

Marinading will help tenderize deer meat

by KEN DURBIN
Oregon Department of Fish and Wildlife

Most of the deer hunting is over for the year and reports of a good season indicate there is a lot of venison parked in freezers all over the state.

There are certainly as many ways to prepare venison as there are cooks, but here's a recipe that I have found for venison steak that we enjoy and that many others seem to like equally well.

Ideally, this recipe presupposes that you have boned your deer, freezing sections of loin (backstraps) to be cut into steaks after thawing. If you have had your deer cut

commercially in traditional cuts or by some other method before freezing, this method will still work well. But you will want to modify your procedures somewhat as we'll detail later.

There are a few little secrets that really aren't secrets at all, but seem to be unknown to or ignored by some hunters or their cooks. All fat should be trimmed from venison, preferably before freezing, but definitely before cooking. It often imparts a strong or gamey flavor that many people find disagreeable. The same is true of bones.

The key to my recipe is a marinade which both tenderizes the meat and

enhances its excellent natural flavor. You may want to vary the volume of marinade depending on the amount of meat you are preparing; the exact proportions do not seem to be critical. The basic marinade calls for half a cup of red wine, half a cup of soy sauce, two cloves of garlic crushed and minced into tiny pieces, a piece of fresh ginger root about the size of the end joint of your thumb which is peeled and also minced finely (the ginger, not your thumb), and two tablespoons of brown sugar.

Next, use a common fork and stab your thawed section of loin steak all over on both sides. This serves two purposes. It mechanically breaks down some of the fibers of the meat making it more tender. And it allows better penetration of the marinade. Don't worry about all those unsightly holes as they will close up

in the marinade and in cooking, and you'll never see them in the finished product.

Now soak the steak in the marinade for about an hour at room temperature or for two or three hours in the refrigerator. Again, this assumes you are working with a whole section of meat to be sliced into steaks after the marinade process. If you already have the meat cut into steaks, reduce the time in the marinade or you may find you have overwhelmed the meat with marinade.

Now we're ready to slice the chunk of loin strap into steaks. The loin muscle on a deer is not very large, and if you simply slice steaks from it they are going to be pretty small. You can double their size by "butterflying" them. To do this, come in from one end of your loin chunk the thickness you want your steaks and slice nearly but

not completely through the chunk. Then move down the chunk an equal amount and slice it all the way through. This gives you two steaks connected by a thin "hinge" of steak, effectively doubling the size of your steak. I like mine from three-quarters to one-inch thick.

Some venison cooks say slice your deer steaks thin for tenderness. But if you do the stabbing with the fork and the marinating, I think you'll find your steaks acceptably tender if you slice them thicker. Now, simply pan fry the steaks lightly on each side. They should remain pink in the center to be their tenderest and most flavorful. If you cook them until they are well done, they will toughen and become dry and the flavor will not be as good.

In the meantime you will have been sauteing some mushrooms. Preferably

they will be wild chanterelles, but the domestic mushrooms found in the grocery store are good, too. Now that your steaks and mushrooms are done, transfer them to a heated plate and combine the pan juices from the steaks, the liquid from the mushrooms and a couple of tablespoons from the marinade in one frying pan. Turn the heat up and reduce this, stirring constantly. When it is reduced and concentrated, drizzle it over your steaks and serve.

A wild rice or wild rice-brown rice casserole and steamed green vegetable make good accompaniment. The remaining red wine caps it. Ted Trueblood, associate editor of Field & Stream Magazine, revealed years ago that cooking wine should be put in the cook as well as in the meal and I have always found this

good advice.

We also enjoy this basic recipe for stir fry dishes. Use the same marinade procedure with any cut of meat only carve off wafer thin slices for stir frying with a combination of vegetables and mushrooms for serving over steamed rice.

Bon appetit!

A nineteen pound Dolly Varden taken is August by Don Miller of Monmouth is the new Oregon record. Miller's fish tops the previous 13 pound, eight and one-fifth ounce (dressed weight) by a health margin.

