



Cook Wild Kentucky

A Beginner's Guide to White-Tailed Deer

Kentucky has a mixture of woodlands, grasslands, wetlands, and farmland. This makes it a great habitat for wildlife species such as white-tailed deer. The white-tailed deer is common throughout Kentucky, with a population close to one million. You can see white-tailed deer grazing in forests, pastures, and crop fields. They are a prized resource, supplying food, clothing, and fun.

White-tailed deer are the leading game species in North America. Kentucky offers some of the best hunting opportunities in the country. Deer season starts as early as September and can run through the middle of January, depending on *method of take*. Visit the Kentucky Department of Fish and Wildlife Resources website at <https://fw.ky.gov/Pages/default.aspx> for information about licenses, season dates, permits, bag limits, and other tips. Hunters over the age of 12 need a valid hunting license, deer permit, and hunter education certification to hunt deer in Kentucky. Get your hunter education certification card by going to an in-person class, or you can complete an online course, followed by attending a live-fire-experience range day. Information on Hunter Education can be found at fw.ky.gov/Education/Pages/Hunter-Education.aspx.



(Photo by Kentucky Department of Fish and Wildlife Resources)

Field Dressing

All deer hunters need to know the right way to *field dress* their deer. If not, contamination can happen. Follow these steps:

- Wear rubber gloves, and use a sharp, clean knife.
- Use a head lamp or flashlight if doing it in the dark, or establish a well-lit area for field dressing.
- With care, open the abdominal cavity to remove the organs. Do not cut into the organs, as this could cause bacteria to get on the meat. Take special care not to nick the bladder, intestines, or stomach, which have waste matter.
- Remove all the inside organs first to allow the body cavity to cool down. You can either leave the organs in the field or get rid of them in the trash. Some people keep the heart and liver to eat.
- Move the deer back to your vehicle, using a method that keeps the body cavity clean. Carts, sleds, tarps, ATVs, frame packs, or other methods can make moving the animal easier, depending on the spot where the animal was harvested.
- Keep the animal dry. Do not rinse with water from a stream or lake. Raw water has germs that could be a food safety issue.
- Get the animal to a cool setting as quickly as you can.
- Do not move the deer on the hood of any vehicle. The heat will speed up germ growth and likely spoil the meat.
- Butcher the meat off the bone in a place that is cool and out of sunlight. Germs grow in warm settings. Work quickly to get meat into the refrigerator or freezer. You can find a deer-processing video at <https://www.youtube.com/watch?app=desktop&v=PBzsMrUhfKI&feature=youtu.be>.

Safe Food Handling

Process your deer in a clean and disinfected space. Be sure to clean and disinfect the area again when you are done. Use a bleach solution made of two tablespoons bleach to one quart of water.

Venison is the name for the meat of larger wild game, such as bison, elk, moose, and deer. Prepping venison is like working with any other meat: it is best to use safe food-handling habits. When storing and handling venison, stop raw meat juice from dripping onto other items in the refrigerator. Do not let raw meat juice spread to other foods on cutting boards. Clean and sanitize all tools that touch raw meat or its juices with warm soapy water. Never thaw frozen deer meat at room temperature. You should thaw meat at a cool temperature in the refrigerator, under cold running water, or in the microwave. Cook raw meat right away after thawing. The color of fresh deer meat is a dark, reddish-brown color. If the meat has a green tint, it has gone bad. The texture should be firm and feel smooth and slick to the touch. If the meat looks loose or has started to break apart, it has begun to spoil. There should not be any odor.

Storage

You can store deer meat in the refrigerator at 40 degrees F or below if it will be eaten within two to three days. Freezing is a great choice for long-term storage. Trim off fat you can see. Use packing methods designed for the freezer. For the best results, wrap the meat tightly in waxed paper, plastic freezer wrap, or heavy-duty aluminum foil. Remove as much air as you can. You can seal wrapped meat in plastic containers or freezer bags

for added safety. Home vacuum sealers work well for packing venison for freezing. Don't forget to label and date each package. Freeze at 0 degrees F or below.

