



Venison Preparation

Presentation



New Zealand Deer Farmers Association

Horowhenua – Wellington Branch

P O Box 248 Paraparaumu

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Farmers Association
P O Box 248 Paraparaumu

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The opportunity to gain access to the deer slaughter plant of Venison Packers Feilding Ltd, enabled the development of carcass profiles.

Astra Print Ltd, Wellington, provided professional assistance with the design and production of this publication.

They wouldn't swap it for the world

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INTRODUCTION

Having been involved with homekill activity, I invariably finished up with pieces of venison all over the kitchen bench. The next step was to ensure that each portion was correctly prepared and identified prior to storage; this was not always an easy task.

After visits to deer slaughter plants I managed to improve procedures for breaking down the carcass. The application of proven methods with ongoing practice simplified matters. Discussion with fellow deer producers suggested the experience should be shared; perhaps there was interest to support the publication of a handbook on the subject.

The Horowhenua - Wellington branch of the NZ Deer Farmers' Association gave enthusiastic support towards such a proposal.

The result was the decision to publish "Hands On Venison" in user friendly format to assist those famers wishing to undertake homekill. As the project developed opportunities were recognised to incorporate recipes and other venison data. As a purchaser I trust you receive the satisfaction our committee has experienced in presenting this handbook for your use. We are indeed appreciative of the support given by industry and commercial interests in making the project a reality.

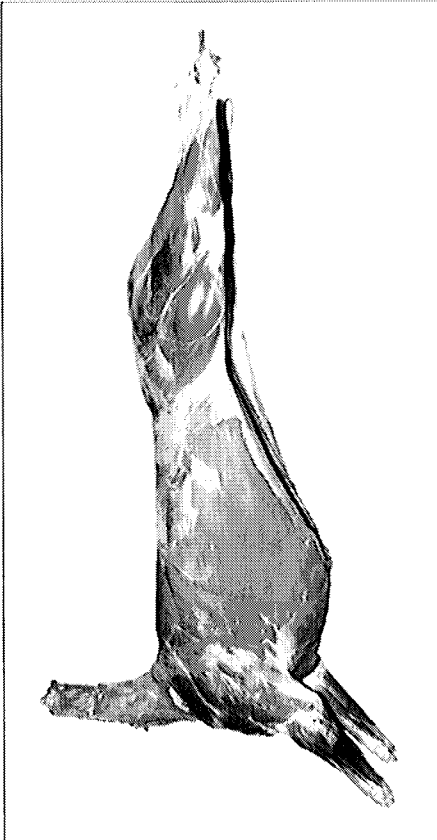
Yours in Deerfarming

ERROL CROAD
Chairman
Horowhenua - Wellington Branch
NZ Deerfarmers Association



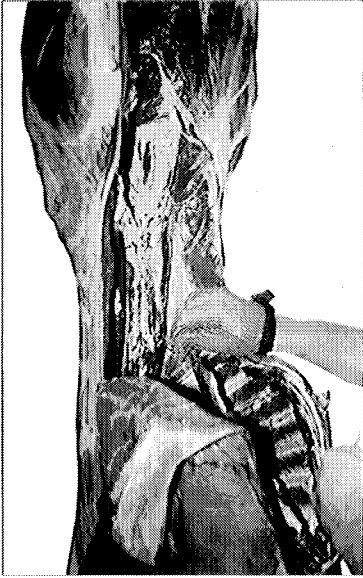
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- 1 Cut out flap
- 2 Tenderloin removal
- 3 External markout
- 4 Shoulder off
- 5 Striploin removal
- 6 Cut out hind legs
- 7 Bone out shoulder
- 8 Processing striploin & tenderloin
- 9 Bone out hind leg
- 10 Sub-primal cuts

- To simplify the process of breaking down the dressed carcass follow procedures in the sequence as outlined.
- To enable practical application this segment of carcass profiles has been laminated; if soiled simply wipe clean prior to returning to ringbinder.



