

◆ M I C H I G A N ◆ ◆ V E N I S O N ◆



HOW TO ◆ FIELD DRESS
◆ BUTCHER ◆ PREPARE / COOK / PRESERVE





MICHIGAN VENISON

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a knife into a live deer can be dangerous and will accomplish little more than shooting the deer the second time as recommended. If the deer is dead, there is no point in inserting a knife into the deer because once the heart has

stopped pumping, severing additional arteries and veins will cause little additional blood loss.

Once the deer is dead, correctly mark the appropriate deer tag and attach it to the deer as required by law.

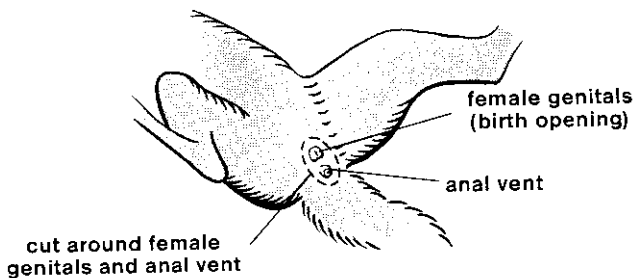
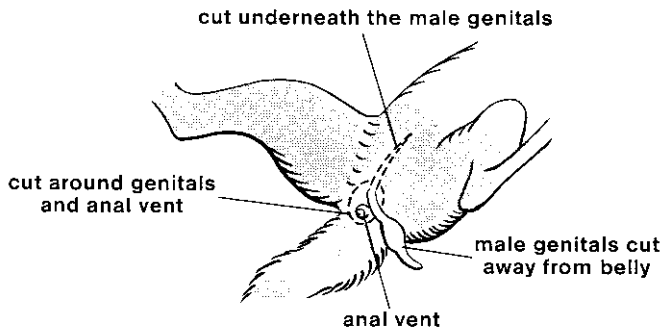
Field Dressing

Now that you have made a quick, clean and humane kill, it is important to clean and cool the venison

as quickly as possible. To do this, you will need four items: at least one length of rope 10 to 15 feet

Field Dressing

Figure 2





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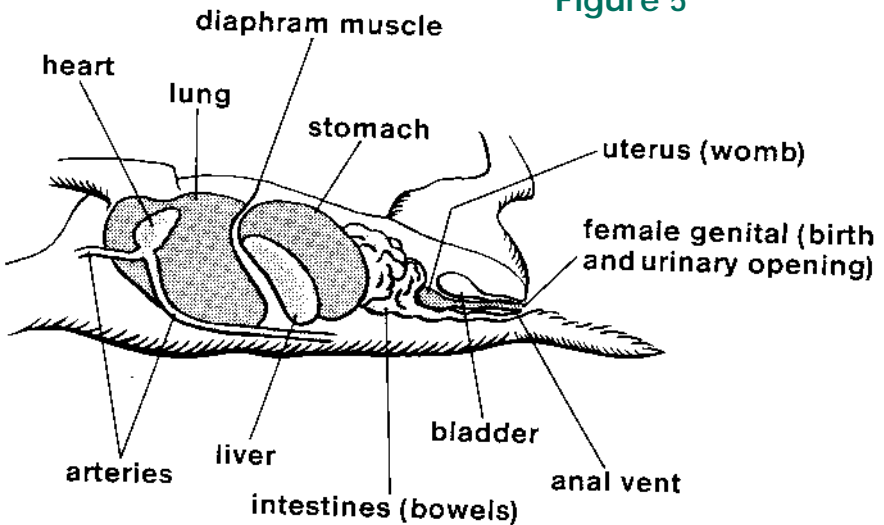
cut as much of the heart, lung and blood vessel tissue free as you possibly can. If you do not plan to have the deer mounted, continue to pull the food and air tubes free from the throat all the way to the chin and cut them off at the chin.

If you have done a good job so far, then all of the organs of the deer will have been completely and cleanly removed from the body cavity. At this point, you may wish to take a few of the brown paper towels and wipe the blood from your hands. If you have blood up to your elbows or beyond, you probably didn't do the job properly.

6 Use additional paper toweling to wipe all the blood from the body cavity of the deer. Be as thorough as possible, keeping in mind that bacteria will grow very well in blood and bacteria cause meat to spoil and possibly become unsafe. Do not use leaves or soiled cloth to clean the blood from the body cavity — such items are loaded with spoilage bacteria.