You can also make deer meat into jerky or can it using a pressure canner. Tips on making jerky can be found in the UK Cooperative Extension Service publication [Jerky Safety \(FCS3-594\)](#). Tips on canning deer meat can be found in the publication [Home Canning Meat, Poultry, Wild Game, and Fish \(FCS3-585\)](#). You can also find a video on pressure canning wild game at <https://www.youtube.com/watch?v=dZmY31M7swk>.



Meat stored in a home freezer should be labeled with date and cut of meat. (Photo by Alex Cline, Kentucky Department of Fish and Wildlife Resources)



(Photo by James Inman)



Cooking

Eating deer meat is healthy. Venison is one of the leanest red meats. It is high in protein and low in saturated fat. A three-ounce serving of venison has 45% less fat than beef, making it a lower-fat alternative to red meat. Venison is low in sodium and rich in vitamins and minerals. It is a good source of iron, zinc, and vitamin B. You can cut venison to use for steaks, ground burgers, sausage, meatballs, stew meat, or roasts. A great way to use deer meat is in place of red meats or proteins; try venison as a substitute for ground beef in your chili or tacos.

Venison meat can become tough when cooked too long. To help make the meat tender, marinate before grilling. Use low, moist heat for a longer cooking time, such as in a slow cooker or roaster. This can help make the meat more tender and flavorful. You should cook whole cuts of meat such as steaks and roasts to an internal temperature of 145 degrees F. Cook ground deer meat to an internal temperature of 160 degrees F. Cook soups, stews, casseroles, and leftovers to 165 degrees F. Use a *calibrated metal stem thermometer* to check the internal temperature.

Avoiding Sick Animals

In general, you should avoid harvesting animals that look sick or show signs of injury, infection, or illness. Hunters should not bring home a deer that looks sick or unwell. If the muscle tissue is discolored or has an off odor during the butchering process, throw away that part of the meat. The public can email wildlife health concerns to info.center@ky.gov or call 800-858-1549. For more tips on wildlife health in Kentucky, visit <https://fw.ky.gov/wildlife/Pages/Wildlife-Diseases.aspx>. In addition, as of December 2023, Chronic Wasting Disease (CWD) is present in Kentucky. CWD is like mad cow disease, but it affects deer and elk. It is a neurological disease that slowly changes the brain of deer. Deer that look confused or very thin, or those that are stumbling, may be showing signs of CWD. If a deer has CWD, its meat is affected too, and you should not eat it. Unfortunately, deer can have CWD and not show any symptoms, so it is important to get your deer checked for CWD if it is harvested in a county within or adjacent to the CWD surveillance zone set by the Kentucky Department of Fish and Wildlife Resources. For more facts on CWD or information on how to have your deer sampled for it, check the University of Kentucky Cooperative Extension Service publication [What is Chronic Wasting Disease? \(FORFS 21-08\)](#).



Canned venison. (Photos by Elizabeth Coots, University of Kentucky)

Glossary

Calibrated metal stem thermometer

A thermometer that has been tested for accuracy in a substance with a known temperature and then changed to match that temperature. (For more information on calibration, check the UK Extension publication [How to Calibrate a Bimetallic Stemmed Thermometer Using the Ice-Point Method](#) online.)

Cross-contamination

The movement or transfer of harmful bacteria from one person, object, or place to another.

Field dressing

The act of taking out the internal organs of a harvested game animal to help the quality of meat and stop bacteria growth on the meat.

Method of take

Type of weapon (rifle, crossbow, muzzleloader, or archery) used to harvest a game animal. (Refer to Kentucky revised statute [KRS 150](#) for more information.)