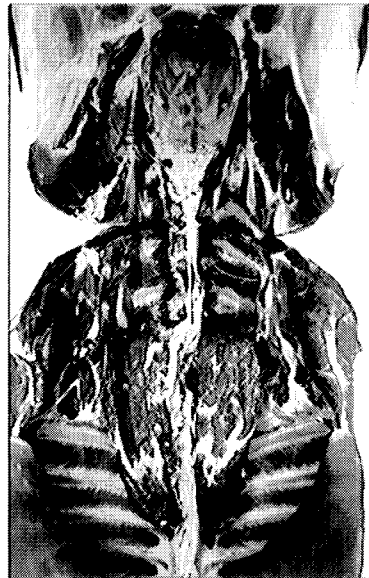
CUT OUT FLAP (1)

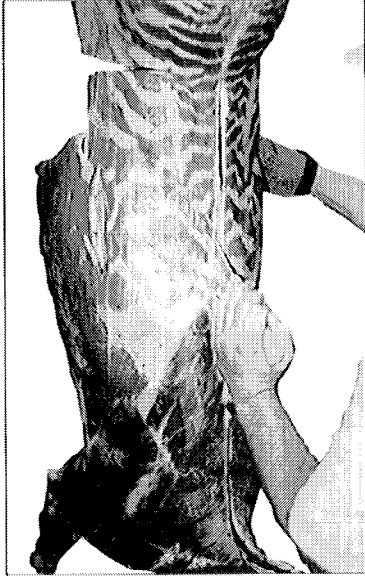
Cut out flap from base of hind leg down to last rib, cut along edge of striploin.

TENDERLOIN REMOVAL (2)

Remove tenderloin by cutting down inside of backbone; knife down from top of pelvic cavity.

Put in horizontal cuts at first joint in backbone.





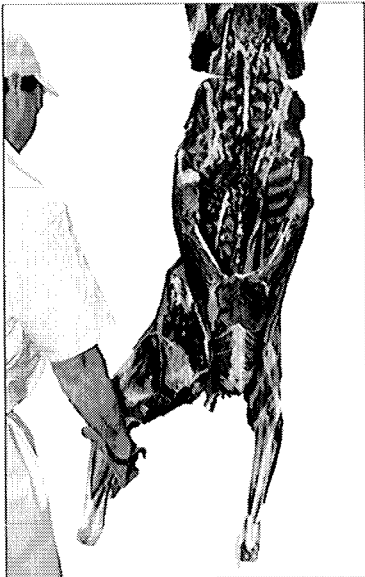
EXTERNAL MARKOUT (3)

Turn carcass and from horizontal cut knife down both sides of backbone to neck.

SHOULDER OFF (4)

To remove shoulder cut internally between foreleg and brisket pulling shoulder sideways. Knife hard against ribs to end of shoulder blade.

Cut along arc of shoulder taking care not to damage striploin.

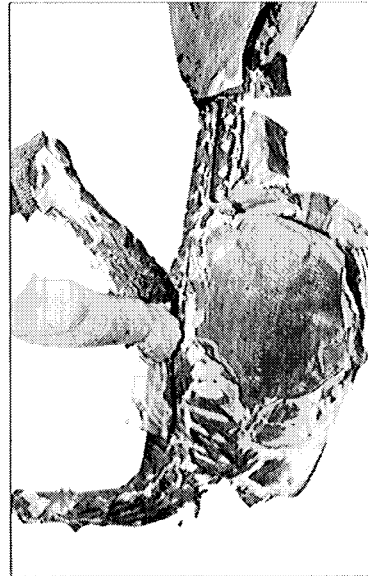
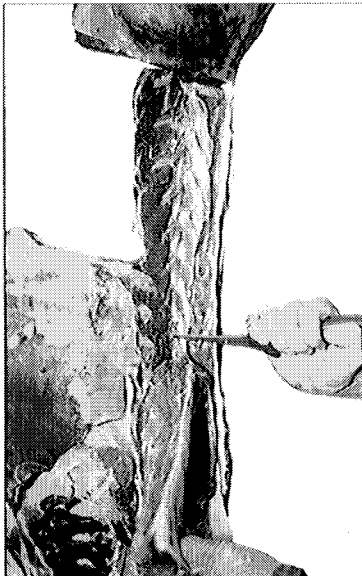


