



Venison

Basic Preserving Options

- Raw, vacuum seal and rapid freeze
- Raw, pressure can in 16 or 22 quart canner
- Marinate, smoke, and pressure can
- Marinate, smoke, dry cure, vacuum seal and rapid freeze
- Jerky, vacuum seal, and rapid freeze
- Pepper sticks, vacuum seal, and rapid freeze
- Sausage, vacuum seal, and rapid freeze

Meats (Deer, Elk, Caribou, and Moose)

- Remove back straps and fillets.
- Remove ribs with a reciprocating saw and cut to wanted size. Parboil with seasonings and liquid smoke for 2 hours, vacuum seal, and rapid freeze. See separate handout UCCE Master Food Preservers of Amador/Calaveras County “Freezing Basics” at <http://ucanr.edu/csmfpclasses>.
- Cut shanks (bone-in) about 6" to 8" long. Vacuum seal and flash freeze.
- Debone remaining shoulders and hindquarters. Trim and remove all fat. Place meat on butcher paper in a refrigerator for 5-10 days.
- Cut meat as desired for steaks, roasts, stew, and ground. Prior to grinding, meat should be cut into 3" wide strips and placed in a freezer for 1 hour. After grinding, add about 20% by weight, ground pork shoulder to the meat. Mix them together, regrind, vacuum seal and rapid freeze.
- Canning Option: cut meat into 1-1/2" chunks. Add 1 teaspoon of oil to a hot pan and sear. **Do not use flour**. Pack browned meat and drippings into jar. Add hot beef broth, leaving 1" headspace. Meat can only be safely canned using a pressure canner.
 - Weighted gauge pressure canner: process pints for 75 minutes and quarts for 90 minutes at 10 lbs pressure under 1000' or 15 lbs above 1000'
 - Dial gauge pressure canner: process pints for 75 minutes, quarts for 90 minutes using 11 lbs at 1-2000', 12 lbs at 2001-4000', 13 lbs at 4001-6000', or 14 lbs at 6001-8000'

Jerky Basics

- Jerky is raw fish or meat, which has been salted, sometimes smoked and then dried.
- Beef flank, round, and sirloin tip cuts are most economical.
- Pork is not recommended for making jerky due to the risk of Trichinosis.
- Freeze game meats at 0°F for 60 days before drying.
- Freeze fish at 0°F for two weeks before drying.
- Poultry is not recommended due to the resulting poor texture and flavor.
- Four pounds of lean boneless meat makes one pound of jerky.
- Slice raw meat into 1/4" thick strips.
- Curing
 - Brine Cure: Salt-water mixture is absorbed into the meat from three hours to overnight.
 - Dry Cure: Mixture of salt and seasonings applied directly to the meat (Sodium Nitrite, Morton's Tender Quick, Commercial jerky seasonings or Pickling salt).
- Drying Methods
 - Dehydrator drying - 160°F for the first 3 to 4 hours. Reduce to 130°F until dry.
 - Smoker drying - 100°F to 120°F for 6 to 8 hours. Increase to 160°F for 2 to 3 hours or until dry.
- Dryness Test - Cooled jerky should crack when bent, but not break. There should be no moist spots.
- Storing
 - If commercial curing products were used, follow package directions.
 - Pickling salt curing can be stored at room temperatures for 1 to 2 months.
 - If the air humidity is below 30 percent you can store jerky in a container with a loose fitting lid with holes punched in it.
 - Higher humidity requires the jerky be stored in an airtight container.
 - Jerky may be refrigerated or frozen in an airtight container to increase the shelf life.

Recipes

Venison Heart

1. Remove fat. Cut into 1/2 inch slices.
2. Coat with flour and brown with onions & bell peppers.
3. Add beef stock, carrots, celery, garlic, liquid smoke, oregano & red wine.
4. Simmer for 1½ – 2 hours. Thicken with corn starch then serve over egg noodles.

Venison Liver

1. Remove skin. Cut into 1/2 inch slices.
2. Flour and then fry with onions and thick sliced bacon.
3. Make gravy from drippings. Serve over mashed potatoes.

