



Counter to Table Recipes

FROM THE CHEF'S CORNER

Recipe: VENISON STEW

Date: JAN 2024

Main Ingredients:

Directions:

7 potatoes, peeled and cubed	1. Heat the canola oil in a pot over medium heat. Add the
2 pounds venison meat, cut into bite-sized pieces	venison meat to the pot and brown on all sides.
1 pound carrots, sliced into one-inch pieces	2. Remove the venison meat from the pot and add in chopped onions.
3 large onions, chopped	3. Caramelize the onions, stirring occasionally. Cook them until tender and slightly crisp (5 to 7 minutes).
2 garlic cloves, crushed	4. Add the garlic and cook for one minute, stirring occasionally.
3 cups room-temperature water and 1/4 cup cold water	5. Add the room-temperature water to the pot. Stir the mixture carefully, breaking up any leftover pieces of meat that are stuck.



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Main Ingredients continued:

Directions continued:

1/4 cup all-purpose flour

6. Stir in the Worcestershire sauce, dried oregano, salt, pepper,

2 tablespoons canola oil

and bay leaf.

1 tablespoon worcestershire sauce

7. Add the venison meat back into the pot and bring everything

1 tablespoon salt (or to taste)

to a boil.

1 teaspoon black pepper (or to taste)

8. Reduce the heat to a simmer and cover the pot. Simmer until

1 teaspoon dried oregano

the venison is tender (1.5 to 2 hours on average).

1 bay leaf

9. Add the potatoes and carrots to the pot. Let the mixture

simmer for 30 to 45 minutes or until the vegetables are tender.



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Directions continued:

10. Remove the bay leaf from the mixture.
11. Combine the flour and cold water in a bowl until the mixture is smooth.
12. Stir the flour mixture into the stew and bring everything to a boil. Let it thicken for a minute or two.
13. Serve hot and enjoy!

If you wish, you can add a browning sauce to the mixture during the final step. Otherwise, your delicious winter venison stew is ready to eat!