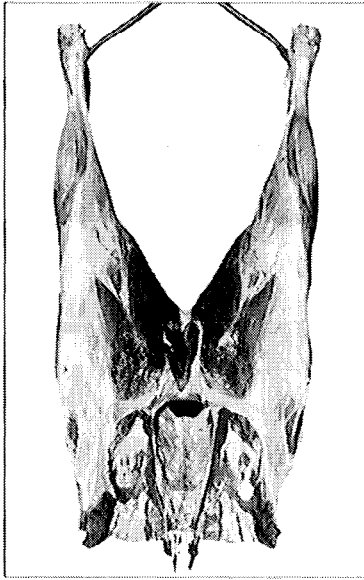


STRIPLOIN REMOVAL (5)

From backbone place knife at horizontal cut and run down hard against ribcage to shoulder.

Trim out flaps, ribs and neck; removing neck bones suitable for soup.

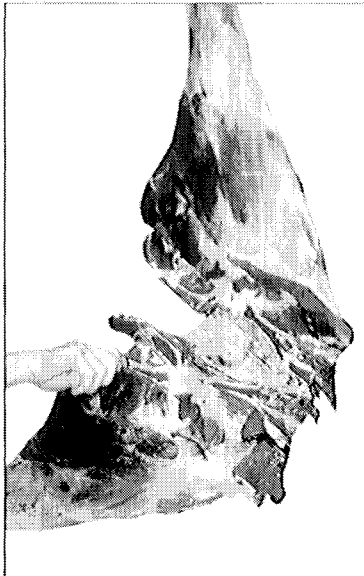


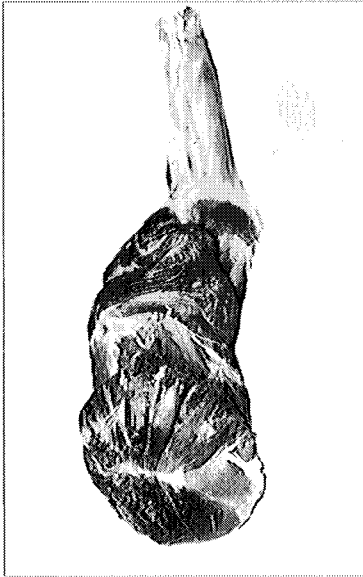


CUT OUT HIND LEGS (6)

Suspend carcass by single leg and from frontside apply pressure on free leg and knife away from pelvis.

Reverse process on other leg by applying pressure on pelvis, boning away from leg follow contour of pelvic bone.





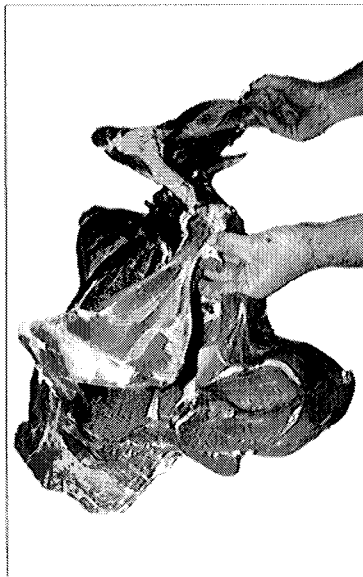
Oyster Cut Shoulder - Chuck On

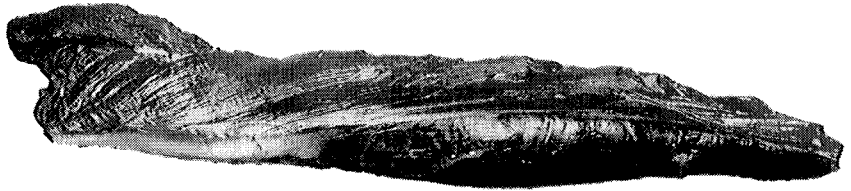
BONE OUT SHOULDER (7)