Venison Ribs

Liquid smoke
Olive oil
Salt & pepper
Granulated garlic

Prime Rib Seasoning
Sweet Mesquite Seasoning
Sweet Baby Ray's BB Sauce

Directions:

1. Remove excess fat from the ribs. Cut each rib section into thirds.
2. Place in roasting oven with 1½ - 2 inches of water & ¼ bottle of liquid smoke.
3. Parboil ribs 2 hours in a roasting oven, with the lid on. (Parboiling with the lid on removes most of the fat from the ribs.)
4. Pat ribs dry with paper towels. Vacuum seal and freeze.
5. Thaw Venison Ribs.
6. Lightly coat ribs with olive oil, salt, pepper, garlic and seasonings to taste.
7. Coat with Sweet Baby Ray's BB Sauce for the last 10 minutes.
8. Serve with BBQ fries.

BBQ Fries

Cut potatoes
Olive oil
Seasoned salt

Pepper
Granulated garlic
Panko bread crumbs

Directions:

1. Lightly coat cut potatoes with olive oil.
2. Add seasoned salt & pepper and granulated garlic.
3. Sprinkle with Panko bread crumbs.
4. Place in lightly oiled pan in BBQ; cook at 350°F.
5. Turn fries over as they brown approximately 20 minutes. Total prep and cook time is 30-40 minutes.

Osso Boco

Venison shanks
2 cups chicken broth
Onions
Carrots
Celery

Garlic
2 bay leaves
14 ½ oz can of diced tomatoes, drained
2 ½ cups dry white wine

Directions:

1. Brown the shanks.
2. Add remaining ingredients.
3. Simmer for two hours or until tender.

Venison Stuffed Bell Peppers

2 lbs. ground round venison
1 onion
Granulated garlic
Oregano
Liquid smoke
Tomato sauce
10 crackers
2 eggs

Directions:

- Mix ingredients together.
- Remove bell pepper tops & seeds.
- Fill bell peppers with ingredients.
- Cover the top with BBQ sauce.
- Cook for 1 hour at 350° internal temperature 154°F.

Jerky (Venison)

1 teaspoon salt
1/4 teaspoon pepper
1 teaspoon granulated garlic
2 tablespoon Worcestershire sauce
2 tablespoons liquid smoke
1 pound very lean meat thinly sliced 1/4" thick

Directions:

- Combine mixture. Apply onto the sliced meat, then place in a freezer bag. Express air then refrigerate for 3 to 12 hours or overnight. Turn the bag several times to keep the marinade working into the meat.
- Dehydrate at 160°F for 3-4 hours.
- Dryness Test: Cooled jerky should crack when bent, but not break. There should be no moist spots.
- Note: I use a pinch more granulated garlic and a splash more Worcestershire sauce than the original recipe calls for. I prefer the overnight marinade. The end product is a little stronger and the marinade helps to break down the tougher meats.

Source: Dennis Miller, UCCE Master Food Preserver

Breakfast Sausage Patties

1½ pounds ground venison
½ pounds ground pork shoulder (Boston butt)
2 tablespoons sage
2 tablespoons thyme
4 teaspoons light brown sugar
2 teaspoons salt
2 teaspoons crushed fennel seeds
1 teaspoon crushed red pepper flakes
½ teaspoon freshly ground black pepper
¾ teaspoon garlic powder
¾ teaspoon granulated garlic
¾ teaspoon smoked paprika
2 tablespoons red wine
2 tablespoons liquid smoke
1 cup crushed ice

Source: <http://www.bonappetit.com/recipe/ba-breakfast-sausage>, spices modified by Dennis Miller, UCCE Master Food Preserver of Amador County

Resources:

- National Center for Home Food Preservation, <http://nchfp.uga.edu>
- UC ANR Publication 8204: Protecting Food Safety When Shooting, Field Dressing, Bringing a Deer Home, and Cutting the Carcass (<http://anrcatalog.ucanr.edu>)

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