



Cooperative Extension

Recipes Using Ground Venison

Cornell Cooperative Extension – Yates Association

Our Mission...

The mission of Cornell Cooperative Extension is to improve the lives of people in Yates County through partnerships that put experience and research knowledge to work.

Our Program Emphasis...

CCE Yates County brings together education, research and community partnerships to meet the diverse needs of our region. We will work in the areas of:

- Agriculture and Food Systems
- Natural Resources and the Environment
- Nutrition, Health and Safety
- Children and Family Well Being
- Community and Economic Vitality
-

Please feel free to contact us for more information

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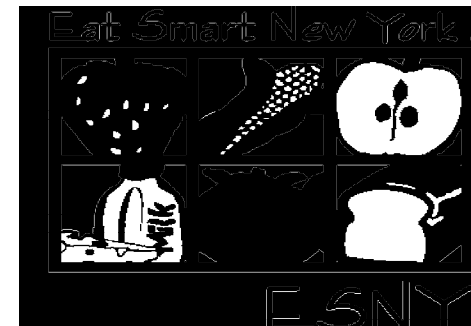
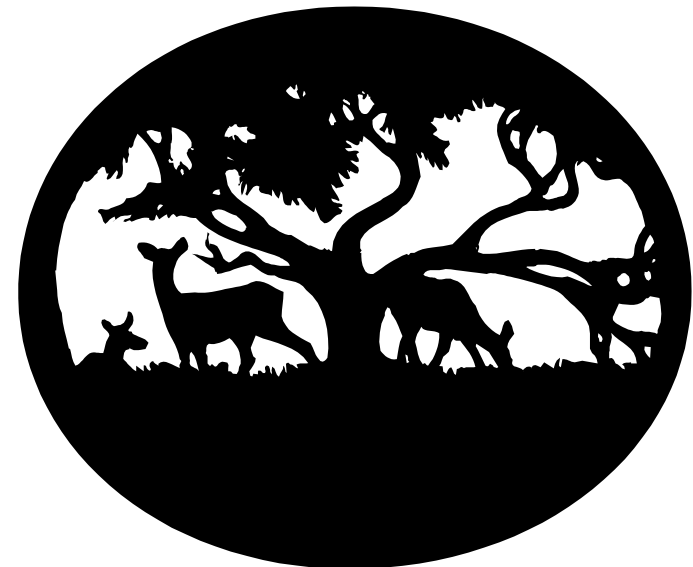
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Building Strong and Vibrant New York Communities

Cornell Cooperative Extension provides equal program and employment opportunities. NYS College of Agriculture and Life Sciences, NYS College of Human Ecology, and NYS College of Veterinary Medicine at Cornell University, Cooperative Extension associations, county governing bodies, and U.S. Department of Agriculture, cooperating.

Try substituting ground venison (deer meat) in any of your favorite recipes calling for ground meat.

- | | |
|-----------|----------------|
| Chili | Tacos |
| Burgers | Goulash |
| Meatloaf | Lasagna |
| Meatballs | Shepherd's pie |
| Spaghetti | Sloppy joes |

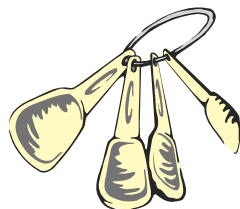


Or sample some of the following recipes. If you don't have all the ingredients, experiment with spices of your own choice, or opt to leave out the ones you don't have on hand.

The following brochures may be purchased at our office:

- ♦ Fish: From Stream to Table
- ♦ Game Birds: From Stream to Table
- ♦ Proper Field Dressing of Wild Game and Fish
- ♦ Proper Processing of Wild Game and Fish