Lay shoulder skin side down and remove chuck, knife hard against the shoulder blade. The chuck is fan shaped, coarse grained muscle that is removed as one clean piece.

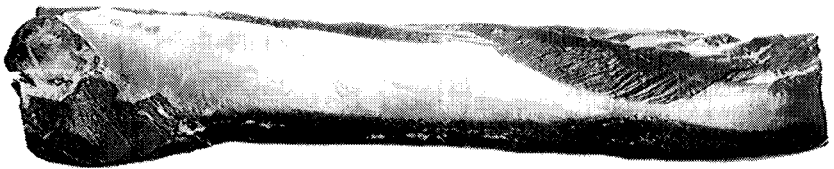
Expose all bones, including the shoulder blade, by trimming the overlaying muscles.

Joint each bone carefully from shoulder to leave 3 major muscles, blade, bolar and trout.





Standard Tenderloin



Striploin (Boneless Loin)

PROCESSING TENDERLOIN AND STRIPLAIN (S)

Remove silverskin from outside of tenderloin using sharp long bladed flexible knife, hold knife flat on board and draw tenderloin from side to side taking off silverskin. Repeat process until all silverskin is removed.

Processing striploin is similar to above, but first remove small muscle that overlays striploin silverskin.

Individual steaks are obtained cutting across the grain of meat.

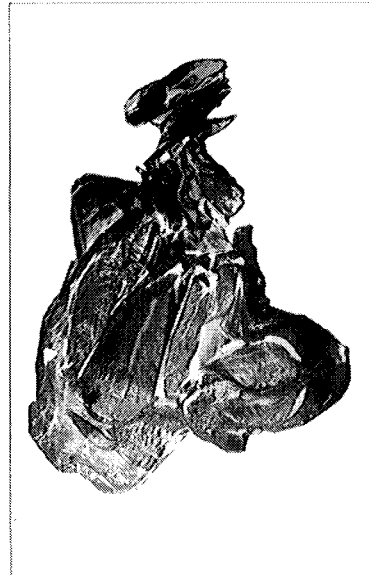
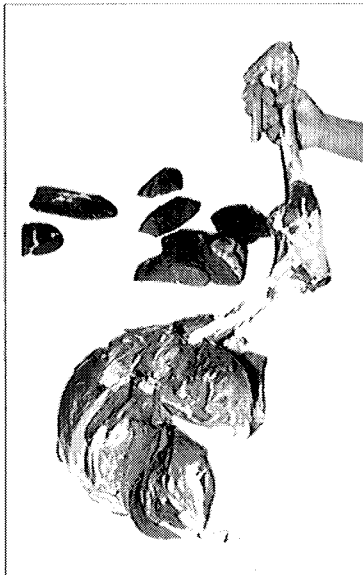


BONE OUT HIND LEG (9)

Knife along bone leading to the ball joint; to remove bone, carefully cut out to expose all main muscles.

Cut off all shank meat as trimmings.

Following natural seam lines of main muscles separate the sub primal cuts.



