

## **Venison Stroganoff**

Makes 2-3 servings

1 lb Egg Noodles cooked and cooled  
1 Lb Venison Stew Meat chopped into 1/4" cubes  
2 cups quartered crimini mushrooms (baby portabella)  
1 shallot diced  
1 clove garlic chopped  
1 1/2 cup red wine  
1/2 cup Worcestershire sauce  
1 bay leaf  
1 Tbsp Thyme  
Kosher Salt Black pepper  
3/4 cup sour cream  
1/4 cup heavy cream  
2 Tbsp lemon juice  
2 tbsp Canola oil

Heat 1 large pan on high heat for 3 minutes. Add oil to pan then meat season well with 2 pinches of kosher salt. Once meat is browned and well seared add crimini mushrooms and shallot. Once mushrooms are seared add garlic and let cook for approx 30 seconds then add red wine, Worcestershire sauce, bay leaf and thyme. Turn heat to low and let simmer for about 30 minutes or until liquid is reduced to approx 1/4 cup. Take out bay leaf and add sour cream, heavy cream, lemon juice and pasta check seasoning and add salt and pepper to taste continue to cook in pan on high heat for 2 minutes. Serve.

## **Venison Steak**

Heat 1 large cast iron skillet on med high heat until hot. Take 2 8oz venison steaks, rub with oil, salt and pepper. Sear in pan for approx 3 minutes per side for Med Rare.

## Rosemary Polenta

1/4 pound (1 stick) unsalted butter  
1/4 cup olive oil  
1 teaspoon minced fresh rosemary leaves  
1/2 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper  
3 cups chicken stock  
2 cups half-and-half  
2 cups milk  
2 cups Instant Polenta  
1/2 Cup Grated Parmesan

Heat the butter and olive oil in a large saucepan. Add rosemary, salt, pepper, chicken stock half-and-half and bring to a boil. Remove from heat and slowly sprinkle the cornmeal into the hot milk while stirring constantly with a whisk. Cook over low heat, stirring constantly, for a few minutes, until thickened and bubbly. Off the heat, stir in the parmesan and check seasoning.

## Red Wine Demi

2 cups red wine  
2 cups beef stock  
1 cup granulated sugar  
2 tbsp unsalted butter

Add wine, stock and sugar to medium sized pot on high heat and let reduce by half, remove from heat and whisk in butter. Serve over steaks.

Matthew Myers - Recipes from the *Deer Hunt 2007* show on Wisconsin Public Television