Resources

Kentucky Department of Fish and Wildlife

Deer hunting regulations: <https://fw.ky.gov/Hunt/Pages/Deer.aspx>

Hunter education course: <https://fw.ky.gov/Education/Pages/Hunter-Education.aspx>

Field-dressing video: <https://youtu.be/XdYUjH7ZzCM>

Chronic wasting disease: <https://fw.ky.gov/wildlife/Pages/Wildlife-Diseases.aspx>

University of Kentucky Cooperative Extension Service

Home Canning Meat, Poultry, Wild Game, and Fish (FCS3-585) <http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3585/FCS3585.pdf>

Deer Processing Demonstration video: <https://www.youtube.com/watch?app=desktop&v=PBzsMruHfKI&feature=youtu.be>

Pressure Canning Wild Game video:

<https://www.youtube.com/watch?v=dZmY31M7swk>
Jerky Safety (FCS3-594): <http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3594/FCS3594.pdf>

Chronic wasting disease: <http://forestry.ca.uky.edu/cwd>
What is Chronic Wasting Disease? (FORFS 21-08): https://forestry.ca.uky.edu/sites/forestry.ca.uky.edu/files/what_is_chronic_wasting_disease_forfs21-08.pdf

Should my Harvested Deer be Tested for CWD? (FORFS 21-09): https://forestry.ca.uky.edu/sites/forestry.ca.uky.edu/files/shoulditest_my_deer_forfs21-09.pdf

Deer Processing Guide for Animals Harvested in CWD Areas (FORFS 21-10): https://forestry.ca.uky.edu/sites/forestry.ca.uky.edu/files/deer_processing_guide_forfs21-10.pdf

Kentucky General Assembly

KRS 150: <https://apps.legislature.ky.gov/law/statutes/chapter.aspx?id=37729>



(Photo by Joe Lacefield, Kentucky Department of Fish and Wildlife Resources)

BBQ Venison Meatballs

Servings: 6

Serving Size: 2 meatballs

Ingredients

Meatballs

- 1 pound ground venison (may substitute elk or beef instead of deer)
- 1/2 cup 2% milk
- 3/4 cup rolled oats
- 1/2 cup fresh onion, minced
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Sauce

- 1 cup ketchup
- 1/2 cup water
- 1/2 cup onion, grated
- 2 tablespoons vinegar
- 1/4 cup brown sugar
- 1/4 teaspoon black pepper

Directions

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw meat.
2. Combine venison, milk, oats, onion, salt, and pepper in a large bowl. Use a sturdy spoon or clean hands to mix well.
3. Shape meat mixture into 12 one-inch balls, and place in a shallow, 9-by-13-inch baking pan.
4. Combine all the sauce ingredients in a bowl and stir well. Pour sauce over meatballs.
5. Bake uncovered at 350 degrees F for 1 hour, turning over twice.
6. Store leftovers in the refrigerator within 2 hours. Divide leftovers into smaller containers to allow quick cooling.

Nutrition facts per serving: 160 calories; 3g total fat; 1g saturated fat; 0g trans fat; 65mg cholesterol; 220mg sodium; 14g total carbohydrate; 1g dietary fiber; 6g total sugars; 3g added sugars; 20g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 15% Daily Value of iron; 6% Daily Value of potassium.

Adapted from "Fish and Game Cookbook" (2013) by Bonnie Scott.

Deer Camp Breakfast Sausage

Servings: 16

Serving Size: 1 patty

Ingredients

- 2 pounds ground venison
- 1 pound ground pork
- 1 teaspoon dried marjoram or oregano
- 1 tablespoon dried sage
- 1 tablespoon dried basil
- 1 teaspoon dry mustard
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 egg, beaten
- 1/4 cup breadcrumbs
- 1/4 cup cooking oil

Directions

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw meat.
2. Combine meat and seasonings.
3. Add egg and breadcrumbs. Stir well.
4. Shape into 16 patties.
5. Fry in oil until golden brown on each side and internal temperature reaches 165 degrees F.
6. Store leftovers in the refrigerator within 2 hours.

Nutrition facts per serving: 190 calories; 12g total fat; 4.5g saturated fat; 0g trans fat; 75mg cholesterol; 220mg sodium; 1g carbohydrate; 0g dietary fiber; 0g total sugars; 0g added sugars; 18g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 10% Daily Value of iron; 6% Daily Value of potassium.

