



STRIP LOIN W/ CRANBERRY CHUTNEY

Difficulty: Simple

 Pan-Sear

 35 Minutes

 Serves 2 – 3

STRIP LOIN INGREDIENTS

- 1 pack of strip loin
- 1 Tbsp butter
- 2 garlic cloves, peeled and slightly crushed
- 2 fresh rosemary sprigs
- Salt and pepper to taste



CRANBERRY CHUTNEY INGREDIENTS

- 2 cups Fresh Cranberries
- 1 Shallot, finely minced
- 1 Fresno Pepper, seeds removed, finely minced (substitute w/ Jalapeno)
- 1 tsp grated Ginger
- ½ cup Red Wine
- Juice of 1 Orange, plus zest
- 3 Tbsp Honey
- 1 Tbsp Butter
- ¼ tsp Cinnamon
- 4 Cloves
- 2 Tbsp Water
- Salt and Pepper to taste

DIRECTIONS

Prep Strip Loin:

Rinse and pat dry venison strip loin. Rub with olive oil and set aside. Season with salt and pepper right before cooking.

Prepare Chutney:

Set a small saucepan on medium-low heat and add butter. When the butter has melted add shallots and sauté for 2-3 minutes, continuously stirring. Add Fresno pepper and continue to sauté for a few more seconds. Stir in all the following ingredients. Bring to a gentle simmer. Then reduce heat to low and allow to cook, uncovered for 12-15 minutes, stirring occasionally.

Sear Strip Loin:

Set large cast-iron skillet on medium-high heat. Once the skillet is hot, drizzle with olive oil and place venison in the pan. Allow strip loin to build an even seared crust on all sides. Reduce heat to medium-low. Add butter, garlic, and rosemary to the pan. Baste for about 1 minute. Transfer to cutting board and let sit for at least 5 minutes.

Slice and Serve:


Slice strip loin and lightly season with salt. Serve with cranberry chutney. Enjoy!

CINNAMON SPICED MEDALLIONS

With Farro Spinach Salad

Difficulty: Intermediate

 Pan-Sear

 40 Minutes

 Serves 3 – 4



DIRECTIONS

Cook Farro:

Bring a medium saucepan of water to a boil and add 2 tsp salt and the farro. Bring back to a boil, reduce heat and simmer until farro is al dente, about 18-22 minutes. Drain, place in a bowl, and set aside.

Char Lemon:

While farro is cooking, heat a medium sauté pan over medium heat. Rub cut sides of the lemon with just a touch of olive oil and place cut side down in the pan. Cook until richly browned on the cut side and remove to cool and turn off the heat. Squeeze juice from lemon halves into a small bowl. Add ½ cup of olive oil, oregano, honey, ½ tsp of black pepper, and a pinch of salt. Whisk to incorporate and set aside.

Season Medallions:

In a small bowl mix together the remaining 1 tsp salt, remaining ½ tsp black pepper, garlic powder, onion powder, cinnamon, and nutmeg. Liberally sprinkle the venison all over with the spice rub (you may have some leftover – it's great on other proteins and veggies as well).

Sear Medallions:

Heat medium frying pan over medium heat and add the remaining 1 Tbsp of olive oil. Add venison and cook, turning often, until richly brown and done to your liking (for medium rare - pulled at about 125 F - about 4 to 8 minutes depending on the thickness of the cut). Let rest on a cutting board for a few minutes while preparing the rest of the meal.

Putting Everything Together:

Off the heat, add the spinach to the hot pan, and toss about to let it wilt. Add the wilted spinach to the farro along with the feta. Add half of the dressing and toss to coat. Taste and adjust seasonings as needed. Divide salad among 4 plates. Slice venison into thick pieces and place on top of the salad. Drizzle remaining dressing over venison on each plate and serve.