Note: tsp = teaspoon
 T = tablespoon
 lb = pound
 oz = ounce



NUTRITIVE VALUES

3 oz. portions	Calories	Protein g	Total Fat	Saturated Fat g	Cholesterol mg	Iron mg	Sodium mg
Venison	134	25.7	2.7	1.1	95	3.8	46
Chicken Breast (roasted/skinless)	140	27	3	.9	73	.9	64
Ground beef (lean)	230	21	16	6.2	74	1.8	65
Broiled sirloin steak (lean)	180	26.4	7.2	3.1	76.8	2.9	57.6
Pork (lean) braised	198	27.6	9.6	3.1	85.2	.8	67.2
Veal cutlet	185	23	9	4.1	109	.8	67.2
Turkey (dark meat)	160	24	6	2.1	72	2	67
Turkey (light meat)	135	25	3	.9	59	1.1	54
Fast food (hamburger)	245	12	11	4.4	32	2.2	463
Fast food (hamburger with cheese)	300	15	15	7.3	44	2.3	463
Daily recommended for 2000 calorie diet	2000	50 g	<65 gm	< 20 g	<300 mg	12-18 mg	<2400 mg

Sources: Penn State's "Proper Processing of Wild Game and Fish", 2000
 USDA's Nutritive Value of Foods, 1981

Cook to Proper Temperature

Store any unfrozen meat in the refrigerator and use it within two to three days. Thaw all frozen meats in the refrigerator (or microwave and use immediately).

TEMPERATURE RULES!

Food	°F
Ground Meat & Meat Mixtures	
Beef, Pork, Veal, Lamb	160
Turkey, Chicken	165
Fresh Beef, Veal, Lamb	
Medium Rare	145
Medium	160
Well Done	170
Poultry	
Chicken & Turkey, whole	180
Poultry breasts, roast	170
Poultry thighs, wings	180
Duck & Geeses	180
Stuffing (cooked alone or in the bird)	165
Fresh Pork	
Medium	160
Well done	170
Ham	
Fresh (raw)	160
Pre-cooked (to reheat)	140
Eggs and Egg Dishes	
Eggs	Cook until yolk & white are firm
Egg dishes	160
Leftovers and Casseroles	165

Venison and Potato Loaf

- 1 lb Browned ground venison, drained
- 4 cup Potatoes, peeled and sliced
- 1 T Onion, chopped
- 2 tsp Salt
- Pepper
- $\frac{3}{4}$ cup Canned or fluid milk
- $\frac{1}{2}$ cup Oats
- $\frac{1}{4}$ cup Catsup
- 5 T Onion, chopped

1. Mix the potatoes, the onion, 1 teaspoon of the salt and a dash of pepper together and place in a 2 to 3 quart casserole.
2. Mix the rest of ingredients together and spread this mixture over the potato mixture.
3. Bake at 350°F, covered, 30 to 45 minutes or until potatoes are tender.



Venison Hamburger Rice Pie

- 1 lb Ground venison, browned and drained
- 1/2 cup Bread crumbs
- 1/4 cup Green pepper, chopped
- 1/4 cup Onion, chopped
- 2 cup Tomato sauce
- 2 1/2 cup Cooked rice
- 1/2 cup Grated cheese
- Salt and pepper to taste

1. Combine the venison, bread crumbs, green pepper, onion and 1/2 cup of the tomato sauce in a large pie pan.
2. Mix the cooked rice, cheese, salt and pepper and 1 cup of the tomato sauce.
3. Place the rice mixture on top of the venison mixture and spread the remaining half-cup of tomato sauce over top.
4. Bake at 375°F for about 35 minutes.



Venison Shepherd's Pie

- 3 cup Ground venison cooked (1 pound)
- 1 sm Onion, chopped
- 1 tsp Shortening
- 1 can Beef gravy
- 1/2 cup Diced cooked carrots
- 1/2 cup Diced lightly cooked celery
- 1/2 cup Peas
- 3 cup Mashed potatoes
- 1 tsp Chili pepper (optional)

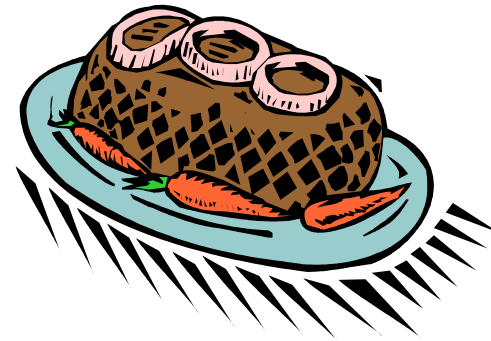
1. Slightly brown the onion in shortening and then add gravy, cooked venison, carrots, celery and peas.
2. Let simmer for 2 minutes and then pour into a 2-quart casserole dish.
3. Spread the mashed potatoes on top.
4. Bake at 450°F for about 25 minutes or until lightly browned.