7 Now that you have completed field dressing the deer, bury the paper towels or place them in the plastic bags in which you brought them to be carried out and disposed of later. Untie the deer legs and get ready whatever

Figure 5





Skinning, Butchering and Cutting the Deer Carcass

Once the deer is hung, two pieces of meat should be removed immediately, cleaned thoroughly, chilled, and eaten or frozen. These are the tenderloins (can be sliced to filets mignons), the two large muscles on the inside of the body cavity that run along the backbone to the hip-bone. If the deer has been properly shot and field dressed, these two pieces of meat from any deer are tender, good tasting and excellent eating. Remove them carefully to avoid ripping them and to be sure that you get all of the meat. If, however, the deer has been gut shot or improperly field dressed, these two pieces of meat can be heavily contaminated and require extensive trimming and/or may have to be discarded. Once they're free of the deer, wipe these pieces of meat free of blood, wash them thoroughly if there is any chance that they have been contaminated, and then chill, cook and eat them, or place them in the refrigerator so that they can be cooked in the next 24 hours, or wrap and freeze them.

If you have hung the deer by the hind legs, begin the skinning process by inserting your knife under the hide of the deer on the

inside of the middle of the hind leg and cut upward toward the end of the leg. When you reach the point on the leg where the leg is suspended from the cross-bar, cut the hide around the leg, being careful not to cut the large tendon that is holding the carcass up. Then grasp a loose edge of the hide and pull downward, pulling the hide free from the hind leg.

As you pull the hide free toward the tail, cut the tail off by placing the blade of the knife at the base of the underside of the tail and slicing into the cartilage connecting the tailbone to the backbone. Once the tail is cut free, grasp the hide on the hair side and pull outward and downward, pushing on the skin side of the hide with the opposite hand if necessary to assist in separating the hide from the carcass.

Continue this process all the way down to the front legs, then cut toward the front leg and then down the middle of each leg. Pull the hide free from each leg. If you are not going to mount the deer, cut the hide from the inside from the top of the chest to the chin (if you have not already done so when you field dressed the deer). Continue pulling the hide



Quick Review

Venison is a good-tasting, tender meat, but it is often made less tasty or even gamey by the following practices:

- *Contaminating the meat with the contents of bowels, bladder or stomach, dirt or dirty water.*
- *Hanging the carcass when the meat will reach temperatures above 40 degrees F.*
- *Not cleaning or trimming and disposing of contaminated meat.*
- *Leaving fat and connective tissue (the white stuff) on the meat (the red stuff).*
- *Making shoulder and neck steaks from large, old deer.*



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minutes. Most frozen vegetables require approximately 2 minutes of pressure to cook thoroughly. If you're using a roasting pot, cover and cook the meat over low heat for 1 to 2 hours or until the meat is tender. Then add fresh vegetables and cook until the vegetables are done. If you wish, make a gravy of the liquid in the pan to serve with the meat and vegetables.

Venison Heart

Slice the heart open and remove all blood vessels and all the tough tissue lining the inside of the heart. Slice the heart crosswise into pieces 1/4 inch thick. Season to taste and fry in melted butter or margarine and sliced onions. Do not overcook or the meat will become tough.

Venison Kabobs

Cut, rump meat or the trimmings from steak meat into approximately 1- to 2-inch cubes. Soak the cubes in a commercial marinade according to label directions. To cook, skewer the meat cubes and, if you desire, coat with a barbecue sauce of your choosing and grill until the meat is cooked to the desired doneness. If you're cooking on an open barbecue grill, wait until the coals are completely white, then grill the cubes approximately 10 to 15 minutes on one side. Continue turning and grilling until the other sides are done. If you do not wish to use barbecue sauce, lower the grill as close as possible to the coals, sear the cubes quickly on all four sides, and then cook for approximately 5 to 10 minutes, turn and cook for another 5 to 10 minutes for medium to medium rare cubes.



HEART

Heart may be fried, boiled or baked. Baked heart requires boiling prior to baking. Heart may be served hot or cold and sliced thin for sandwiches.

FRIED HEART (See “Quick and Easy” section, p. 24)

BOILED HEART

Slice the heart open and remove all blood vessels and tough tissue lining the inside of the heart. Boil heart until tender.

BAKED HEART

Slice the heart open and remove all blood vessels and tough tissue lining the inside of the heart. Boil heart until tender. Split heart open and fill with dressing. Put the rest of the dressing around the heart. (The heart will be better if completely covered.) Bake at 350 degrees F until dressing reaches 165 degrees F. Try this dressing:

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|-------------------------------|------------------------|
| 1 large onion, diced | 1 tsp. salt (optional) |
| 1 cup celery, finely cut | 1/8 tsp. pepper |
| 1/4 cup margarine (1/2 stick) | 1 tsp. sage |
| 1/2 loaf dry bread, cubed | Water |

Cover onion and celery with a little water and simmer until tender. Add margarine and leave until melted. Mix bread cubes, salt, pepper and sage. Pour the liquid over the bread and stir until moist.

