



Made From Scratch

The Hunter's Edition

Venison Stroganoff

Ingredients:

- 1 lb. fresh mushrooms
- 2 tbsp. butter
- 1 1/2 lb. venison steak, cut into strips
- 1 clove garlic, crushed or 1/2 tsp. garlic powder
- 1 large onion, sliced
- 1 can (10.5 oz) condensed cream of mushroom soup + water
- 1/2 tsp. brown gravy sauce
- 2 c. (16 oz) sour cream or low-fat substitute

Instructions:

1. Sauté mushrooms in butter until lightly browned. Remove from pan.
2. In the same pan, cook steak, onions, and crushed garlic clove until meat is browned. Remove from pan.
3. Add soup to pan with half a can of water. Scrape the pan bottom to mix in drippings. Add brown gravy sauce.
4. Return mushrooms, steak, and onions to the soup mixture and simmer for 30 minutes to an hour.
5. Just before serving, add sour cream and mix it in completely.
6. Serve over noodles or mashed potatoes.

Healthy Tip: To lower the sodium for this dish, look for a low-sodium condensed cream of mushroom soup. For a low-fat sour cream substitute, try using plain low-fat Greek yogurt.

Pheasant Kiev

Ingredients:

- 4 pheasant breast halves, skinned and deboned
- 1/4 lb. butter or margarine, softened
- 1 tsp. parsley, finely chopped
- 1 small garlic clove, crushed and finely chopped
- Pinch of cayenne pepper
- 3/4 c. flour
- 1 egg, beaten
- 1 1/2 c. dry breadcrumbs or cornflake crumbs
- Vegetable oil for deep fryer

Instructions:

1. Place breast halves between waxed paper and flatten with a wooden mallet to 1/2 inch thick. Be careful not to break holes in the meat. Refrigerate for two hours.
2. Mix parsley, garlic, and cayenne with the softened butter or margarine, and shape into four egg-shaped balls. Place in the freezer until the pheasant is chilled.
3. After two hours, remove the pheasant filets from the refrigerator. Brush one side of each with beaten egg.
4. Place a butterball on the egg-coated side of each filet, fold the meat over the edges, and secure with toothpicks.
5. Roll each filet in flour, dip in egg, and roll in breadcrumbs or cornflake crumbs.
6. Heat oil to 375° in a deep fryer. Carefully place the filets in the frying basket and lower them into the oil.
7. Cook for seven to eight minutes or until golden brown.
8. Serve immediately.

Healthy Tip: Instead of deep frying your pheasant breast, try this recipe in an air fryer. Place each pheasant breast in a single layer in the air fryer basket and cook at 350° for three to five minutes. To make sure you are not overcooking, start checking each filet at three minutes for an internal temperature of 165°.

Looking for great-tasting, healthy dishes? WebMD's recipes make it easy to meet your nutritional needs. Each recipe includes step-by-step instructions, nutritional information, healthy ingredients, and helpful preparation tips to make delicious meals.

Hunter's Stew

Ingredients for Hunters Stew:

- 2 lbs. venison, boneless chunks
- 2 tsp. black pepper
- 1 c. onion, coarsely chopped
- 2 tbsp. cooking oil or shortening
- ½ tsp. salt
- 1 c. potatoes, cut into 1-in. chunks
- 1 garlic clove, crushed
- 2 c. carrot, cut into 1-in. chunks
- 3 tbsp. flour
- 2 c. (15.5 oz) tomato sauce
- 2 c. celery, cut into 1-in. chunks
- Dumplings, optional (recipe follows)
- ½ c. water
- 1 c. turnip or rutabaga, cubed
- 1 tsp. beef bouillon or 1 bouillon cube

Instructions:

1. Brown the venison in oil or shortening with crushed garlic in a heavy skillet or Dutch oven.
2. Add tomato sauce, water, bouillon, and seasonings. Cover and simmer over low heat or in the oven at 300° until meat is fairly tender.
3. Add vegetables and continue cooking for 30 to 45 minutes until vegetables are tender. Add more water if needed to cover meat and vegetables if needed. Add salt at this time if desired.
4. When the meat and vegetables are tender, thicken the stew liquid (skip steps 4 and 5 if using dumplings).
5. In a separate bowl, add 3 tablespoons of flour to 1/3 cup cold water, stir until smooth, and add to the stew.
6. Bring to a boil stirring frequently for a couple of minutes.
7. Serve with cooked noodles, rice, or biscuits.

Ingredients for Dumplings:

- 1 1/2 c. flour
- 1 egg, slightly beaten
- 1 tbsp. parsley flakes or chopped chives
- 2 tsp. baking powder
- 1/4 tsp. salt
- 1/2 c. milk

Instructions:

1. Mix dry ingredients, then stir in egg and milk until just barely blended. Do not overmix.
2. During the last 30 minutes of cooking stew, add eight rounded tablespoons of batter to the top of the stew.
3. Cook for 15 minutes uncovered, then 15 more covered.

Recipe Note: If you choose to make the dumplings do not thicken the stew liquid with flour, the dumplings will absorb some of the liquid as they cook.

Broiled Game Bird

You will need game birds, cut to preferred size

Ingredients for Marinade:

- 1/2 c. diced onion
- 1 tsp. thyme
- 1/4 tsp. pepper
- 1/2 c. lemon juice
- 1/4 tsp. rosemary
- 1/2 c. wine vinegar, sauterne, or dry sherry wine for light meat; port or Burgundy wine for dark meat
- 1/2 c. salad oil
- 1/2 tsp. garlic powder
- 1/4 tsp. celery salt
- 1/2 tsp. summer savory
- 1/4 tsp. salt
- 1/2 tsp. garlic salt

Instructions:

1. Combine marinade ingredients, then add game bird pieces cut to preferred size. Marinate in the refrigerator in a covered glass dish or a heavy food-grade plastic for five to six hours.
2. Place game bird pieces on a grill or broil in the oven broiler until cooked through.
3. Baste with a mixture of appropriate wine and butter or a barbeque sauce.
4. Serve as an appetizer or main dish.

Food Safety Tip: Refrigerate dressed birds or boneless meat for no more than two to three days, or freeze right away.