Meatloaf with Chili Sauce

- 4 Slices fresh bread
- 1/2 cup Water
- 2 lb Ground elk/deer
- 1 Medium onion, chopped
- 1 tsp Salt (optional)
- 1/4 tsp Pepper (optional)
- 2 Eggs
- 1 cup Chili sauce

1. Soften the bread in water.
2. Add remaining ingredients and mix well.
3. Pack the meat mixture into a loaf pan and cover with the chili sauce.
4. Bake at 375°F for 45 minutes.



Venison Meatloaf

- 3/4 lb Venison, ground
- 1/4 lb Sausage, ground
- 1 Egg
- 2 T Parsley, chopped
- 1 T Butter, softened
- 1 T Bread crumbs
- 1 tsp Lemon juice
- 1 tsp Salt
- 1/4 tsp Pepper
- 1 T Onion flakes, dried
- 1 cup Water
- 1/2 pack Dry onion soup mix

1. Combine all ingredients except the water and onion soup mix. Mix well and shape into a loaf.
2. Place in a lightly greased loaf pan.
3. Bake 1 hour at 350°F.
4. Baste every 10 minutes with a combination of 1 cup water and 1/2 package dried onion soup mix.

Venison Loaf with Noodles

Venison Loaf

1 1/2 lb	Venison, ground
3/4 cup	Milk
1 pack	Lipton's onion soup mix
1	Egg, lightly beaten
1 1/2 cup	Bread crumbs (soft)
1/4 cup	Catsup
1 T	Brown sugar
1 T	Prepared mustard
4 sl	Jack cheese

1. Lightly oil a 9-inch ring mold.
2. Combine milk, onion soup mix, egg and bread crumbs. Let stand until mixture is mushy.
3. Combine mixture with ground venison. Shape into mold and turn out onto baking pan. *This can be done with any meatloaf, it is very pretty and easy to slice.*
4. Combine the catsup, brown sugar and prepared mustard. Brush mixture onto loaf.
5. Bake in a preheated 400°F oven for 40 minutes, brushing with catsup mixture once more during baking.
6. Remove loaf from oven and arrange jack cheese slices over loaf.
7. Bake about 5 minutes longer until cheese melts.
8. Slide onto serving plate
9. Fill center with poppy seed noodles.

Poppy Seed Noodles

1/2 lb	Egg Noodles (3 cups)
2 T	Butter
1/2 cup	Half-and-half
1/2 cup	Jack cheese, grated
1 tsp	Poppy seeds

1. Cook the noodles according to directions on the package or until tender.
2. Drain well.
3. Toss with butter, half-and-half and jack cheese.
4. Sprinkle on the poppy seeds and toss well to mix.



Venison Lasagna

- 1 lb Spicy venison sausage (or plain ground venison)
- 2 tsp Onion salt
- 2 tsp Garlic salt
- 1 can 16 oz whole tomatoes
- 1 can 15 oz tomato sauce
- 3 T Dried parsley flakes
- 1 tsp Sugar
- 1 tsp Basil leaves
- 2 tsp Salt (optional)
- 1 can 8 oz mushroom pieces (optional)
- 1 pkg 16 oz ricotta cheese
- 1/2 cup Parmesan cheese
- 1 1/2 tsp Oregano leaves
- 2 cup Shredded mozzarella cheese
- 1 pkg Cooked lasagna noodles

1. Cook and stir sausage or ground venison, onion and garlic salt in 10-inch skillet until sausage is light brown. Drain.
2. Add tomatoes (with liquid), tomato sauce, 2 tablespoons parsley, sugar, basil, 1/2 teaspoon salt and mushrooms. Heat to boil, stirring occasionally.
3. Reduce heat. Simmer uncovered until mixture is consistency of thick spaghetti sauce, about 1 hour.
4. Cook noodles as directed on package.
5. Reserve 1/2 cup of the sauce mixture.
6. Mix ricotta cheese, 1/4 cup parmesan, 1 tablespoon parsley, 1 1/2 teaspoons salt and oregano.
7. In 9 x 13 oblong pan, alternate layers of sauce, noodles, cheese mixture.
8. Top with reserved sauce, mozzarella and 1/4 cup parmesan.
9. Cook uncovered at 350°F for 45 minutes. Let stand 15 minutes.