Adapted from "Wild Game: From Field to Table" by Sandra Bastin, Extension food and nutrition specialist. Revised July 2007.

Game-Stuffed Peppers

Servings: 6

Serving Size: 1 stuffed pepper

Ingredients

- 6 medium bell peppers
- 1 medium onion, diced
- 2 garlic cloves, minced, or 1 teaspoon garlic powder
- 1 tablespoon olive oil
- 1 pound ground venison, elk, or beef
- 1 tablespoon salt-free herb blend
- 1 teaspoon ground pepper
- 1 teaspoon dried oregano
- 1 can (15 ounces) no-salt-added tomato sauce
- 1 cup cooked rice
- 4 ounces Monterey Jack cheese, shredded

Directions

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw meat.
2. Preheat the oven to 350 degrees F.
3. Gently scrub peppers with a clean vegetable brush under cool running water.

4. Cut off curved top of each pepper. Remove stem only and throw away. Dice remaining part of pepper tops.
5. Scoop out and discard seeds and pith from bottom part of each pepper. Preheat a 12-inch cast iron skillet over medium heat.
6. Add olive oil to the skillet. Sauté the diced pepper and onion for 3 to 5 minutes, until they begin to soften. Add ground venison, garlic, salt-free herb blend, pepper, and oregano. Cook 3 to 5 minutes longer. Stir often.
7. Add the tomato sauce and rice to the skillet. Stir to combine.
8. Fill peppers with rice and meat mixture. Top with shredded cheese.
9. Bake for 30 to 40 minutes, or until peppers are soft and cheese is melted.
10. Serve immediately. Store leftovers in the refrigerator within 2 hours. Divide leftovers into smaller containers to allow quick cooling.

Nutrition facts per serving: 280 calories; 9g total fat; 3.5g saturated fat; 0g trans fat; 75mg cholesterol; 380mg sodium; 25g carbohydrate; 4g dietary fiber; 9g total sugars; 0g added sugar; 26g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 30% Daily Value of iron; 6% Daily Value of potassium.

From the Cook Wild Kentucky Project.



(Photo by Joe Lacefield, Kentucky Department of Fish and Wildlife Resources)

Roast Venison

Servings: 12

Serving Size: 5 ounces

Ingredients

- 4 pounds venison roast
- 1 teaspoon salt
- 2 tablespoons flour
- 2 tablespoons oil
- 1/4 teaspoon garlic powder
- 1 onion, sliced
- 2 tablespoons brown sugar
- 1/4 cup lemon juice
- 4 cups low-sodium canned tomatoes
- 1/4 teaspoon browning sauce, if desired

Directions

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw meat.
2. Season roast with salt and roll in flour.
3. Brown on all sides in hot oil in a heavy skillet.
4. Place in a slow cooker and add remaining ingredients.
5. Cook on low for 10 hours or on high for 6 hours.
6. Store leftovers in the refrigerator within 2 hours. Divide leftovers into smaller containers to allow quick cooling.

Tips

Leftovers can be used to make cold sandwiches, heated in barbecue sauce for hot sandwiches, or diced into soup or stew.

Nutrition facts per serving: 250 calories; 6g total fat; 2g saturated fat; 0g trans fat; 130mg cholesterol; 330mg sodium; 10g carbohydrate; 2g fiber; 5g total sugars; 2g added sugars; 36g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 30% Daily Value of iron; 10% Daily Value of potassium.

Adapted from Venison Recipe Collection, compiled by Becky Nash, Extension agent for family and consumer sciences.

