

Venison Gumbo

Stock

3 to 4 pounds Venison cut into pieces

1 to 2 pounds Fowl if on hand

(Pheasant, Partridge, Turkey or Duck)

Reduce the amount of Venison you use.

1/2 cup Olive Oil

1 large Onion
cut into 4 wedges

4 to 6 Celery stalks,
coarsely chopped

4 to 6 Carrots,
coarsely chopped

Gumbo

3/4 cup Olive Oil

1/2 cup All Purpose Flour

1 cup Green Pepper chopped

1/2 cup Celery chopped

1/3 cup of Scallions chopped

3 Garlic Cloves minced

1 pound Smoked Sausage
sliced 1/2 inch thick

1/3 cup Parsley chopped

1/3 tsp of Dried Thyme

2 cups Okra sliced

1 Bay Leaf



Stock

First preheat oven to 400 degrees.

In a large roasting pan, add in your Venison and Fowl (if you choose) Onion, Celery and Carrots, and coat with Olive Oil. Salt and Pepper to your liking, then place it in the oven 30 minutes uncovered.

After 30 minutes transfer contents to a large stock pot to handle ingredients (2 gallon pot).

Add enough cold water to cover ingredients placed in stock pot. Bring to a boil, then lower heat and simmer uncovered for 1 1/2 hours

Remove the Venison and pick out the bones and fat, then set aside. Next strain off the stock and discard the vegetables and any solids left. Return 3 quarts to a gallon of the stock to the stock pan and keep it simmering (If you fall short with your stock, add Beef or Chicken broth to get your 3 quarts.

Gumbo

Combine 1/2 cup of Olive Oil and the Flour into a large skillet (preferably a seasoned cast iron)

Over a medium heat, begin whisking constantly. The mixture will start to brown (don't stop whisking the flour will burn) and start to resemble a chocolate syrup consistency. (usually 3 to 4 minutes). Add the Onion, Celery, Bell Pepper, Garlic, Scallions and Sausage. Continue to cook stirring frequently until the veggies start to soften and become wilted.

Transfer your mixture to the stock pot and stir until you get an even consistency. Next add in the meat, Bay leaf and Thyme.

Wipe out your skillet. Heat up the remaining 1/4 cup of Olive Oil until it starts to glisten. Add Okra, stir until no longer ropy and slimy.

Add the Okra to the Stock pot and simmer, covered for about 1 1/2 hours. Add Salt, Pepper and fresh Parsley and serve over a bed of white rice.