
Cooking With Wild Game - Deer and Elk

Key Nutrients

- B vitamins - turn food into energy
- Iron - carries oxygen in our blood
- Protein - builds and repairs skin, muscle, blood, bone and brain

Serving Size

2-3 ounces cooked wild game (about the size of a deck of cards) provides one serving from the Meat, Poultry, Fish, Dry Beans, Eggs and Nuts food group.

Storage and Safety

Keep meat frozen until ready to use. For best quality, use frozen meat within the year.

Once cooked, store leftover meat in a covered container - refrigerate within 2-3 hours of cooking. Use leftovers within 3 days.

Wash hands, utensils, and work surfaces after handling raw meats. Cook within 24 hours of thawing.

Thaw wrapped meat in the refrigerator on a platter or in a pan with sides to prevent dripping. Set on the lowest shelf away from other foods. Allow 3-5 hours per pound thawing time. For food safety reasons, do not thaw meat at room temperature.

Preparation and Cooking

One pound of meat will yield, after cooking, about four 3-ounce servings.

Choose a cooking method appropriate for the cut: less tender cuts (chuck, brisket, flank, and leg round) can be braised, pot roasted, or stewed. Tender cuts (loin, rib, and backstrap) can be roasted, broiled or pan-fried.

Wild game hamburger can be used just like beef hamburger. Be sure the temperature reaches 160 degrees F. Avoid overcooking as wild game can dry out due to the low fat content.

Uses and Tips

- use ground game in tacos, chili, spaghetti, meatballs, meatloaf, and casseroles
- use cubed wild game in casseroles, soups and stews
- cut into strips and use in fajitas and fried rice
- mix cooked, shredded wild game with barbecue sauce; serve on a bun
- add strips of cooked wild game to green salads

Source: Modified. Elaine Husted, OSU Extension, Grant County. For more recipes and other resources on eating well for less, see our web site at <http://healthyrecipes.oregonstate.edu>