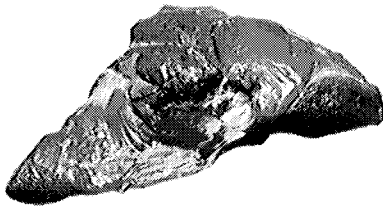
SUB PRIMAL CUTS (10)



Standard Topside Cap Off



Standard Silverside



Standard Rump

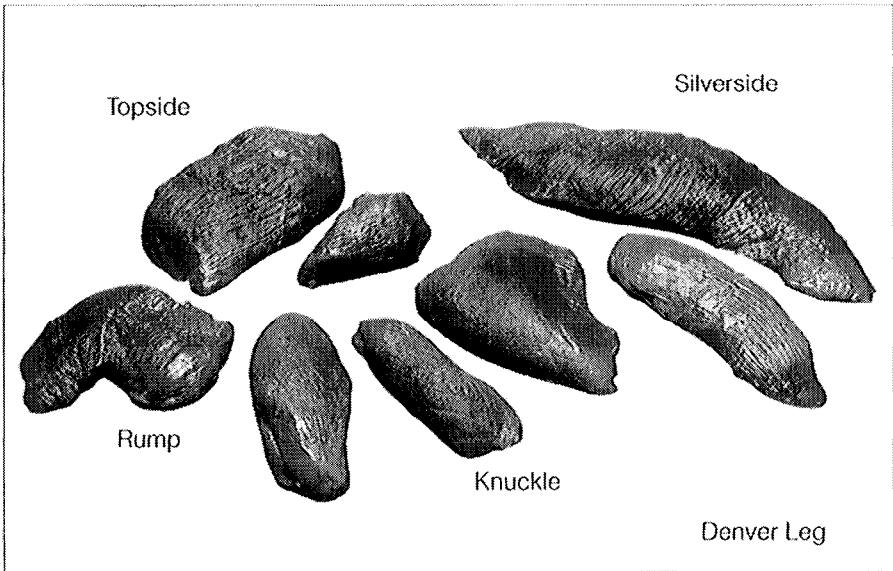
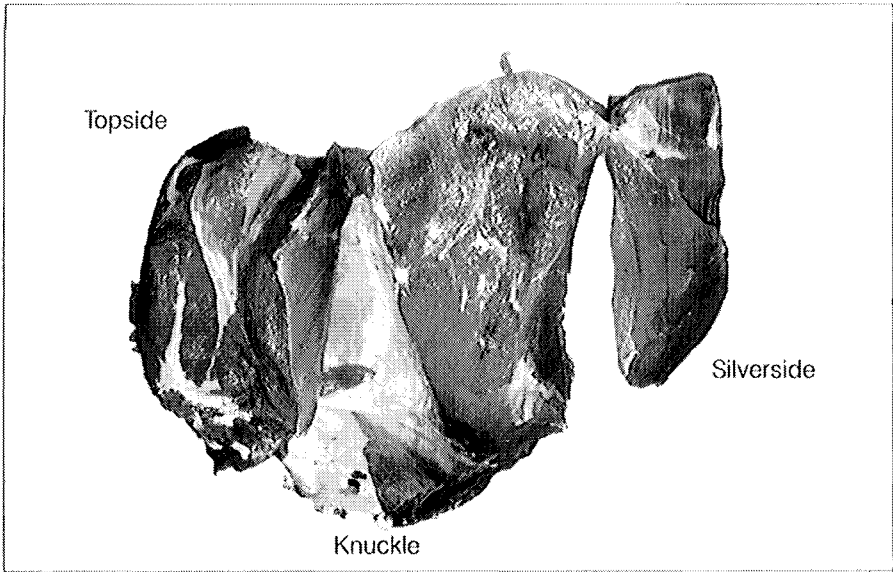


Standard Thick Flank

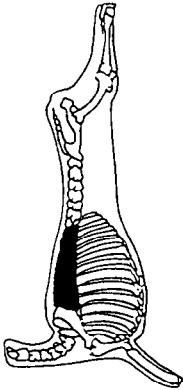
Sub primal cuts are further processed by removal of all silverskin, also any sinews that show should be cut off.

These cuts are collectively known as the denver leg.

