

Venison Stir Fry

By Tom Dickson

Preparation time: 20 minutes | Cooking time: 20 minutes | Serves 4



As much as I love venison, a meal of just meat can be dull and nutritionally deficient. One way to combine venison with a healthy amount of tasty and colorful veggies is by making stir fry. Stir fry is an ancient Chinese method of quickly cooking meat and vegetables in a small amount of oil over high heat. This recipe is adapted from a popular *Cook's Illustrated* version.

I like a mix of onions, carrots, red peppers, broccoli, and bean sprouts for the color, texture, and taste, though you could use fewer vegetables. Don't be intimidated by the fresh ginger root. You can find it in many supermarkets. If you don't already have them, you'll need to buy a small bottle each of sweet rice seasoning (the Kikkoman brand is common) and sesame oil, both found in the Asian cooking section of grocery stores. They are worth the investment. Once you taste this delicious mix of venison and crisp, cooked vegetables, it's certain to become part of your monthly dinner rotation. (It also works well with pheasant breasts, beef, pork, and chicken breasts.) 🐘

—Tom Dickson is editor of Montana Outdoors.

RICE COOKERS

Because my wife and I consume a lot of rice, we long ago decided that a rice cooker was a smart purchase. Simply add rice and water, close the cover, and set a timer. When it dings, you have perfect rice. The most reliable brand is Zojirushi, a Japanese manufacturer. For most families, the 3-cup (uncooked) model is ideal.



INGREDIENTS

- 3 T. vegetable oil
- 1 lb. venison roast or loin (or pheasant breast) sliced into ½-inch-wide strips
- 1 lb. combination of onions, carrots, red peppers (all sliced thin), and broccoli (stems trimmed and then cut into 1-inch chunks)
- 1 t. garlic (crushed or finely diced)
- 1 t. ginger root (peeled and finely diced)
- 2 c. bean sprouts

Sauce

- ¾ c. chicken broth
- ¼ c. soy sauce
- 2 t. Kikkoman sweet rice seasoning
- 2 t. sesame oil
- 1 t. red pepper flakes
- 1 t. sugar
- 3 t. cornstarch

DIRECTIONS

Make the sauce (combine all ingredients in a small bowl and whisk). Set aside.

In a wok, large skillet or Dutch oven over medium-high heat, heat 1 T. oil and add half the meat. Cook for 2 minutes, then stir and turn all pieces to brown for another minute. Remove browned meat, add another 1 T. oil, and brown the second batch. Set meat aside.

Wipe moisture from skillet with a paper towel, heat remaining 1 T. oil, and add the onions, carrots, peppers, and broccoli. Cook at medium-high heat for 4 minutes, stirring occasionally.

Add garlic and ginger and cook for 1 minute. Add bean sprouts.

Stir the cooked meat into the vegetable mixture. Whisk sauce again and add to the meat and vegetable mixture. Stir until the mixture begins to bubble and thicken, about 2 minutes.

Remove from heat and serve over white rice. ■