



Favourite Recipes from our Members

THE FORD VENISON CAJUN RUN STEW

Serves: 4

Prep Time: 2 hours, 15 minutes

- 1 ½ lbs. Venison stew meat
- ½ cup seasoned flour
- 3 T. olive oil
- 1 garlic clove, minced
- 2 cup water
- 1 beef bouillon cube
- ½ cup tomato juice
- ¼ cup port wine
- 1 tsp. lemon juice
- ½ tsp. thyme
- 4 sm. Onion, chopped
- 4 carrots, chopped
- 4 potatoes, quartered
- 1 cup celery, chopped
- salt and pepper to taste
- flour

Place stew meat and seasoned flour in plastic bag and shake until meat is coated. Heat oil in large, deep skillet or Dutch oven over medium-high heat. Brown meat on all sides, adding more oil if necessary. Add the garlic and fry 1 minute. Add the water, bouillon cube, tomato juice, port wine, lemon juice, steak sauce and thyme. Cover and simmer 1 hour. Add all vegetables and simmer another hour or until the meat and vegetables are tender. Add salt pepper to taste. Add flour to pan juices as needed to thicken gravy.