THE DENVER LEG

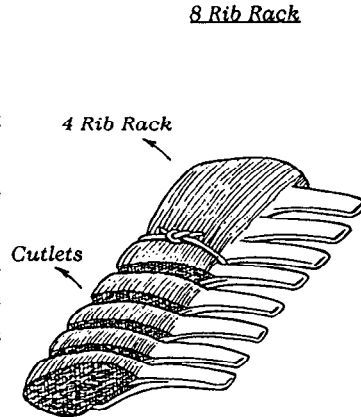


1. THE SADDLE



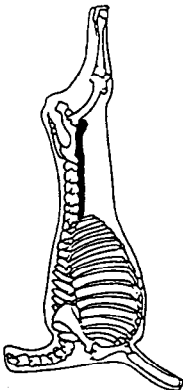
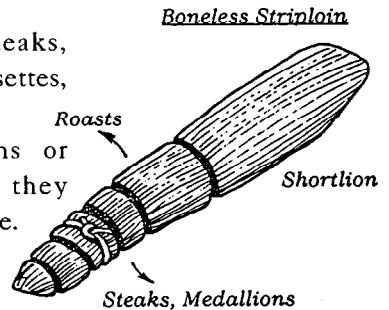
8 Rib Rack

- Step 1 Remove any silverskin.
- Step 2 Scrape remaining meat off cutlett bones.
- Step 3 Leave whole or cut into four rib racks or cutlets.
- Step 4 Tie in between each cutlet bone, so the shape of each cutlet is retained.



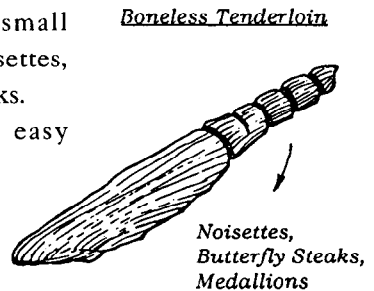
Striploin

- Step 1 Cut into steaks, medallions, noisettes, or roasts.
- Step 2 Tie medallions or noisettes, so they retain their shape.



Tenderloin

- Step 1 Remove any silverskin.
- Step 2 Cut into small medallions, noisettes, or butterfly steaks.
- Step 3 Skewer for easy handling.



PREPARING CUTS

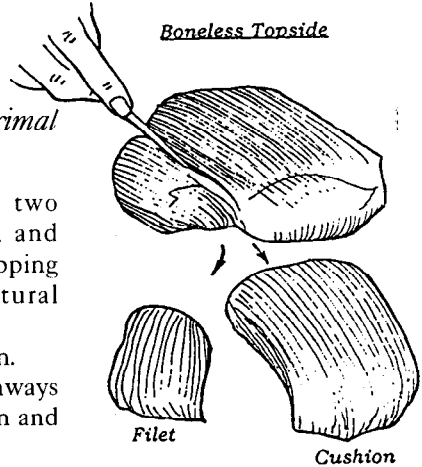
2. HIND LEG

Breaking Down the Sub-Primal

Topside

Step 1 Separate into two pieces; cushion and side fillet, by slipping knife down natural seam.

Step 2 Remove silverskin.
NOTE Grain runs lengthways along the cushion and side fillet.

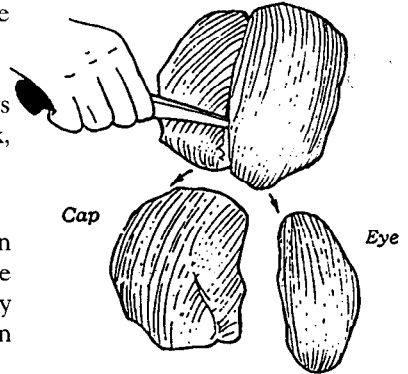


Thick Flank or Knuckle

Step 1 Separate into two pieces: cap and eye of flank, by slipping knife down natural seam.

Step 2 Remove silverskin.
NOTE Grain runs lengthways along the eye of flank, and across the cap.