Venison and Bean Bake

- 2 lbs Ground venison
- 6 Slices bacon (chopped)
- 1 Onion (chopped)
- 1 16 oz can pork & beans
- 1 16 oz can kidney beans (drained)
- 1 16 oz can great northern beans (drained)
- 1/2 cup Brown sugar (packed)
- 1 cup Chili sauce
- 1 T Worcestershire sauce
- 1/2 tsp Salt

1. Cook bacon in large covered dutch oven or casserole dish, until brown.
2. Add onion and venison, cook until meat browns and onions are tender.
3. Drain fat.
4. Add remaining ingredients. Mix well.
5. Bake at 350°F for 1 hour, until bubbly and brown.



Venison Meatballs

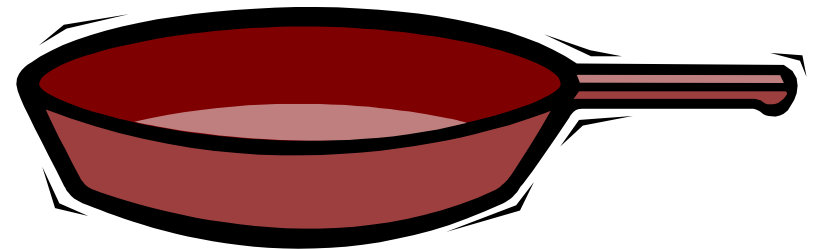
3 slices Soft bread
1/4 cup Water
1 1/2 lbs Ground venison
1 tsp Salt (optional)
1/4 tsp Pepper (optional)
2/3 cup Finely chopped onion
1/4 cup Oil
1 T Flour
3/4 - 1 cup Milk
Salt and pepper (for gravy)

1. Soak bread in water for 5 minutes. Break into small bits, pressing out as much water as possible.
 2. Combine bread, ground venison, salt, pepper, and chopped onion. Blend lightly but thoroughly.
 3. Shape into small balls about 1 inch in diameter. Chill for 15 to 20 minutes.
 4. Brown on all sides in oil turning frequently.
 5. Cover pan. Turn heat to low and cook for 15 minutes.
 6. Remove meatballs to a separate pan and keep hot.
 7. Add flour, salt and pepper to pan drippings, stir well.
 8. Add milk, stirring constantly and simmer for 3 to 4 minutes.
 9. Return meatballs to pan and simmer another 5 minutes.
Serve hot.
- For variety, meatballs may be served with barbecue sauce or sour cream dill gravy.

Venison Hash

1 1/2 lb Ground venison
3 lg Onions, diced
1 lg Green pepper, diced
1 can 16 oz tomatoes
2 tsp Salt
1/3 tsp Chili powder
1 sm Red pepper, diced
1/2 cup Chopped chiles (optional)

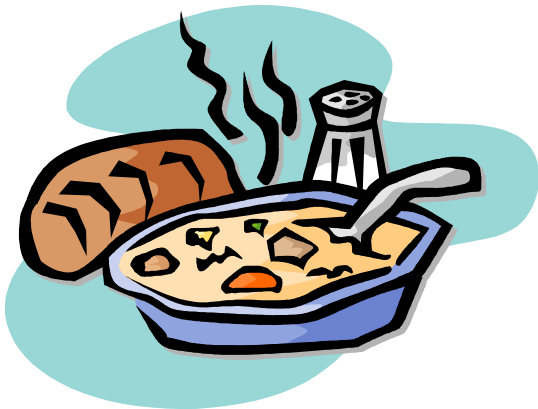
1. Preheat oven to 350°F
2. In large skillet cook and stir venison, onions, and peppers until meat is brown and vegetables tender.
3. Drain off the fat and stir in tomatoes, salt, pepper, chili powder, red pepper and chilies.
4. Heat through and pour into covered casserole dish.
5. Bake 1-hour stirring a couple times while cooking.



