Venison parts and pieces mushroom delight • By Dave Baker

Scott Moore photo

Deer Steak and Mushrooms

NICKI FARMER HAS her own collection of recipes that rival anything cooked up by her husband, "Kentucky Afield" television host Tim Farmer.

For this recipe, she pondered what to do with all those smaller scraps of venison that aren't quite large enough for a stand-alone steak. These pieces, usually cut smaller than a pack of cards, might include a bit of the sirloin, some neck meat or even the end of a backstrap. That's why Tim Farmer calls this dish, "Venison parts and pieces mushroom delight."

Nicki Farmer browns the venison for texture before adding it to a Crock Pot for an all-day cook. Slow cooking is an ideal method for dealing with older deer and tougher cuts of meat, as the process liquefies connective tissue into gelatin.

Cooks can load the pot in the morning and then return home after a day at work or in the field to a house filled with wonderful smells. Don't forget the sides: this dish is best served over a mound of mashed potatoes with some vegetables on the side. ■

RECIPE

1 pound venison, cut into pieces
Salt and pepper to taste
1 stick salted butter
1 medium yellow sweet onion, coarsely diced
1 cup flour
1 can (13.25 ounces) mushroom pieces and stems
1 can (23 ounces) cream of mushroom soup
1 can (14 ounces) beef broth
1 cup dry red wine
2 tablespoons red currant jelly
1 teaspoon Worcestershire sauce

Sprinkle both sides of the meat with salt and pepper then set aside. Heat a large frying pan to medium and add stick of butter. Add onions when butter is halfway melted. Cook a few minutes, until the onions and butter start crackling. Dredge each piece of meat in flour until completely coated; add to pan. Keep meat in pan only long enough to brown it. Place pieces of meat into the slow cooker as they are done. Pour butter and onion mixture into the cooker, scraping the pan to harvest all the browned bits.

Turn slow cooker to the low setting. Add mushrooms, including all juice in the can. Add remaining ingredients and stir well. Put the lid on the cooker and let it go for eight to 10 hours.

To see the Farmers cooking this recipe, go online to the KyAfield channel on YouTube.