Slow Cooker Venison Enchiladas

Servings: 6

Serving Size: 1 enchilada slice

Ingredients

- 1 pound ground venison (may substitute elk or beef)
- 1/2 cup green pepper, chopped
- 1 cup onion, chopped
- 1 can (16 ounces) low-sodium pinto or kidney beans, drained and rinsed
- 1 can (15 ounces) low-sodium black beans, drained and rinsed
- 1 can (10 ounces) no-sodium diced tomatoes with green chilies, undrained
- 1/3 cup water
- 1/2 teaspoon cumin
- 3/4 teaspoon chili powder
- 1/4 teaspoon pepper
- 6 (6-inch) corn tortillas
- 1 cup Colby jack cheese, shredded

Directions

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw meat.
2. In a large skillet, cook meat, green pepper, and onion until meat is browned.
3. Add the beans, tomatoes, water, cumin, chili powder, and pepper, and bring to a boil.
4. Reduce heat, cover, and simmer for 15 minutes.
5. In a slow cooker, layer 1/3 of meat mixture, 2 tortillas, and 1/3 cup of cheese. Repeat the layers 3 times.
6. Cover and cook on low for 5 to 7 hours.
7. Store leftovers in the refrigerator within 2 hours. Divide leftovers into smaller containers to allow quick cooling.

Nutrition facts per serving: 370 calories; 8g total fat; 4g saturated fat; 0g trans fat; 80mg cholesterol; 350mg sodium; 39g total carbohydrate; 10g dietary fiber; 3g total sugars; 0g added sugars; 31g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 35% Daily Value of iron; 15% Daily Value of potassium.

Adapted from: "Fish and Game Cookbook" (2013) by Bonnie Scott.

Slow Cooker Wild Side Burgoo

Servings: 12

Serving Size: 1 cup

Ingredients

- 4 medium potatoes, peeled and diced
- 1 cup cooked rabbit or chicken, cubed
- 1 cup cooked venison or beef, cubed
- 1 cup cooked squirrel or pork, cubed
- 1 cup cooked lima beans, or 1 can (15 ounces), drained
- 1 cup whole kernel corn, or 1 can (15 ounces), drained
- 3 1/4 cups chopped tomatoes, or 1 can (28 ounces), undrained
- 1 1/2 cups cabbage, shredded
- 1/4 cup Worcestershire sauce
- 2 tablespoons vinegar
- 1 teaspoon sugar
- 1 teaspoon salt
- 1/2 teaspoon ground pepper
- 3 cups water

Directions

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw meat.
2. Wash potatoes with a clean vegetable brush under running water before preparing.
3. Combine all ingredients in a 6-quart slow cooker. Stir to blend.
4. Cover with lid and cook on low for 8 hours.
5. Refrigerate any leftovers within 2 hours after turning off the slow cooker. Divide leftovers into smaller containers to allow quick cooling.

Nutrition facts per serving: 210 calories; 3.5g total fat; 1g saturated fat; 0g trans fat; 50mg cholesterol; 460mg sodium; 25g total carbohydrate; 4g dietary fiber; 5g sugars; 0g added sugars; 20g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 10% Daily Value of potassium.

Adapted from "Slow Cooker Mount St. Joseph Burgoo" from Pride of Kentucky (2003), published by Kentucky Extension Association of Family and Consumer Sciences.

Venison Cabbage Rolls

Servings: 6

Serving Size: 2 rolls

Ingredients

- 12 large cabbage leaves
- 1 1/2 pounds ground venison (may substitute elk or beef)
- 1/4 cup onion, grated
- 4 tablespoons butter
- 2 tablespoons Italian seasoning
- 1 1/2 cups cooked rice
- 1/8 teaspoon pepper
- 2 cans (15 ounces each) low-sodium tomato sauce
- Toothpicks

Directions

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw meat.
2. Place cabbage leaves in boiling water until tender; drain and dry.
3. Brown venison and onion in butter. Mix in the Italian seasoning, rice, salt, and pepper.
4. Spoon about 2 tablespoons of meat mixture in center of a leaf and fold the leaf over, tucking in the ends and securing with a toothpick. Repeat for all cabbage leaves.
5. Place filled cabbage leaves in a 9-by-13-inch casserole dish and pour tomato sauce on top.
6. Cover with a lid or aluminum foil and bake at 325 degrees F for 45 minutes.
7. Store leftovers in the refrigerator within 2 hours. Divide leftovers into smaller containers to allow quick cooling.

