

Venison Cooking Tips & Suggested Cooking Times

Tips for Cooking Venison:

- Remove the venison from the packaging and allow it to breathe. The mildly funky odor is natural and will dispel in minutes, and the meat will regain its rosy red hue.
- Always pre-heat the cooking surface. Venison should be cooked fast over high heat due to its low fat content. Brush or spray the grill or pan with oil before cooking; the added fat helps prevent sticking and drying out.
- We suggest Venison be served medium-rare to medium for optimum flavor and texture.
- Venison needs no marinating; it benefits from having its delicate flavors enhanced with seasonings, so marinate only if you want flavor variety.
- Because of its high protein and low fat levels, Venison will continue to cook for a while after it is removed from the heat. Allow the meat to rest for 5 to 10 minutes before cutting and serving.

Suggested Cooking Times:

Venison has a naturally deep red color that is much darker than beef, so you cannot rely on the color of the meat to judge its doneness. Venison will look incredibly rare when it is actually medium and if it looks a pink "medium" color, it is actually well done.

Roasting:

We suggest using a meat thermometer for roasts, and cooking it to 130°F; the meat will continue to cook after it's removed from the oven. Searing the meat prior to roasting and allowing it to rest before serving helps the meat to retain its natural juices.

130° F = medium rare

135° - 145° F = medium

150° F = well done

Pan Frying:

1/2 to 1 inch thick cuts - cook one minute on each side over a high heat.

Saute or Stir Fry:

Cook 30 to 40 seconds over a high heat.

Grilling:

1/2 to 1 inch thick cuts - cook one minute on each side over a high flame.

Barbecuing:

1 1/2 inch thick steaks or medallions - cook 2 minutes each side.