## **Deer Hunting Dates**

09/16/23 - 12/31/23 Deer - Archery 10/19/23 - 10/22/23 Deer - Early Antlerless 10/19/23 - 10/22/23 Deer - Youth 11/4/23 - 11/19/23 Deer - Firearm (Season A) 11/4/23 - 11/12/23 Deer - Firearm (Season A) 11/18/23 - 11/26/23 Deer - Firearm (Season B)

11/25/23 - 12/10/23

Statewide

Statewide 100 Series permit areas 200 & 300 Series permit area 300 Series permit areas

# What Is Venison?

### Everything you need to know about the red meat alternative and how to prepare it

Deer - Muzzleloader



Lisovskaya/Getty Images

By Layla Khoury-Hanold for Food Network KitchenLayla Khoury-Hanold is a contributor at Food Network.

If hunting game is part of your culture, then you're probably familiar with venison. Or maybe you've noticed venison jerky joining the ranks of beef jerky on grocery store shelves. But what is venison? Here, we answer all your venison questions, from what it tastes like to how to prepare

#### What Kind of Meat Is Venison?

Although venison is most commonly meat from deer, the term technically refers to the meat from any game animal including elk, cari- abundant source of seleni- garnish.

bou or antelope. In fact, the um, a powerful mineral and word "venison" is derived from the Latin word venari, which means to hunt Taste Like Beef? or pursue. Venison can be portioned into similar cuts as beef, including steaks, roasts, ground meat and stew meat.

#### Is Venison Healthier than Beef?

Venison contains 50% less fat than beef, and while it's slightly higher in cholesterol, it's lower in saturated fats, making it a healthy red meat alternative. It is also slightly higher in protein and contains higher levels of Vitamins B6 and B12, not be as juicy. Omega 3 fatty acids, riboflavin and niacin. It contains in wrought-iron black skilhigh levels of iron and is an let with watercress salad

antioxidant.

### **Does Venison**

Venison may come in similar cuts as beef, but the flavor isn't comparable. Venison has a distinct earthy, almost rich flavor, owing to a deer's diet of grasses, leaves, twigs, berries and fruit. Venison may have other flavor characteristics influenced by diet, including herbaceous notes from herbs or nuttiness from acorns. It has a firm, smooth texture, but since it's much leaner than beef, it tends to

Pan-fried fillet of venison

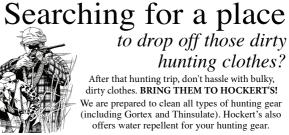
#### Make a plan for a safe and successful deer hunting season

As archery deer hunters enjoy the current hunting season and 400,000 hunters prepare for firearms deer hunting seasons, the Minnesota Department of Natural Resources reminds hunters to plan ahead for a safe and enjoyable hunt.

"Enjoying the hunt is a lot easier after doing some simple planning. To that end, we've added a wealth of information for hunters on our website to assist in preparing for deer hunting," said Barb Keller, Minnesota DNR big game program leader. "Using these planning tools is easy and can open up some breathing room for hunters once the season arrives so they can focus on having a safe and successful hunt."

The Minnesota DNR's online make a plan tool (mndnr.gov/deerhunt) provides a comprehensive step-by-step list of information hunters need to consider before heading to deer camp. Hunters can walk through the steps to consider, including knowing the hunting regulations, planning for deer processing, getting their deer sampled for CWD, being safe and making the most out of their hunt. To use the online tool, all hunters need to know is the deer permit area number or DPA numbers where they intend to hunt, which they can find on

an interactive deer map. In Minnesota, archery deer season began Sept. 16 and continues through Sunday, Dec. 31. Youth and early antlerless seasons are Thursday, Oct. 19, through Sunday, Oct. 22, and firearms deer season is Saturday, Nov. 4, with various closing dates depending on a hunter's DPA. Muzzleloader is Saturday, Nov. 25, through Sunday, Dec. 10.



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#### **How to Cook Venison Steak**

Using a pan-sear to oven method (much like you'd sear a beef steak) is a straight-forward and delicious way to prepare venison, which often comes from the deer's hindquarters.

1. Preheat oven to 400 sauté pan over medium-high degrees F.

2. Generously venison steaks with kosher salt and freshly ground black pepper on both sides.

3. Heat a couple tablespoons olive oil in a large

heat. Using tongs, place season venison in the pan and sear steaks until golden brown, about 4 to 5 minutes.

4. Turn the steaks over, place pan in oven, and roast until a thermometer inserted reads 135 degrees F for medium rare, 4 to 5 minutes for 8-ounce venison steaks.



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