

Venison and Elk

Venison is probably the most widely consumed of any game meat. If harvested, handled, and prepared properly, Venison can be as tender and tasty as beef.

Venison Cooking Tips

Since there is little fat in venison, there is no grease in the meat to Abaste@ it while it cooks. Observing proper cooking times and using sensible methods, such as braising tougher leg cuts will help avoid disappointment.

Cook it over high heat for a short time if dry, or slowly in moisture for a long time.

Ground venison is best when combined with a little ground pork or beef or beaten eggs to keep it moist when grilled.

Venison Chops

6 Chops
1 Envelope of Lipton Onion Soup mix

Wipe chops with clean cloth, sprinkle generously on both sides with onion soup mix and wrap individually in aluminum foil. Place in shallow baking dish and bake about 1 hour at 400 . If desired, potatoes (well scrubbed and also individually wrapped in foil) can be baked right along with chops. Serve potatoes topped with sour cream and compliment meal with a fresh salad.

Note: Preparation of this meal takes only about 10 minutes and is ideal for busy or lazy days.

Nevertheless, it is a meal for gourmand and can be served even for special occasions. (from *Wildlife Harvest Cookbook*.)

Teriyaki Venison Steaks

1 Cup Teriyaki sauce
 $\frac{1}{4}$ Cup Soy Sauce
1 Pkt. Of oriental seasoning from a package of Ramen noodles
 $\frac{1}{4}$ Cup water
4 to 6 steaks

Marinate for 3 hours to over night.

Grill as usual. (from *rendezvousrecipes.com*)

Elk Parmesan

1 2 lbs boneless elk steak
3 to 2 tsp garlic powder
2 tsp salt
1/8 tsp pepper
2 c dry Italian bread crumbs
2 eggs
3 c water
2 c flour
3 c olive or vegetable oil
1 2 c spaghetti sauce 6 slices mozzarella cheese

Cut meat into 6 pieces and pound with meat mallet to tenderize. Sprinkle with garlic powder, salt and pepper. Combine bread crumbs and Parmesan cheese in a bowl. In another bowl, beat eggs with water. Dip both sides of meat into flour, then egg mixture, then crumb mixture. Refrigerate steaks for 20 minutes. Heat oil in a large skillet and brown meat on both sides. Place steaks in a greased 9 x 13-inch pan. Spoon 2 T spaghetti sauce over each piece. Cover with mozzarella cheese and remaining sauce. Bake uncovered at 350EF for 30 minutes. Serve over cooked noodles.

(From *Celebrating Wild Game*. cookbook of the North American Hunting Club)