Parents urged to attend board meeting

The Sandy Youth League Board of Directors "urgently" requests that all concerned parents and area residents attend the Sandy Elementary Board of Education meeting Nov. 19 at 7:30 p.m. in the Cedar Ridge library.

The reinstatement of an athletic program that would make swimming and

other sports education programs available will be discussed.

Denise Redman, SYL spokeswoman, is planning a brief presentation and seeks community support through attendance at the meeting.

Registration may be made in advance by calling 668-8434.

Aerobics offered

Interested persons may still register for the aerobic dance class at the Kelso School gym.

The class continues through the school year on Mondays through Thursdays from 5:30 till 6:45 p.m. People can sign up by calling the Sandy Recreation Department at 668-5569 or by attending the class. A fee of \$1 per class is charged.

Registration is also still open for an aerobics class that started at Cotrell School Tuesday.

That class, held on Tuesdays and Thursdays in the west gym beginning at 7:15 p.m., is also \$1 per class.

To register call the Sandy Recreation Department or go to the class.

Both classes should be paid for in advance.

Soccer tryouts to be held this weekend

The Mt. Hood Soccer Club will hold tryouts for Winter Classic League play Nov. 22.

Tryouts for girls 19 and under will be at 2 p.m. at Mt. Hood Community College.

Girls interested in playing on the 15-and-under team, and the 16-and-under team, should go to Hall Grade School in Gresham at 4 p.m.

Boys interested in playing on the 15-and-under team should go to Hall Grade School at 2:30 p.m.

Boys 16 and under should go to the West Gresham Grade School at 2:30 p.m.

Boys 19 and under should go to Mt. Hood Community College at 1 p.m.

The season will begin the first week of January and will run through the middle of April. Games will be played at Gresham and

throughout the Portland metropolitan area.

Those on the 15-and-under teams need to have been born in 1967 or later. Those on the 16-and-under teams need to have been born in 1966 or later, and those on the 19-and-under teams need to have been born in 1963 or later.

For more information call Bill Lord at 667-6998.

Bowling

Mt. Hooders
Nov. 12

	W	L
Williams Thriftway	21	12
Pioneer R.E.	17	16
Dirk & Aggregate	17	16
Town & Country	16	17
J. Welch Antiques	16	17
Accent Hair	15	18
Michaels Pre-cast	15	18
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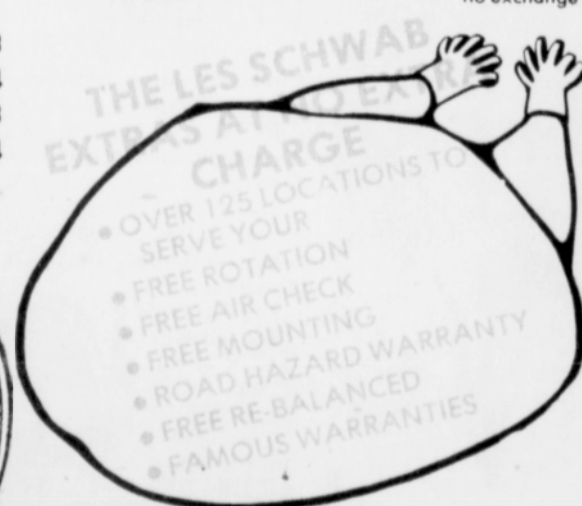
P165/75R13	54.39	P205/75R15	69.58
P185/75R13	57.06	P215/75R15	72.84
P185/75R14	64.19	P225/75R15	76.68
P195/75R14	65.32	P235/75R15	82.04
P205/75R14	67.85	FET 1.51 to 2.95	
P215/75R14	71.06		



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Congratulations to **Randy Carmony**

Randy Carmony, Sandy Union High School's October Athlete of the Month, is prep of the week.

A senior, Carmony was a first-team Timber Valley League all-star as an offensive center and a second-team selection as a defensive end.

The football team ended the season with a 6-4 record.

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