

Fast, Fabulous Venison Stroganoff

Preparation time: 10 minutes | Cooking time: 16–18 minutes | Serves 4



INGREDIENTS

- 1½ lb. venison steaks or roast (or beef sirloin), cut into 2-inch-long, ¼-inch-thick strips
- 1 c. flour, seasoned liberally with salt and pepper
- 6 T. vegetable oil
- 1½ c. yellow onion, thinly sliced
- 8 oz. mushrooms (button or crimini), sliced
- 1 T. tomato paste
- 1 T. brown or Dijon mustard
- 1 T. brown sugar
- 1½ c. beef stock
- 1 T. vermouth or dry sherry (optional)
- 6 T. sour cream
- 3 T. fresh parsley, chopped

DIRECTIONS

Start heating 2 T. oil in a large skillet or saucepan over medium-high heat.

Meanwhile, dredge half the venison strips in flour. Shake off excess.

Saute strips for 2-3 minutes, turning halfway. Remove meat from pan.

Wipe pan clean. Add 2 T. oil. Repeat with second batch of strips. Remove meat.

Add remaining 2 T. oil. Reduce heat to medium. Sauté onion 5 minutes. Add mushrooms and sauté another 3 minutes.

Stir in tomato paste, mustard, and brown sugar. Cook 1 minute. Add stock and the optional vermouth or sherry, scraping up the browned bits (“fond”) on the pan bottom. Bring to a boil.

Return meat to pan, reduce heat to low, and let simmer 3 minutes. Stir in sour cream. Sprinkle on parsley. Serve over egg noodles or mashed potatoes. ■

When I search for new game recipes, I’m looking for ones that are both fast and fabulous. I want a dish I can whip up in an hour or less after coming home from work (not including defrost time.) And I want something delicious enough to garner praise from my wife or guests.

Finding that combination isn’t easy. Plenty of game recipes, usually from the 1970s and before, require no more than opening a can of cream of mushroom soup, pouring it over a pound of game meat, then baking for 45 minutes or so.

Fast, sure. But not exactly mouthwatering.

Many recent game cookbooks showcase unique and delicious flavors of game, introducing home chefs to new ingredients and techniques. Yet these recipes are often complex and can take hours if not days to prepare. One cookbook’s Pit-Roasted Saddle of Venison begins with “Dig a four-foot-deep pit.”

Which is fine, if you have hours of extra time. But what if you’re in a hurry and still want a delicious meal?

Fast and fabulous come together in this venison stroganoff recipe. I’ve served the dish countless times to family and friends since I learned it in 1998. I’ve tweaked the ingredients several times and now have what I consider the ultimate after-work stroganoff recipe. Save your pit digging for the weekend. 🐾

—Tom Dickson

Mashed “Faux-tatoes”

This is a great mashed potato substitute for those watching their carbs:

Add a pound of cauliflower florets to a pot of boiling water. Boil 6 minutes. Drain. Over medium heat, break down the florets with a pastry cutter or potato masher, stirring constantly for 5 minutes to remove moisture. Add 2 T. cream cheese, ½ t. minced garlic, ¼ c. parmesan cheese, 1 t. black pepper, and ½ t. chicken bouillon and blend with a hand mixer or immersion blender.