LIVER (See “Quick and Easy” section)



CORNISH "COUSIN-JACK" PASTIES

Crust for 5 pasties:	1 cup vegetable shortening
3 cups (level) flour	1 cup cold water
1 tsp. salt (optional)	

Sift flour and salt (if desired) twice. Cut in shortening until pieces are the size of small peas. Add water, a little at a time. Toss until mixture holds together, handling as little as possible. Cut into 5 portions. Roll out each portion on floured board the size of a 9-inch pie tin.

Filling:

1 1/8 cups rutabaga, grated	Salt (optional) and pepper
3 3/4 cups potatoes, cubed (1/2 by 1/8 inch)	5 tsp. suet, finely chopped
15 oz. flank steak, cubed (1/2 inch square)	5 Tbsp. onion, minced
5 oz. fresh pork, cubed (1/2 inch square)	1 1/8 cups potatoes, diced

For 1 pasty:

Grate 2 Tbsp. of rutabaga on dough. Add 3/4 cup of cubed potatoes. Add 3 ounces of flank steak and 1 ounce of fresh pork. Add salt (if desired) and pepper to taste. Sprinkle 1 tsp. finely chopped suet over meat. Add 1 Tbsp. minced onion. Add 2 Tbsp. of diced potatoes. Fold crust over and crinkle edge to seal. Cut slit in top of each pasty to allow steam to escape. Bake for 1 hour at 400 degrees F. Serves 5.

VENISON PASTIES

Deliciously seasoned meat and vegetable mixture will satisfy big appetites. Works well with beef, too.

Pastry for 9-inch two-crust pie	1 tsp. salt (optional)
3/4 pound venison round, thawed and cut into small cubes	1/4 tsp. pepper
2 potatoes, diced	1/4 to 1/2 tsp. dried leaf thyme, crushed (optional)
2 carrots, thinly sliced	2 Tbsp. chopped fresh parsley
3 Tbsp. minced onion	4 tsp. water

Roll out half of pie dough and place in 9-inch pie plate. Mix venison and remaining ingredients. Place half of the mixture on pie dough in pie plate. Fold dough over filling to make half-moon shape that fills half of the pie plate. Seal and crimp edges of the dough.



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Roll out second half of dough and place in other half of pie plate. Fill with the remaining meat mixture. Fold dough over into half-moon shape. Seal and crimp edges. Do not slit dough. You will have two half pies or pasties. Bake at 375 degrees F for 1 hour and 10 minutes. Pierce crust and vegetables with sharp fork to be sure vegetables are tender. Serves 4.

RIBS (CHINESE STYLE)

4 pounds of venison ribs	1/2 cup water
1/2 cup soy sauce	4 Tbsp. brown sugar
1/2 cup cooking sherry (optional)	2 cloves garlic, crushed

Preheat oven to 350 degrees F. Arrange the racks of ribs in a large roasting pan. Combine all other ingredients, stir well and pour over ribs. Cover pan. Bake 45 minutes, turning ribs over once or twice. Remove cover and continue cooking until golden brown and well done. Baste with sauce or turn ribs occasionally. For crispy brown ribs, try to arrange in roaster in single layer. Serves 6 - 8.

ROASTING VENISON

For roasting venison in moist heat, a favorite way is to lay out a piece of aluminum foil large enough to wrap the roast. Sprinkle half of a package of dehydrated vegetable soup mix on the aluminum foil. Place the thawed roast on top of it and spread the rest of the vegetable mix on top of the roast. Wrap the aluminum foil tightly around the roast and place it in an oven preheated to 350 degrees F. Cook the average 2- or 3-pound venison roast for 2 1/2 hours, until the thickest portion of the roast reaches 160 degrees F. The meat will be juicy and moist.

POT ROAST NO. 1

A neck or shoulder roast	1 medium onion
3 Tbsp. vegetable oil	2 bay leaves
Mustard	Pepper to taste
1/2 tsp. salt (optional)	1/2 cup vinegar
1 clove garlic, crushed	Water

Brown roast on all sides in Dutch oven. Cover roast thinly with mustard. Add garlic and onion, bay leaves, salt (if desired) and pepper to taste. Add vinegar and some water, and cook in Dutch oven at 350 degrees F until the thickest portion of the meat reaches 160 degrees F, adding water as needed.



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(Note: For a less spicy flavor, substitute beef consomme' for spiced vinegar when cooking meat. Larger amounts of venison may be prepared this way if your family likes sauerbraten.)

