

Tasty Bites

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Food Safety & Quality Newsletter

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COOKING WILD GAME SAFELY IN A PRESSURE COOKER

If you are a hunter, you've probably wondered how to cook your wild game so it is tender and juicy. Pressure cooking is a quick and healthy way to do this but there are some safety rules that must be followed when pressure cooking.

First, make sure vents and valves are clean. When using a wild game recipe in the pressure cooker, adjust the time to 1/3 of the original cooking time. Generally you want to pressure cook venison to the same cooking time as regular beef. Rabbit should be cooked for the same amount of time as chicken. Also, you want to cook wild game at 15 pounds of pressure for 12 minutes per pound of meat. When adding liquid to canner, be sure not to exceed 2/3 full level and never use more than 1/4 cup of fats or oil. Start off using high heat to establish pressure then once the correct pressure is reached, reduce heat. Cooking times in a pressure cooker must be followed, so use a timer to let you know when the food is done. Once the cooking is complete, use the natural release method for cooling. If using cold water to cool more quickly, tilt the cooker slightly so the steam runs over the top, not over the valve or vent pipe. Last but not least, make sure the pressure has dropped all the way before opening the lid. This could result in steam burns to the face.

PRESSURE COOKED BBQ VENISON

INGREDIENTS

- 3 pounds of venison roast
- 1/4 cup Worcestershire sauce
- 2 tablespoons soy sauce
- 1/2 lime, juiced
- 1 tablespoon dried minced onion
- 1 teaspoon red pepper flakes
- 1 teaspoon dry mustard
- 1/2 teaspoon Kosher salt
- 1/4 teaspoon thyme
- 1/4 teaspoon black pepper
- 2 cloves garlic cut in halves
- 3 dashes hot pepper sauce
- 2 (4 ounce) venison steaks
- 2 cups chicken broth
- BBQ Sauce (Sweet Baby Ray's works great!)

DIRECTIONS

Slightly cut four random slits in the venison roast and inset one half of each cloves of garlic in each. Whisk Worcestershire sauce, soy sauce, lime juice, onion, red pepper flakes, dry mustard, salt, thyme, black pepper and hot pepper sauce together in a bowl, pour into a resealable plastic bag. Add venison roast, coat with the marinade, squeeze to remove excess air, and seal the bag. Marinate at least 1 hour or overnight in the refrigerator. Add 2 cups of broth to the canner. Place roast in the canner and pressure cook the roast for 50 minutes. Use the natural release method to depressurize the canner. Carefully remove lid and allow meat to rest for 10 minutes. Then shred with fork. The meat should be very tender and shred easily. Add BBQ sauce and allow simmering for 2 minutes. Enjoy!

BENEFITS OF PRESSURE COOKING

- **Fast cooking- cuts cooking time down to 1/3**
- **Retains vitamins & vital nutrients**
- **Healthy because use less fat, salt, sugar if desired**
- **Enhances natural flavor of food**
- **Retains color & appearance**
- **Saves money (can use cheaper cuts of meat and cooks tender)**
- **Safe and reliable**
- **Easy to use**
- **Takes the place of other cookware**