

Venison Stroganoff (Carrie Lanham's recipe)

This size recipe serves about 4 people. Feel free to adjust up or down as needed for the number of people you will be serving. I use an electric skillet but it should work just as well on the stove in a large flat pan (14" or so). Most of this recipe is done a la Julia Child---a shake of this, a pinch of that--- hopefully you will be able to follow! As with any recipe, you can substitute add/change any of the spices to suit your personal tastes.

1/2 medium onion diced

1 clove of garlic diced (can substitute garlic powder if necessary-a couple of shakes)

8 oz of mushrooms sliced

In the skillet on medium high, melt butter/margarine and oil for sautéing onions, mushrooms and garlic.

I usually use about 2 tablespoons of oil-either plain vegetable oil (liquid only, not Crisco) or olive oil and about 4 tablespoons of margarine or butter

Sauté the onions, mushrooms and garlic about 5-6 minutes until the onions and mushrooms have been browned (not too dark)

about 2 lbs. venison

Cut into bite-sized pieces-cubes, strips, chunks-whatever works for you about 1/2" -1" in size. Smaller pieces absorb more flavor/gravy etc.

(I never know the exact weight of the meat since we pack it ourselves, but when it is cut up it covers the bottom of an average size electric skillet.)

Add the venison and sauté until meat is cooked through-another 10 minutes or there about depending on the amount in the skillet. I stir it several times to be sure all sides are cooked.

2+ cups of beef broth (I use Campbell's Soup broth-2 cans- but you can use any other brand or beef bouillon if preferred or make your own beef stock!)

Open one can and pour into a small mixing bowl or a measuring cup. To this add the additional spices. Here is the list of what I use, but add/delete/change to suit your self. NOTE: I use no salt because there is plenty in the canned soup.

several good shakes of:

--Worcestershire Sauce

--black pepper

--Mrs. Dash Table Blend seasoning

--a steak /grill spice blend (a couple of companies make variations of this- McCormick's, The Spice Hunter, etc.-find one you like!)

Mix them in and then add 3 or 4 tablespoons of flour. Mix with a wire whisk to blend in the flour until dissolved.

Pour this over the meat, etc. in the skillet and stir. Mixture will start to thicken quickly. Once that has started, add the next cup of broth. NOTE: I like to add about ½ cup of red wine along with the beef broth. This is purely optional though.

Continue stirring until the "gravy" is well mixed and it is as thick as it will get. ** If it seems too thick add a little bit more broth/wine to give it that gravy-like consistency. Turn skillet down to simmer and let cook for about 10-15 minutes to blend flavors. Stir occasionally.

While the stroganoff is cooking, prepare wide egg noodles according to package directions. Drain and keep hot.

Once the stroganoff is cooked, you can do several things at this point:

1. traditionally stroganoff is served with a dollop of sour cream on top of each serving

or

2. Blend about 1/2+ cup sour cream into the stroganoff in the skillet until blended and serve that way

or

3. Or don't use any at all and just eat it as is-your taste preference

Serve immediately over the noodles. Stores well in the freezer for later use, and tastes better the second day as leftovers!