Nutrition facts per serving: 490 calories; 10g total fat; 6g saturated fat; 0g trans fat; 120mg cholesterol; 180mg sodium; 64g total carbohydrate; 3g dietary fiber; 12g total sugars; 0g added sugars; 35g protein; 0% Daily Value of vitamin D; 45% Daily Value of iron; 15% Daily Value of potassium.

Adapted from "Fish and Game Cookbook" (2013) by Bonnie Scott.

Venison Chili

Servings: 10

Serving Size: 1 cup

Ingredients

- 1 pound ground venison
- 1 large onion, chopped
- 1/2 green pepper, chopped
- 2 tablespoons vegetable oil
- 1 can (16 ounces) diced tomatoes
- 2 cans (16 ounces each) chili beans, undrained
- 1 can (8 ounces) tomato sauce
- 1 bay leaf
- 1/2 teaspoon salt
- 1/2 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1 tablespoon chili powder
- Black pepper to taste

Directions

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw meat.
2. In a Dutch oven or large skillet, brown meat, onion, and green pepper in vegetable oil.
3. Add remaining ingredients. Simmer 1 hour on low heat, stirring often.
4. Remove bay leaf before serving.
5. Store leftovers in the refrigerator within 2 hours. Divide leftovers into smaller containers to allow quick cooling.

Tips

As an alternative to stove-top cooking, use a slow cooker set on high for 4 hours.

Nutrition facts per serving: 190 calories; 4.5g total fat; 1g saturated fat; 0g trans fat; 40mg cholesterol; 640mg sodium; 20g carbohydrate; 2g fiber; 4g sugars; 16g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 10% Daily Value of potassium.

Adapted from "Wild Game: From Field to Table" by Sandra Bastin, Extension food and nutrition specialist. Revised July 2007.

Venison Meatloaf

Servings: 8

Serving Size: 4 ounces

Ingredients

- 2 pounds ground venison
- 1 cup low-sodium beef broth
- 3 eggs, slightly beaten
- 1 teaspoon minced garlic (approximately 2 cloves)
- 2 cups plain, soft breadcrumbs
- 1/2 cup chopped onion
- 1 tablespoon Italian seasoning
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 can (15 ounces) crushed tomatoes
- 2 cups low-sodium tomato juice
- 1 tablespoon vinegar
- 1 tablespoon brown sugar
- 1 teaspoon dry mustard

Directions

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw meat.
2. Preheat oven to 325 degrees F.
3. Grease two 9-by-5-inch loaf pans and set aside.
4. In a large mixing bowl, combine first 10 ingredients; mix well.
5. In a separate bowl, combine tomato juice, vinegar, brown sugar, and dry mustard.
6. Place equal amounts of meat mixture in each pan.
7. Pour equal amounts of the sauce over each loaf.
8. Bake 1 hour to an internal temperature of 165 degrees F.
9. Let stand 10 minutes before serving.
10. Store leftovers in the refrigerator within 2 hours. Divide leftovers into smaller containers to allow quick cooling.

Nutrition facts per serving: 230 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 160mg cholesterol; 320mg sodium; 15g carbohydrate; 2g fiber; 7g total sugars; 2g added sugars; 31g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 30% Daily Value of iron; 15% Daily Value of potassium.

From the Cook Wild Kentucky Project.

Venison Sloppy Joes

Servings: 6

Serving Size: 1 cup, 1 bun

Ingredients

- 1 pound ground venison
- 1 onion, chopped
- 1 green bell pepper, chopped
- 2 stalks celery, chopped
- 2 tablespoons brown sugar
- 1/4 cup water
- 1/4 cup vinegar
- 2 tablespoons lemon juice
- 8 ounces low-sodium condensed tomato soup
- 1 tablespoon Worcestershire sauce
- 1 tablespoon prepared mustard

Directions

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw meat.
2. Mix all ingredients in a medium saucepan.
3. Cook over medium heat for approximately 30 minutes.
4. Serve on whole-grain bun.
5. Store leftovers in the refrigerator within 2 hours. Divide leftovers into smaller containers to allow quick cooling.