Boneless Knuckle

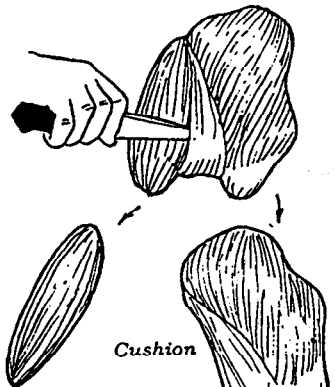


Silverside

Step 1 Separate into two main pieces: cushion and eye of silverside, by slipping knife down natural seam.

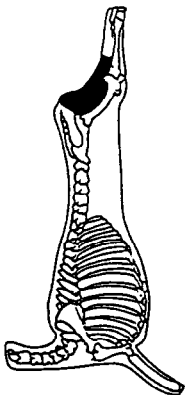
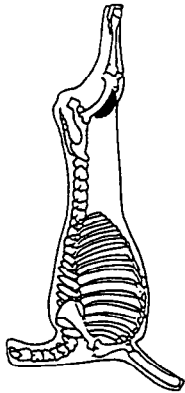
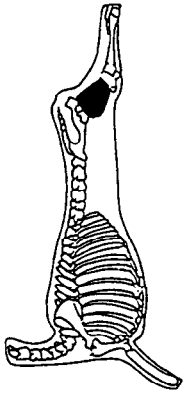
Step 2 A small triangular muscle runs between the cushion and the eye, and should be separated by slipping knife down natural seam. This is best used as trim.

Boneless Silver-side



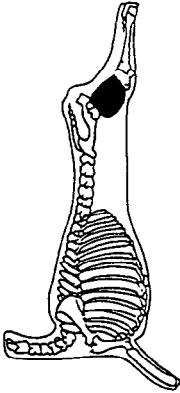
Step 3
NOTE

Remove silverskin.
Grain runs diagonally across the cushion, and lengthways along the eye of silverside.



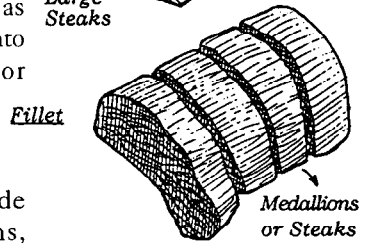
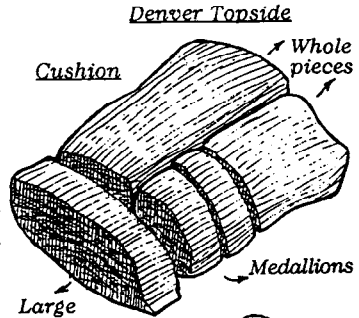
PREPARING DENVER LEG

Topside

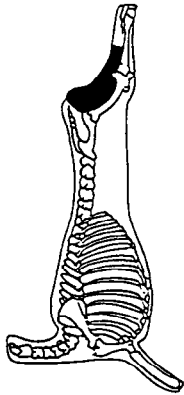


Step 1 Cut side fillet into steaks, medallions, or leave as whole roast.

Step 2 Cut cushion into large steaks. Alternatively, slice through middle of cushion down length of grain, trim hard edges of pieces, and leave as whole roasts, or cut into medallions or noisettes.

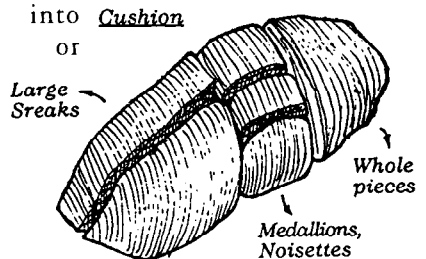
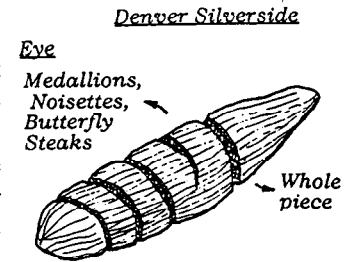


Silverside

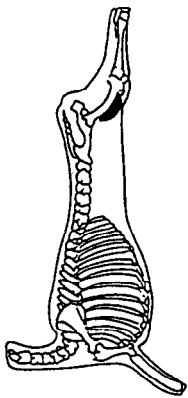


Step 1 Cut eye of silverside into medallions, noisettes, butterfly steaks, or leave as whole roasts.

