

# Hunting Nerd's Guide to Venison



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Train Plan Hunt Eat

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*“Hunting Nerd’s Guide to Venison”*

# About the Author

*“The only real stumbling block is fear of failure. In cooking you’ve got to have a what-the-hell attitude.”*

*-Julia Child*

Rachelle has spent more than her fair-share of time in the kitchen and knows what it takes to make a delicious meal that will keep family and friends coming back for more.

Included in this book are some of [HuntingNerd.com](http://HuntingNerd.com)’s favorite venison recipies. From steak to stew, there is something inside to satisfy any hungry hunter.

## Pan Seared Venison

- 2 pounds venison chops
- 1-2 Tbsp bacon fat (or butter)
- Salt
- Black pepper
- Thyme
- Granulated garlic
- Cayenne powder

1. Preheat oven to 450
2. Allow venison to come to room temperature.
3. Dry and liberally season both sides with salt, black pepper, cayenne and thyme.
4. Heat bacon fat in oven safe pan over medium-high heat.
5. Sear the chops in the bacon fat, 2-4 minutes per side.
6. Move pan to the preheated oven and cook the chops an additional 4-8 minutes.

## Fried Potato Cakes

- Light tasting oil such as avocado (enough to cover the pan 1/4 inch)
- 2 cups mashed potatoes
- 2 Tbsp sour cream
- 1/4 cup onion (minced)
- 1 egg (lightly beaten)
- 1 1/2 tsp dried chives
- Salt and pepper to taste

1. Heat light tasting oil in a deep pan.
2. Combine mashed potatoes, sour cream, onion, egg, chives, salt and pepper.
3. Drop spoonfuls of the potato mixture into the hot oil, pressing to flatten into cakes.
4. Fry 3-4 minutes per side until golden brown on both sides.

## Onion & Garlic Sauce

- 2 cloves garlic
- 1/4 cup onion (chopped)
- 2 cups broth/stock (beef or venison)
- 2 Tbsp butter
- Salt
- Black pepper
- 1 tsp Paprika
- 1 tsp Cayenne powder

1. Heat butter in a saucepan until melted.
2. Add garlic and onion, cook until starting to caramelize.
3. Add paprika and cayenne, and salt and pepper to taste. Stir to combine.
4. Add broth and bring to a boil.
5. Reduce heat and allow to simmer until sauce reduces by half and starts to thicken.
6. Serve over pan seared venison chops.



# Stuffed Venison Chops

- 1 pound venison chops
- 1/4 cup Fresh baby spinach (chopped)
- Crushed red pepper
- Cayenne powder
- Granulated garlic
- Paprika
- Salt
- Black pepper
- 1-2 Tbsp bacon fat (or butter)
- Goat cheese (or gouda cheese sliced thin)

1. Pound butterflied chops to about 1/4-inch thickness.
2. Season both sides of each chop with crushed red pepper, cayenne, granulated garlic, paprika, salt and black pepper
3. Layer cheese evenly on top of the flattened, and seasoned chops. Then layer chopped spinach.
4. Lightly roll the chops, keeping the stuffing inside, and secure with a toothpick.
5. Heat bacon fat in a cast iron pan over medium-high heat. Once fat is hot, sear the venison rolls on each side 2-3 minutes.
6. Move the pan to a preheated oven, 350, for 3-5 minutes, or until cooked to the desired doneness.
7. Remove the toothpicks and serve.