DEERBURGER SOUP

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|---------------------------|---------------------------|
| 1 to 2 pounds deerburger | Beef concentrate to taste |
| 2 Tbsp. vegetable oil | 1 small bay leaf, crushed |
| 1 cup onion, diced | 1/2 tsp. thyme |
| 1 cup raw potatoes, cubed | 2 tsp. salt (optional) |
| 1 cup carrots, sliced | 1/8 tsp. pepper |
| 1 cup cabbage, shredded | 1 1/2 quarts water |
| 1/4 cup uncooked rice | 1 No. 2 can tomatoes |

Brown deerburger and onion in oil in large kettle. Add potatoes, carrots, cabbage and water. Bring to boil. Sprinkle rice into mixture. Add remaining ingredients, except tomatoes. Cover and simmer for 1 hour. Add tomatoes just before serving. Skim off fat if necessary. Serves 8.

VENISON SOUP STOCK

Put the bones left from cutting up the deer in a large kettle. Add water to cover. Simmer for 2 hours.

Cover and cool overnight in a shallow pan in the refrigerator to harden the fat, then remove all the fat. Pick any meat from the bones and return it to the jellied soup stock.

Package for freezer storage. One part stock plus 2 parts water makes a good base for a noodle or vegetable soup.

CREOLE STEAK

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|---|---------------------------|
| 1 large round steak | 3 stalks celery, chopped |
| Flour | 1/2 green pepper, chopped |
| Salt (optional) and pepper | 3 large onions, chopped |
| Vegetable oil, margarine or non-stick cooking spray | 1 cup tomatoes |

Pound flour, salt (if desired) and pepper into steak. Brown in vegetable oil, margarine or non-stick cooking spray. Cover with celery, green pepper and onions. Add tomatoes. Cover tightly and cook slowly until meat is tender (about 1 1/4 hours).



STROGANOFF

- 1/4 cup oil
- 2 pounds venison cut in strips 1/2 inch by 1/2 inch by 2 inches
- 1/4 cup flour
- 1 envelope onion soup mix
- 3 cups water
- 1 can cream of mushroom soup
- 6 Tbsp. catsup
- Noodles, rice or mashed potatoes

Heat oil. While oil is heating, shake meat in flour to coat. Saute until browned. Add onion soup mix and water. Simmer until venison is tender (1 hour or more). Add cream of mushroom soup and catsup. Heat thoroughly and serve over noodles, rice or mashed potatoes. Serves 6.

CANNING VENISON

Choose quality chilled meat. Remove excess fat. Soak strong-flavored meat for 1 hour in the refrigerator in a brine solution containing 1 tablespoon salt per quart of water. Rinse. Remove large bones.

Hot-pack: precook meat until rare by roasting, stewing or browning in a small amount of fat. Add 2 teaspoons of salt per quart to the jar, if desired. Fill jars with pieces of venison and add boiling broth, meat drippings, water or tomato juice, leaving 1 inch headspace.

Raw-pack: Add 2 teaspoons of salt per quart to the jar, if desired. Fill jars with raw meat pieces, leaving 1 inch headspace. Do not add liquid.

Adjust lids and process, using information in the charts below.

Table 2. Recommended process times for strips, cubes or chunks of meat in a dial-gauge pressure canner.

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of			
			0-2,000 ft.	2,001-4,000 ft.	4,001-6,000 ft.	6,001-8,000 ft.
Hot/Raw	pints	75 min.	11 lb.	12 lb.	13 lb.	14 lb.
Hot/Raw	quarts	90 min.	11 lb.	12 lb.	13 lb.	14 lb.

Table 3. Recommended process times for strips, cubes or chunks of meat in a weighted-gauge pressure canner:

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of	
			0-1,000 ft.	Above 1,000 ft.
Hot/Raw	pints	75 min.	10 lb.	15 lb.
Hot/Raw	quarts	90 min.	10 lb.	15 lb.

Source: Complete Guide to Home Canning. Agriculture Information Bulletin No. 539. 1988. USDA



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POTATO SAUSAGE

4 pounds pork
8 pounds venison
13 pounds potatoes
6 medium onions

3/4 cup salt
1/3 cup pepper
2 Tbsp. sugar
Casings

Grind pork and venison as for hamburger. Peel and grind potatoes and onions (coarsely). Add salt, pepper and sugar. Mix together and put in casings that have been soaked in water for several hours or overnight. Put in casings as soon as potatoes are ground and mixed — potatoes will turn dark if allowed to stand. Tie ends and prick each ring in several places with a large needle. Place rings in kettle of water. Bring just to boil and simmer for a few minutes. (Boiling too hard can cause rings to burst.) Cool, wrap and freeze. When ready to eat, thaw in refrigerator, then finish cooking in a little water, simmering about 10 minutes or until done. This makes about 35 rings the size of a small ring of bologna.