INGREDIENTS

- 2 lbs venison leg medallions (striploin also works well)
- 1 cup farro
- 4oz baby spinach
- 1 large lemon, cut in half
- ½ cup crumbled feta
- 1 Tbsp minced fresh oregano or 1 tsp dried
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp cinnamon
- Pinch nutmeg
- 3 tsp salt, divided, plus more to taste
- 1 tsp black pepper, divided
- 1 tsp honey or agave syrup
- ½ cup plus 1 Tbsp extra virgin olive oil

BONE BROTH GRAVY

Difficulty: Simple

🕒 13 Minutes

🍴 Serves 4 – 5

INGREDIENTS

- 16oz Venison Bone Broth
- 2 Tbsp Butter
- 3 Tbsp Flour
- ½ Tsp Garlic Powder
- ½ Tsp Onion Powder
- 1 Rosemary Sprig
- 1 Thyme Sprig
- Salt and Pepper to taste
- Note* Pan drippings can be added for extra flavor.



DIRECTIONS

Heat Saucepan and Prepare Gravy:

Set a small saucepan on medium-low heat and add butter. Once butter is melted, add flour and continuously whisk until smooth consistency. Then slow pour bone broth while whisking until fully incorporated.

Season and Simmer:

Add seasoning, rosemary, and thyme sprig. Bring to a gentle simmer then reduce heat to low and continue to cook for about 8 minutes, or until gravy has thickened.

Remove Herb Sprigs and Season to Taste:

Remove rosemary and thyme. Salt and pepper to taste. Enjoy!

HERB-CRUSTED RACK

Difficulty: Intermediate



Roast



55 Minutes



Serves 3 – 4



DIRECTIONS

Pre-heat Oven:

Set oven to 400°

Prep Rack:

Start by preparing your venison rack. Trim away any silver skin. Rinse and pat dry. Let the rack come to room temperature for at least 15 minutes.

Combine Herb Mixture:

In a small bowl combine garlic, parsley, rosemary, sage, dijon mustard, lemon zest, butter, and panko. Add salt and pepper to taste. Mix well until a paste-like mixture is formed.

Season Rack and Place in Oven:

Season the rack generously with salt and pepper. Firmly press the herb mixture onto the rack and place it on the baking tray.

Roast:

Roast the rack until the center reaches about 130-132° (about 25-30 minutes). The temperature will continue to rise a couple of degrees when resting. Let rest for at least 10 minutes.

Slice and Serve:

Slice between each bone and serve. Enjoy!

INGREDIENTS

- 1 – 1.5 lb Venison Rack
- 3-4 Garlic Cloves,
finely minced
- 2 Tbsp Fresh Parsley,
finely minced
- 1 Tbsp Fresh Rosemary,
finely minced
- ½ Tbsp Dried Sage
- 1 Tbsp Dijon Mustard
- 4 – 5 Tbsp Room Temperature
Butter
- ½ cup Panko
- 1 tsp Lemon Zest
- Salt and Pepper to taste
- Note* A meat thermometer
will be needed to ensure the
desired doneness

HOLIDAY ROAST

Difficulty: Simple



Roast



60 Minutes



Serves 5 – 6

ROAST INGREDIENTS

- 1 venison shoulder
- 4 cloves of garlic
- Fresh thyme
- Fresh rosemary
- 2 Tbsp unsalted butter
- 3 cloves garlic skin on
- Butchers twine



TZATZIKI SAUCE INGREDIENTS

- 1 cup of Greek yogurt, plain
- 2 lemons, juiced
- 3 Tbl feta cheese
- 2 Tbsp fresh dill, chopped
- 1 Tbsp minced garlic
- Salt to taste

Combine in bowl and mix.

DIRECTIONS

Step 1: Open the packing of your venison and wipe any excess blood. Trim away any silver skin or tendons you may find.

Step 2: Cut into nice cylinder shapes (I cut mine into fourths).

Step 3: Season with salt and cracked pepper on all sides and tightly wrap with butcher's twine to compress meat. (this will give an even cook all around). Let the meat temper for 15 minutes before cooking.

Step 4: Preheat oven to 450°

Step 5: While the oven is preheating, sear meat in a pan over medium heat until brown on all sides. Add butter, garlic, fresh thyme and rosemary to the pan.

Step 6: Once browned, bake until the center of the roast reaches an internal temperature of 130° (about 20 min).

Step 7: Let rest for 3 minutes, then slice and serve with tzatziki sauce.