

# Slow-Cooked Venison Tough Cuts



Use a dutch oven or tagine to make even the toughest cuts tender & tasty.

## Ingredients

- 4-6 T. avocado oil
- 1-2 lbs of meat
- 3 carrots
- 4 stalks celery
- 1 large turnip
- 4 cloves garlic
- 1 large onion
- 2 T. thyme
- 1 T. rosemary
- 1 T. poultry seasoning
- 1 t. white pepper
- salt
- 1/3 c. gin
- 1 c. water
- 3 T. mustard
- 3 T. Worcestershire
- 1 T. soy sauce

## Serve

Prepare bowls with a generous helping of mashed potatoes topped with shaved brussel sprouts or other greens. Spoon meat and vegetables on top and enjoy

## Procedure

1. Add 1 T of oil to a skillet or large dutch oven and heat to medium heat.
2. Slice carrots and add to the pan, stirring occasionally.
3. Dice celery and add to skillet, and cook for 3-5 min.
4. Meanwhile, dice the turnip and finely chop the garlic, keeping them separate.
5. Remove the carrots and celery and place them in a bowl or your tagine.
6. Add 1 T of oil to the pan and add the diced turnips to cook for 3-5 minutes, stirring occasionally.
7. Slice onions evenly.
8. Add turnips to the bowl or tagine along with the garlic, thyme, rosemary, poultry seasoning, and pepper.
9. Add 1 T of oil to the pan and then the onions. Cook until browned.
10. Prepare the meat and deglazing liquid by patting the meat dry and adding salt to all sides. Have water and gin ready.
11. Once onions are browned add to the bowl or tagine with the rest of the vegetables and stir.
12. Return the pan to the stove, add 1-2 T of oil, and heat on high. Once the oil is shimmering, place the meat in the skillet, turning to sear all sides.
13. Once the meat is seared, turn off the heat and remove the meat to a plate or in a bowl. Slowly add the gin and water scraping any bits from the bottom of the pan.
14. Add mustard, Worcestershire, and soy sauce, then whisk until combined.
15. If using a dutch oven add the vegetables to the pan and stir to combine. If using the tagine, pour the liquid onto the vegetables and stir.
16. Add the meat to the top of the vegetables, place the lid on the dish, and set into the oven.
17. Turn on the oven to 225 degrees and cook for 6-8 hours before serving.