# Venison Stew

- 1 lbs venison chops or stew meat (cubed)
- 4 strips of bacon
- 4 Tbsp arrowroot starch
- 1/2 tsp cayenne powder
- 2 tsp dried marjoram
- 1/2 tsp granulated garlic
- 1/2 tsp onion powder
- 1/2 tsp paprika
- Salt and pepper to taste
- 6 carrots (chopped)
- 6 stalks celery (chopped)
- 1 onion (chopped)
- 1 rutabaga (diced)
- 4 cloves garlic (minced)
- 1 serrano pepper (chopped)
- 5 cups beef stock
- 4 Tbsp creamed coconut (optional)

1. Heat a large pot over medium-high heat. Chop uncooked bacon and cook in pot until crisp. Remove from pot and set aside.
2. While bacon is cooking, mix arrowroot starch, cayenne, marjoram, garlic, onion powder, paprika, salt and pepper in a bowl. Toss cubed venison in arrowroot starch mixture until evenly covered.
3. Add venison to the hot bacon grease and sear on all sides.
4. After venison has been seared, add onions and garlic. Allow to cook 3-4 minutes until onions begin to get translucent.
5. Add celery, carrots and rutabaga. Cook covered until vegetables start to soften.
6. Add beef broth and bacon and bring to a simmer. Allow to cook covered for at least 1 hour. (The longer it simmers, the more the flavors will mingle.)
7. To thicken the stew, mix in 4 Tbsp of creamed coconut.



# Stuffed Bell Peppers

- 4 bell peppers (various colors)
- 1 lb ground venison (of beef)
- 4 cloves garlic (minced)
- 1/2 onion (chopped)
- 1 jalapeno
- 16 ounces diced/crushed tomatoes (fresh or canned)
- 1 Tbsp tomato paste
- 2 tsp prepared horseradish
- 1-3 tsp hot sauce (plus extra for topping)
- 2-3 tsp Italian seasoning
- 1/2 tsp paprika

## Note:

*If you prefer your stuffed peppers to have a little crunch, don't bake them as long before stuffing.*

1. Preheat oven to 375.
2. Chop the tops of the bell peppers and remove the seeds. Turn peppers upside down in a baking dish. Make slits in the bottom of the peppers, and bake in preheated oven until starting to get tender.
3. Chop up the pieces of pepper leftover from the tops.
4. In a pan, heat 1/2 Tbsp oil over medium-high heat. Once hot, add garlic and onion. Cook until onions starting to brown.
5. Add jalapeno, leftover pepper pieces, Italian seasoning, paprika and salt and pepper to taste. Cook 3-4 minutes.
6. Add tomatoes and bring to a simmer.
7. Add ground venison (or beef), stir and cook until cooked through.
8. After most of the liquid has cooked off, add tomato paste, hot sauce, and horseradish. Cook about 5 minutes.
9. Take bell peppers out of the oven and turn right side up in the baking dish. Sprinkle the inside of the peppers with salt and pepper and stuff them with the meat mixture. Top the stuffed peppers with hot sauce (or ketchup). Return to oven for approximately 20 minutes.



# Scotch Eggs

- 1 1/2 pound ground venison
- 1 pound ground pork
- 8 hard boiled eggs, peeled
- 4 oz pork rinds
- 2 1/2 Tbsp Italian sausage seasoning
- 1 tsp Granulated garlic
- 1 tsp onion powder
- salt and pepper
- egg, beaten
- water
- Avocado oil

*Served with your favorite mustard or hot sauce, these eggs are perfect for brunch or dinner.*

1. Combine ground venison, ground pork and Italian sausage seasoning in a bowl. Mix well.
2. Separate meat mixture into eight equal portions and roll into balls.
3. Form the balls into bowl shapes, keeping the sides even. Dry the hard boiled eggs with paper towel then place inside the bowls. Work the meat mixture closed around the egg. Repeat with all the eggs.
4. In a food processor, combine pork rinds, granulated garlic, onion powder, and salt and pepper to taste. Process until finely ground, and transfer to a bowl.
5. In a bowl, beat an egg and 1 tsp water until frothy.
6. Working one at a time, roll each meat-wrapped egg into the egg mixture, then toss into the pork rind crumbs until evenly covered. Shake off the excess and set aside.
7. Once all the eggs are covered, repeat step 6 until all are “breaded” twice. Keep the eggs in the refrigerator until ready for frying.
8. Heat approximately 1 quart of avocado oil in a pot to 375 degrees.
9. Fry each egg in the oil until golden brown on the outside and meat is cooked through, approximately 4-5 minutes per side.