

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

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.

VENISON

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

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.



VENISON

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		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 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





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



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 (282g)	
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 diet of 2,000 calories. 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



4th of July Red, White, and Blue 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	





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)
- 1½ 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)

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).

Nutrition Facts	
Serving Size 2 cups	
Servings Per Container 4-6	
Amount Per Serving	
Calories 460	Calories from Fat 90
<small>% Daily Value*</small>	
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%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
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	30g 37.5g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

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.

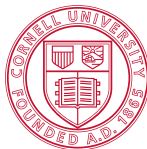
If you have taken the time to harvest an animal and cook it, then take the

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

For more information and recipes, go to:



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