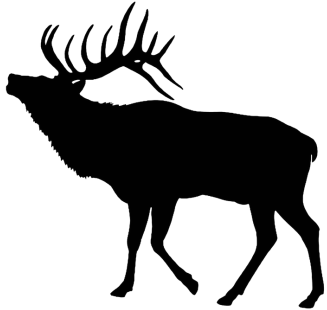


GAME MEAT IN THE KITCHEN

Keep it safe!

- Caution: Freezing, microwaving, or smoking may not kill all the bacteria, viruses or parasites that could be present in meat.
- Thaw in the refrigerator or microwave oven.
- Meat thawed in a microwave must be cooked immediately.
- Meat thawed in the refrigerator should be cooked within 2 days.
- Do not eat any wild game raw.



- Keep raw meat separated from cooked meat and other foods.
- Wash your hands with warm water and soap.
- Wash the knife, cutting board, and dishes that came into contact with the raw meat in warm, soapy water.
- Then disinfect with a bleach/water solution as follows:
 - 1 tablespoon bleach per gallon of water for stainless steel, cutting boards, and dishes.
 - 1/3 cup of bleach per gallon of water for non-porous surfaces such as counter-tops and sinks.

ELK OR VENISON MEATLOAF

Makes 8 to 10 servings

Ingredients

- 2 lbs. ground venison
- ½ lb. ground beef
- 1 tbsp vegetable oil
- ½ cup onion, minced
- ¼ cup celery, minced
- 2 eggs
- 1 cup bread crumbs
- ½ cup milk
- 2 tsp salt
- ½ tsp thyme



Directions

1. Preheat oven to 350°F .
2. Heat oil in 8-inch skillet over medium heat. Cook onion and celery until tender, about 5 minutes.
3. In large bowl, beat eggs slightly with fork. Stir in bread crumbs, milk, salt, and thyme leaves.
4. Add meat and onion mixture to egg mixture. Mix well.
5. Place mixture in 9x5" loaf pan and bake for 1 ½ hours or until a thermometer inserted into the center reaches 165°F .



Recipes and illustrations from The Wild Harvest Table in conjunction with Cornell University Cooperative Extension, Oregon State University Extension, "Big Game...from hunt to home", and North Carolina Cooperative Extension

Elk or Venison Stew

Makes 8 to 10 servings

Ingredients

- 1-1/2 pounds cubed venison meat
- 1/4 cup flour
- 3 tablespoons olive or vegetable oil
- 1 medium onion, diced
- 1/2 teaspoon garlic powder
- 1 cup diced carrots
- 1 cup diced celery
- 1 tablespoon dried parsley
- 1 tablespoon Italian seasoning
- 1/2 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon Worcestershire sauce (optional)
- 1-1/2 cups canned low-sodium broth
- 6 medium potatoes, cut quarters
- 1 can (14.5 ounces) diced tomatoes



Directions

1. Preheat oven to 300°F or heat crockpot
2. In a heavy, deep pan, heat the oil.
3. Lightly flour the venison cubes.
4. Brown the venison cubes on all sides.
5. Remove venison and set aside on a plate.
6. Add onion, garlic, carrot, celery, and seasonings to the pan and brown.
7. Add broth and Worcestershire sauce to the pan and scrape up any bits from the bottom of the pan.
8. Turn off heat, add potatoes, tomatoes, and venison to the pan, and stir to combine.
9. Cover the braising dish and place in oven for about 2 to 2 1/2 hours until the meat is tender.

*If using a crock pot, add this hot mixture to the crock pot and leave it to cook for 4 -5 hours on high or 8 hours on low heat.



VENISON OR ELK LASAGNA

Makes 4 to 6 servings

Ingredients

- 4 oz lasagna noodles
- 1 lb ground venison or elk
- 1/4 cup onion, finely chopped
- 1 tbsp vegetable oil
- 1 can (8 oz) tomato sauce
- 1 can (14 ½ oz) diced or stewed tomatoes
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1 cup mozzarella or cheddar cheese, grated
- 1/4 cup parmesan cheese, grated



Directions

1. Cook noodles per package directions. Drain.
2. Brown ground venison and onion in butter.
3. Stir in tomato sauce, tomatoes, oregano, salt, pepper, and garlic powder.
4. Cover and simmer over low heat until slightly thickened (about 15-20 minutes).
5. Fill a 1 ½ quart casserole dish by alternating layers of noodles, grated cheese, tomato-meat mixture, and parmesan cheese.
6. Bake in 375°F oven for 35-40 minutes or until bubbly and heated thoroughly. Internal temperature should reach at least 165°F.



MORE RECIPES AND GAME FOOD SAFETY

Most game meat should be cooked to a minimum of:

- 165° F for venison and elk**
- 170°F for bear meat**

Find wild game cookbooks at the library!

Here is one website from the Cornell Cooperative Extension:
www.WildHarvestTable.com

NUTRITIONAL BENEFITS OF GAME MEAT:

- Lower in saturated fat and cholesterol
- Excellent source of protein
- Source of iron and B-vitamins

CONNECT WITH EAT SMART IDAHO

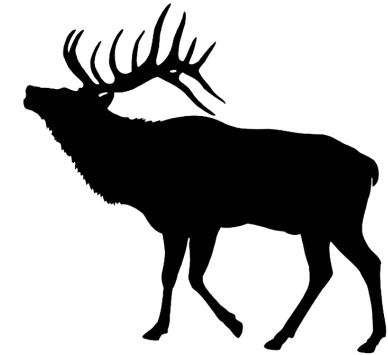


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www.EatSmartIdahoInTheKitchen.com



ALL ABOUT COOKING GAME MEATS



• Recipes Using Venison or Elk

- **Stew**
- **Lasagna**
- **Meatloaf**

• Nutrients of Wild Game

• Game Meat Food Safety

• Websites with more recipes and info about your favorite game meats