

# Tim Farmer's Quick Venison Stroganoff

MORE THAN 200 years ago, Napoleon offered a 12,000 franc prize to anyone who could figure out how to keep his military's food from spoiling. The method that Chef Nicholas Appert devised is not far off from today's home canning method.

Canning raw venison is a way that hunters can free up freezer space and speed the cooking process of stews or a stroganoff. Done properly, home canned meat can last on the shelf for 1-2 years. "Kentucky Afield" television host Tim Farmer used canned venison for his quick stroganoff recipe.

Although Farmer canned fresh venison for his show, this method also works for frozen meat that has been thawed in the refrigerator. ■

### CANNED VENISON

Trim off all fat and gristle; cut meat into thumb-sized chunks. Pack raw meat tightly into sterilized pint or quart glass canning jars, leaving an inch of air space at the top. Sprinkle a half teaspoon of salt and a half teaspoon of pepper on the meat. Wipe the rim of each jar with a clean, damp towel then hand tighten sterilized lids onto jars.

Place rack in pressure cooker and add three quarts of water, or the amount specified by the manufacturer. Place jars in cooker, making sure they do not touch. If using a jiggle top cooker, remove the weighted pressure regulator – the jiggle top – then twist lid onto cooker. Turn stove heat to high. (See manufacturer's instructions if you are using a newer valve-type cooker.)

Let steam for 10 minutes before putting the jiggle top on the lid. Use 10 pounds of pressure. Start timing when the top begins to jiggle: 75 minutes for pint jars, 90 minutes for quart jars. When done, let cool on burner until the pressure is off. Can lids will pop down when they cool down and seal.

### VENISON STROGANOFF

*(Feeds two hungry hunters)*

- 3 cups egg noodles**
- ½ stick butter**
- 1 onion, chopped**
- 1 clove garlic, minced**
- 1 cup + ½ cup beef broth**
- 1½ cups sliced mushrooms (fresh or canned)**
- Pepper**
- 1 tablespoon Worcestershire sauce**
- 2 pints canned venison**
- ¼ cup flour**
- ¼ cup white wine**
- 1½ cups sour cream**
- 2 tablespoons fresh parsley, chopped**

Cook egg noodles according to directions.

Melt butter in pan over medium high heat. Add onion and garlic. Cook until onion is brown on the edges. Add 1 cup of the beef broth, mushrooms, dash of freshly ground pepper and Worcestershire sauce. Pour venison with juice into pan. Bring to a boil, stirring constantly.

Mix remaining ½ cup beef broth with flour in separate bowl and whisk until smooth. Add to pan and bring to a slow boil. Add white wine. When mixture thickens, stir in sour cream. Turn off heat.

Drain egg noodles then divide between two plates. Cover noodles with beef mixture. Top with desired amount of parsley.



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