

Twice Blessed Venison Backstrap Recipe

Why “twice blessed”? Because that’s how you’ll feel when you heat up any leftovers the next day – should there be any around. This one has darned few ingredients, but turns out the some of the most mouthwatering venison you’ve ever tasted.

Hunters and anglers are especially blessed because our freezers are full of the healthiest, most delicious protein in the world – wild game and fish collected on our hunts. Actually, we are doubly blessed because not only can we enjoy the harvest, we had fun and made memories in the field while we were collecting the meat.



INGREDIENTS

- 2 lbs. venison backstrap**
(Usually I take it off the deer whole and cut into two pieces.)
Use one piece for this recipe.)
Remove all visible fat and silver skin before freezing.
- 2 Tbsp. salad oil
- garlic salt
- black pepper
- 1 Tbsp. butter
- 1 cup beef bouillon or stock
- 1 small can mushroom stems and pieces
- 1 1/2 Tbsp. corn starch

DIRECTIONS:

1. Remove backstrap from fridge one hour before cooking and allow it to come up to room temperature.
2. Heat oil in cast iron oven safe skillet to high heat.
3. Preheat oven to 350F.
4. Use garlic salt and pepper to taste on backstrap. Press into the meat with hands.
5. When oil is just below smoking, sear meat on all sides – 30 seconds to 1 minute per side.
6. When meat is browned, place the whole skillet into hot oven.
7. Check frequently with meat thermometer and remove meat from skillet as soon as internal temp hits 125F. Set aside to rest.

8. In small bowl, mix together beef bouillon and corn starch. Combine well.

9. Place skillet back on cooktop over medium heat and add butter.

10. Add mushrooms to skillet and sauté for one minute.

11. Add bouillon mixture and stir constantly until it comes to boil and thickens, then reduce to low heat. Add black pepper to taste.

12. Now slice rested backstrap across the grain into medallions.

13. Move to serving dish and ladle mushroom gravy over medallions.