Katie's Hamburger Soup

- 1 lb Ground venison or venison sausage
- Oil, vegetable or olive oil
- 3-4 cups Water
- 1 qt Tomatoes
- 1 Onion, medium - large
- 2 ea Celery Stalks
- 2 ea Carrots, medium - large
- Mushrooms (canned or fresh)
- 2 ea Beef bullion cubes (OR salt)
- 1/2 tsp Pepper
- 1/8 tsp Crushed red pepper
- 1/2 cup Barley

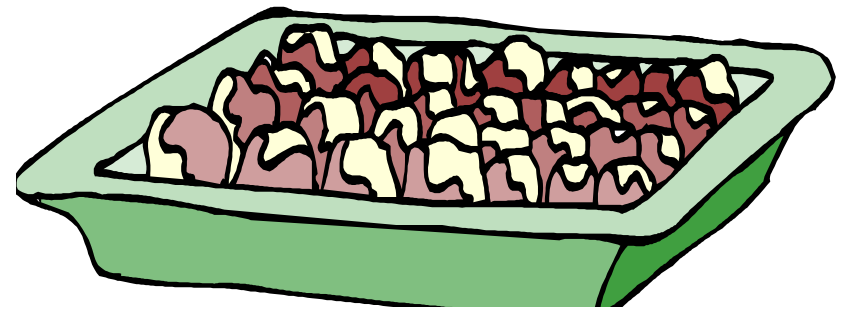
1. Brown venison in oil in Dutch oven.
2. Once browned, add water and tomatoes
3. Chop all vegetables and add.
4. Add spices and barley.
5. Bring to boil, let simmer for 1/2 hour and serve.



Sour Cream Dill Gravy

- 1 T Flour
- 1/2 cup Water
- 1 cup Commercial sour cream
- 1/4 tsp Garlic powder
- 1/2 tsp Sugar
- 1/2 tsp Salt
- 2 tsp Dried dill seed

To drippings in skillet add 1-tablespoon flour and brown slowly, blending well. Add 1/2 cup water and cook slowly 3 to 4 minutes. Add sour cream and seasonings. Heat, stirring constantly until just bubbly. Serve meatballs topped with sour cream gravy garnished with paprika and parsley.



Tamale Pie

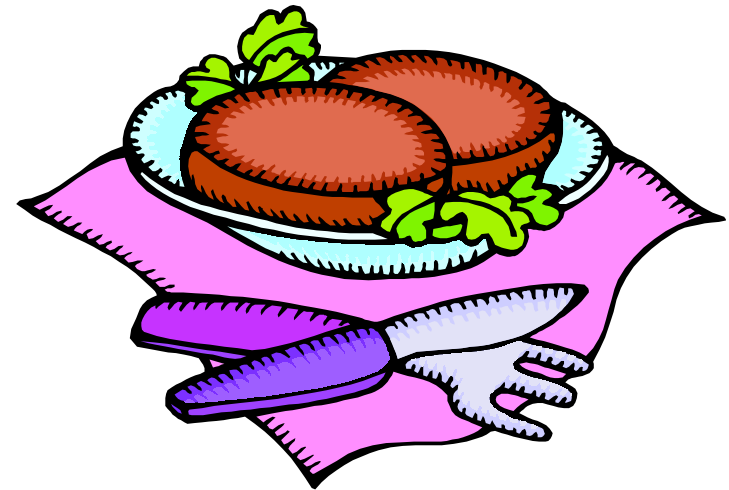
- 1 lb Ground venison
- 1 cup Chopped onion
- 1 cup Chopped green pepper
- 2 cans 8 oz tomato sauce
- 1 can 12 oz whole kernel corn, drained
- 1/2 cup Pitted ripe olives, chopped
- 1 clove Garlic, minced
- 1 T Sugar
- 1 1/2 tsp Salt
- 2-3 tsp Chili powder
- Dash of pepper
- 6 oz Sharp cheese, shredded
- 3/4 cup Yellow cornmeal
- 2 cup Cold water
- 1 T Butter or margarine

1. Cook meat, onion, and green pepper in a large skillet until meat is lightly browned and vegetables are tender.
2. Stir in tomato sauce, corn, olives, garlic, sugar, 1 teaspoon salt, chili powder and pepper.
3. Simmer 20-25 minutes or until thick.
4. Add cheese: stir until melted.
5. Turn into greased 9 x 9 x 2 inch baking dish.
6. Stir cornmeal and 1/2 teaspoon salt into cold water. Cook, stirring constantly, until thick.
7. Add butter or margarine, mix well.
8. Spoon over hot meat mixture.
9. Bake casserole in moderate oven 375°F about 40 minutes.