Nutrition facts per serving: 180 calories; 3g total fat; 1g saturated fat; 0g trans fat; 65mg cholesterol; 180mg sodium; 17g carbohydrate; 1g fiber; 10g total sugars; 4g added sugars; 20g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 15% Daily Value of iron; 8% Daily Value of potassium.

Adapted from "Wild Game: From Field to Table" by Sandra Bastin, Extension food and nutrition specialist. Revised July 2007.

Venison Steak

Servings: 8

Serving Size: 4 ounces

Ingredients

- 2 pounds venison round steak
- 1/2 cup flour
- 3/4 teaspoon salt
- 1 teaspoon pepper
- 1/2 teaspoon garlic powder
- 2 tablespoons vegetable oil
- 4 ounces fresh mushrooms, if desired
- 3 carrots, diced
- 1 small onion, sliced
- 1 cup low-sodium beef broth

Directions

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw meat.
2. Cut steak into eight 4-ounce servings.
3. Mix flour, salt, pepper, and garlic powder, and coat steak with flour mixture.
4. Brown in oil on each side.
5. Layer steak in slow cooker.
6. Add mushrooms, carrots, and onion.
7. Pour beef broth over steak.
8. Cover and cook on low for 8 to 10 hours.
9. Store leftovers in the refrigerator within 2 hours. Divide leftovers into smaller containers to allow quick cooling.

Tips

You can substitute rabbit or squirrel for venison.

Nutrition facts per serving: 220 calories; 7g total fat; 1.5g saturated fat; 0g trans fat; 95mg cholesterol; 310mg sodium; 11g carbohydrate; 2g fiber; 3g total sugars; 0g added sugars; 28g protein; 20% Daily Value of vitamin D; 2% Daily Value of calcium; 20% Daily Value of iron; 10% Daily Value of potassium.

Adapted from Venison Recipe Collection, compiled by Becky Nash, Extension agent for family and consumer sciences.

Venison Stew

Servings: 6

Serving Size: 2 cups

Ingredients

- 1/2 teaspoon black pepper
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 2 tablespoons flour
- 1 pound venison, cubed
- 1 tablespoon oil
- 3 cups water
- 1 onion, chopped
- 4 potatoes, cubed
- 3 carrots, sliced
- 3 stalks celery, chopped
- 2 bay leaves
- 1 tablespoon dried parsley

Directions

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw meat.
2. Combine pepper, salt, garlic powder, and flour in a plastic bag or large bowl.

3. Add cubed venison and shake bag or toss to coat meat.
4. Brown meat in hot oil, in a large, heavy saucepan.
5. Stir in water. Add remaining ingredients and cook on high until it begins to boil.
6. Reduce heat and simmer for approximately 1 hour.
7. To thicken, in a small mixing bowl, stir ½ cup warm water into 2 tablespoons of flour. Add mixture into stew. Stir until thickened and bubbly. Cook another 30 minutes or until vegetables and meat are tender.
8. Store leftovers in the refrigerator within 2 hours. Divide leftovers into smaller containers to allow quick cooling.

Tips

As an alternative to stove-top cooking, use a slow cooker set on low for 8 hours.

Nutrition facts per serving: 270 calories; 4.5g total fat; 1g saturated fat; 0g trans fat; 65mg cholesterol; 490mg sodium; 36g carbohydrate; 5g fiber; 5g total sugars; 0g added sugars; 22g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 20% Daily Value of iron; 25% Daily Value of potassium.

Adapted from Venison Recipe Collection, compiled by Becky Nash, Extension agent for family and consumer sciences.



(Photo by Kentucky Department of Fish and Wildlife Resources)

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