

## Venison Tenderloins with Mustard Cream Sauce

**Servings: 2-3**

**1 pound tenderloin, cut in 1 to 1 1/2 inch thick rounds**  
**1/2 small onion, chopped**  
**1 clove garlic, minced**  
**1/2 cup heavy cream**  
**2 tablespoons pan juices**  
**2 tablespoons dry vermouth**  
**2 to 3 tablespoons Dijon-style mustard**  
**1 1/2 tablespoons butter**  
**1 teaspoon roux**  
**Salt to taste**

Melt butter in pan and saute garlic and onion until transparent. Add tenderloins and cook until almost done. Meanwhile, in a separate pan heat the cream and then add the pan juices, wine and mustard and mix until well blended. Add sufficient roux to thicken the sauce. Place venison on a serving plate and pour sauce over the meat. This sauce is fairly milky, if you like a stronger tasting sauce, add more mustard.



Gary Grossman, "A Bone to Pick: Everyone's Guide to Gourmet Venison"

## Venison Minestrone

**4 quarts stock**  
**1 pound venison (ground, sausage or stew), cubed**  
**1 28-ounce can diced tomatoes**  
**1 15 1/2-ounce can great northern beans**  
**1 15 1/2-ounce can pink or red beans**  
**1 15 1/2-ounce can beans**  
**1 6-ounce can tomato paste**  
**1 carrot, sliced thick**  
**2 stalks celery, sliced thick**  
**1 1/2 medium onions, chopped**  
**1/2 pound cabbage, chopped**  
**1/2 zucchini, sliced**  
**2 tablespoons olive oil**  
**4 cloves garlic, minced**  
**2 teaspoon marjoram**  
**1 teaspoon basil**  
**Salt and pepper to taste**

Heat oil in a large stock pot, add garlic and brown meat lightly. Add remaining ingredients and simmer until meat is tender, approximately 1 hour and 45 minutes. If stock has become too concentrated add additional stock or water.



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## Venison Stroganoff

**Servings: 4-6**  
**2 to 2 1/2 pounds venison stew meat, cut into 1/2-inch strips**  
**1 large onion, sliced**  
**3/4 pound fresh mushrooms, sliced**  
**3 tablespoons tomato paste**  
**1/2 cup dry red wine (cabernet sauvignon, merlot, syrah or zinfandel)**  
**3/4 cup sour cream**  
**4 tablespoons cooking oil**  
**1/2 teaspoon ground clove**  
**1/2 teaspoon ground nutmeg**  
**3/4 teaspoon black pepper**  
**1 teaspoon salt**

Heat oil in a large frying pan and then saute the onions, mushrooms and venison until the meat is browned. Add the wine, tomato paste and spices and cover and simmer for approximately 5 minutes (meat will be medium rare). Add sour cream and mix ingredients thoroughly until sour cream is heated. Some people prefer a thicker sauce than the one produced by this recipe. If that is your preference, just pour out half of the cooking liquid prior to adding the sour cream.



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