Venison Patties

- 1 lb Ground venison
- 1/4 cup Finely chopped mushrooms
- 1 tsp Salt
- 1/4 tsp Pepper
- 2 Eggs
- 1 T Cornstarch

1. Mix all the ingredients together in a medium bowl. Mix lightly and thoroughly.
2. To make it easier to handle the mixture, place into refrigerator for 30 minutes. Make 4 to 8 patties.
3. Preheat the oven at broil. Place the patties in broiler and cook on each side for 5 to 8 minutes.
4. Serve with sautéed mushrooms and carrots.





Sloppy Joes

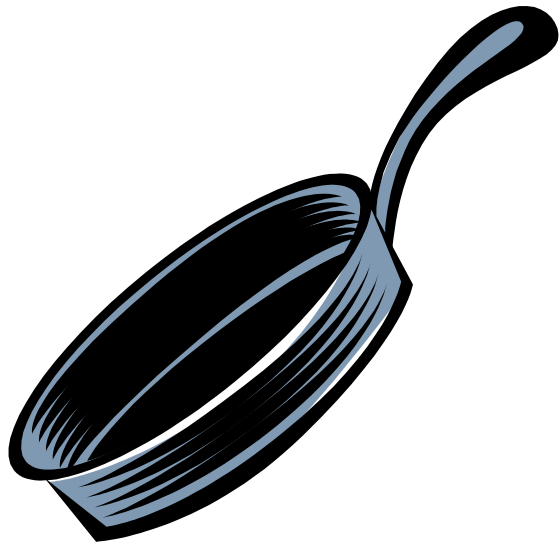
- 2 lb Ground venison
- 1 lb Ground pork (optional)
- Vegetable oil
- 1 Onion, chopped
- 1 cup Ketchup
- 1 cup Tomato juice
- 1 cup Cheddar cheese, shredded
- Salt and pepper to taste

1. Heat oil in a large skillet; brown meat and onion
2. Pour off excess oil and add remaining ingredients
3. Simmer for about 1 hour.
4. Serve on open hamburger buns.

Venison Burger Pie

- 1 lb Ground venison
- 1/2 cup Chopped onion
- 1/2 tsp Salt (optional)
- Dash pepper (optional)
- 1 can 16 oz cut green beans, drained
- 1 can Condensed tomato soup
- 5 Medium potatoes, cooked*
- 1/2 cup Warm milk
- 1 Egg, beaten
- 1/2 cup Shredded cheese (American or Cheddar)

1. In a large skillet, cook meat and onion until meat is lightly browned and onion is tender.
2. Add salt, pepper, drained beans and soup; mix.
3. Pour into greased 1 1/2 quart casserole.
4. Mash potatoes while hot; add milk and egg. Season with salt and pepper (*OR prepare 4 servings packaged instant mashed potatoes according to the package directions except reserve the milk. Add egg and season with salt and pepper to taste. Add enough reserved milk so potatoes are stiff enough to hold shape.)
5. Spoon in mounds over casserole. Sprinkle potatoes with cheese.
6. Bake in moderate oven 350°F for 25-30 minutes.



Venison Sausage from Fred Goslin

- 8 ¼ lb Venison, ground
- 3 ¼ lb Bacon, ground
- 1 ½ T Salt
- 1 ½ T Pepper
- 1 ½ T Poultry seasoning
- ½ tsp Allspice
- ½ tsp Sage
- ½ tsp Nutmeg
- 1 cup Water

Combine all of the ingredients, mixing well. Shape into patties and fry in a skillet until brown on both sides. Sausage will be slightly pink on the inside **or** it may also be stuffed in casings and boiled.

Blaine's Venison Sausage

- 6 lb Venison, ground
- 6 lb Pork, lean, ground
- 2 T Salt
- 2 T Pepper
- ½ tsp Cayenne pepper
- ½ tsp Sage
- ½ cup Honey

When the venison, pork and hot water are well mixed, add spices and honey to mixture and mix in well.

