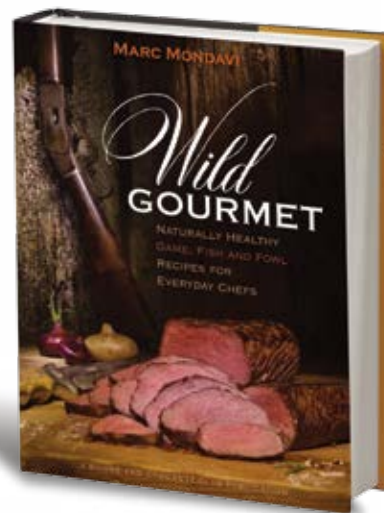




Wild GOURMET

NATURALLY HEALTHY GAME, FISH, AND FOWL
RECIPES FOR EVERYDAY CHEFS



Wild Gourmet has over 60 recipes for all types of wild game, fish, and fowl. Also Included is a pull-out poster detailing meat cuts, butchering information, and cooking techniques.

Wild Gourmet – \$34.95
Coming this Fall – Stay tuned for details!

Venison Rib Roulettes

CHEF DANIEL NELSON | GOURMET GONE WILD - MICHIGAN

- 12 Venison intra-rib meat strips
- 12 Thick-cut smoked bacon strips
- 2 Large yellow onions, julienne
- 2 Tablespoons fresh garlic, chopped
- 1 Tablespoon yellow mustard seed
- 1 Teaspoon celery seed
- 3 Tablespoons tomato paste
- 1 Cup apple juice
- 1 Cup venison stock
- ½ Cup apple cider vinegar
- Kosher Salt & Blended Pepper
- 4-inch wood picks

Venison rib meat, despite being the most flavorful cut of venison, is often underutilized; most toss it into the grinding pile for burger and sausage. Rib meat of all types has a unique and palatable combination of fat and sinew, that when roasted properly, yields a sweet and earthy meal. I often find that bone in venison ribs are too cumbersome for the amount of meat available and have the tendency to dry out quickly. This recipe uses the intra-rib strip of meat cut free from the bones during processing. These roulettes make a phenomenal appetizer or meal. I use slightly larger bamboo sticks when skewering the meat and then cut in half when serving as appetizers. To truly appreciate the great flavor of venison rib meat, serve with the BBQ sauce and fries on the side.

Cook Time: 25 minutes

1. Lay **venison rib strips** flat on cutting board, sprinkle with **salt & blended pepper**, and top each with **1 slice of bacon**.
2. Pinwheel roll each rib strip and bacon. Skewer twice or more to ensure the roulette does not unroll.
3. Warm a heavy braising dish over medium-high heat. Sear **rib roulettes** for 2-3 minutes on each side. Remove and set aside roulettes.
4. In the same dish, over medium-high heat, sautee the **julienne onions** for 5 minutes, stirring occasionally.
5. Mix **tomato paste, venison stock, apple cider vinegar** and **seasonings** in the braising pan with the onions.
6. Cover the braising dish and cook at 250 degrees for 2 – 3 hours until very tender. Serve hot with your favorite BBQ sauce & fresh fries.

NOT JUST RECIPES!

Wild Gourmet will also include an informative chapter about processing your game and fowl along with dozens of photographs to illustrate the process and best butchering practices. Written by Gourmet Gone Wild Chef Daniel Nelson.

SERVES
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