

Cast Iron Curry Braised Venison

If you've always wanted to try Curry this is a great recipe to start with! Use your favorite cast iron skillet to cook this delicious recipe.



PREP TIME: 20 minutes COOK TIME: 3 hours SERVINGS: 6

Directions

Preheat oven to 300°F.

In a large bowl, season all of the meat with 1 tsp salt, 1 tsp pepper and 2 tsp curry powder. Mix everything up, then add the flour and mix until all the meat is coated.

Add the oil to a cast iron Dutch oven over high heat and brown the meat in 2 batches. About 7 minutes per batch.

Remove the meat and set aside when browned.

INGREDIENTS

- 2lb Venison Roast - Cut into 1" Chunks
- 1 tsp + 1 ½ tsp Salt
- 1 tsp + 1 ½ tsp Pepper
- 2 tsp + 3 Tbsp Curry Powder
- 2 Tbsp Flour
- 3 Tbsp Butter
- 3 Tbsp Oil - Olive or Vegetable
- 1 Red Onion - Sliced
- 2 Tbsp Ginger - Julienned (sub 1 tsp ginger powder)
- ½ to 1 Jalapeno Pepper - Sliced (or ½ bell pepper)
- 3 Cloves Garlic - Sliced
- 1 Tbsp Garam Masala
- 1 tsp Chili Flakes
- 14oz Can Chicken Broth
- 28oz Can Crushed Tomatoes
- 1 Cup Plain Yogurt
- 1 tsp Apple Cider Vinegar
- 2 Cups Sweet Potatoes - 1" Cubes
- ¼ Cup Cilantro - Chopped
- ½ Lemon - Juiced

TIP: Browning meat is the key to deep, bold flavor and juicy, tender meat. Add the meat to a hot pan and allow it to sit there without moving it for a couple minutes. When you move the meat around it does not allow the caramelization to take place and will result in more of a grey, steamed meat. Get the meat as dark as you can without burning it to a crisp! Reduce heat to medium. Add the sliced onions and saute for 2 minutes. Add in the ginger & jalapeno (or bell pepper) and saute for another 2 minutes. Add in the garlic and saute for another minute, until garlic becomes fragrant. Add in remaining curry powder, garam masala, chili flakes, salt and pepper. Stir until the spices become fragrant, about 1 minute. Before the spices start to burn, add in the chicken stock, crushed tomatoes, plain yogurt and vinegar and stir. Scrape up the fond at the bottom of the Dutch oven and bring to a simmer. Add back in the browned venison and stir everything together. Put the lid on the Dutch oven and bake at 300°F for 2 hours. Remove the Dutch oven and stir in the potatoes, cilantro and the juice of ½ lemon. Stir and continue to bake for 1 hour. **TIP:** Braising meat is a great way to turn tough cuts into succulent, tender meals. The trick is to cook the meat low and slow. A common mistake when braising is not cooking the meat long enough as the meat will get really tough before it gets melt-in-your-mouth tender. After the total 3 hours of cooking, the meat should be tender and ready to eat. Serve with rice or pita bread and garnish with cilantro. Enjoy!