

Venison Stew

I spent many a cold Fall morning in frosty fields along the river hunting deer and pheasant. One thing for certain, whether I was able to harvest something or not, nothing beat a dinner of warm venison stew for warming you through and through. Like most of my recipes, this one has evolved over time. I have switched it from beer to red wine cut back on the potatoes and added more root vegetable, because they bring an earthiness that pairs well with the venison. I know that there is a temptation to cheap out on the wine, but a good wine adds a great deal to the flavor, plus you can drink the remainder of the bottle with the stew. Enjoy! DT



Ingredients:

3 lbs	Venison / elk stew meat, cubed
	Cooking Oil
	Salt & Pepper (To Taste)
5 tbs	Flour
1	Walla Walla Sweet Onion (Chopped)
3 ribs	Celery, sliced
1	Bay leaf
1 tsp	Dried rosemary or fresh leaves, chopped
2 cups	Good red wine (\$15-\$20 bottle)
2 tbs	Tomato paste
2 ½ tsp	Chopped garlic (5 cloves)
1 ½ quarts	Beef Stock
2	Large carrots, peeled and sliced
2	Parsnips, peeled and cubed.
2	Turnips, peeled and cubed
4	Medium red potatoes, unpeeled, cubed
1 cup	Frozen or canned sweet peas
	Flat leaf parsley for garnish
	Sour Dough bread and butter

Directions:

- Add cooking oil to large Dutch oven. Salt and pepper meat to taste and toss in half of the flour (save remaining flour for later). Brown meat at medium heat. Remove from Dutch oven and set aside.
- Add more oil to the pot. Add chopped onion, pinch of salt, bay leaf, rosemary and celery and sauté until onion turns translucent; lower heat if necessary to avoid burning. Add the tomato paste, remaining flour and garlic. Sauté until mixed thoroughly.

- Add wine and scrape the bottom of the pot with a wooden spoon to release brown bits. Allow wine to simmer and reduce by one quarter. Stir frequently. Return browned stew meat to the pot and pour in beef stock. Stir and bring to a low boil. Simmer covered for 90 minutes or until meat is tender.
- Add the carrots, parsnips, turnips, and potatoes and continue to cook covered for another 30-45 minutes or until meat and vegetables become tender. For a thicker stew, simmer uncovered over the stove to reduce.
- Season to taste and garnish with freshly chopped parsley. Serve with sour dough or crusty bread.