

HUNTING YOUR OWN DINNER...

PROUDLY PRANCED, P

Breyana Segura

The buck that once proudly pranced through the woods

now sits on my plate, ready for consumption.

Memories to last a lifetime are

made in the heart of the home, the kitchen. However, preparing venison comes with challenges as

the meat typically garners a 'gamey' taste.

Whitetail, unlike domesticated cattle, have to rely on the vegetation in the wild for survival and on average are older when harvested. The diet and exercise of a deer is a direct link to the lean meat they produce. The meat is healthier, however, this poses a problem when preparing the harvested game.

If it is done incorrectly the meat will taste gamey and be tough.

So what can you do to make sure that freezer full of harvested venison is cooked to your liking?

It begins with aging.

The meat should age in a refrigerator on a rack, not allowing it to sit in its own blood, for five to seven days.

After aging the meat, the cuts should be packaged in doubled wrapped butcher paper or vacuum-sealed bags.

Braised shoulders and necks are typically used in stews and soups by browning the loin in a super hot cast iron skillet first.

The lean mean does not have much fat so using olive oil in the skillet when browning is essential to get a tender and juicy result.

Many people choose to marinate their

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Some examples of our finest meat*

Ribeyes.....	\$13.99 lb	10# Box Hamburger Patties	\$39.90
Flanken Style Beef Ribs	\$4.99 lb	Longhorn Cheese	\$4.69 lb
Bacon Wrapped Stuffed		Marinated Beef Fajitas	\$6.49 lb
Quail Breast (10 pcs.).....	\$22.50 pkg	Marinated Chicken Fajitas....	\$6.99 3# bag
Thick Sliced Bacon.....	\$5.49 lb		

*Pricing is subject to change

VENISON TIPS ON RICE



INGREDIENTS:

- 1 lb. cut venison - 1/2-inch chunks that have been soaked overnight in heavily salted water and then all the salt washed off;
- 1 cup ginger ale;
- 1 package dry onion soup mix;
- 1 Tablespoon garlic;
- 1 can cream of mushroom soup;
- 1 seasoning package of frozen or freshly-chopped onion, celery and bell pepper;
- 1 small jar of sliced mushrooms (optional).

PREPARATION:

Combine all ingredients in crock pot, adding the venison last. Cook on high for four hours, and then cook on low or keep warm in crock pot for two more hours. Serve over rice.

This recipe doubles well, but only use one and a half cups of ginger ale when you double it.



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MISSION: is to alleviate hunger and malnutrition in Texas by distributing donated venison to communities in need.

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