Step 2 Slice cushion down middle along the diagonal grain, then cut across the grain into long steaks. Alternatively, slice cushion into smaller equal-sized pieces along the diagonal grain, trim hard edges, then cut into medallions or noisettes.



PREPARING DENVER LEG



Thick Flank or Knuckle

Step 1 Slice cap into even pieces along the grain, trim the hard edges, then cut into medallions or butterfly steaks, or leave as whole roasts.

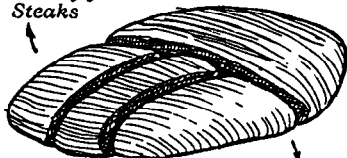
Step 2 Cut eye of knuckle into steaks.

Note Small seam of silverskin which runs two thirds of the way down the middle of the eye of flank does not need to be removed.

Denver Knuckle

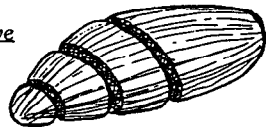
Cap

*Medallions,
Butterfly
Steaks*

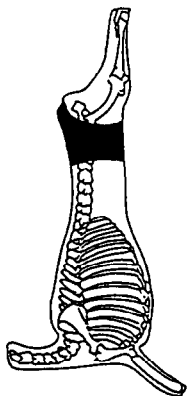


Whole Pieces

Eye



*Steaks,
Medallions*



Rump

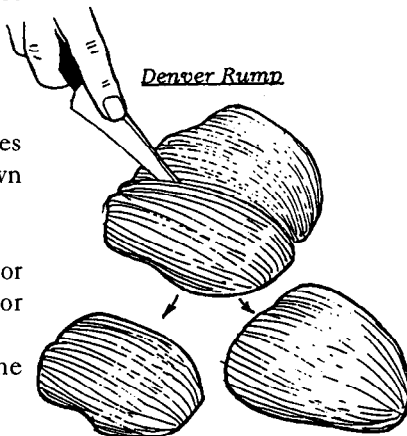
Step 1 Separate two muscles by slipping knife down natural seam.

Step 2 Remove silverskin.

Step 3 Leave as mini roasts, or cut into noisettes or butterfly steaks.

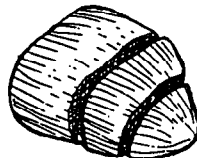
Note Grain runs along the muscles

Denver Rump



Whole Piece

*Medallions,
Noisettes,
Butterfly Steaks*



Uses for Trim from Saddle and Hind Leg Cuts

Use any trim from saddle or hind leg cuts for satays, stir fry, steak tartare, sausages, meatballs, burger patties, stroganoff, pies, or terrines.

New Zealand farm-raised Venison is a naturally healthy food, low in fat, calories and cholesterol, and high in food value, as is shown in the following table:

NATURALLY HEALTHY NEW ZEALAND VENISON

	Venison <i>leg cut</i>	Beef Tenderloin	Chicken Breast <i>no skin</i>	Salmon broiled
Calories	139	174	140	140
Fat (gm)	5	8	3	5
Cholesterol (mg)	62	72	72	60
Protein (gm)	22	24	26	21

Source: US Department of Agriculture and ESHA Research, analysis of Venison by the National Food Laboratory (Based on 3oz cooked portions)

However, like any other meat, it must be handled and stored carefully.

THE IMPORTANCE OF FOOD SAFETY

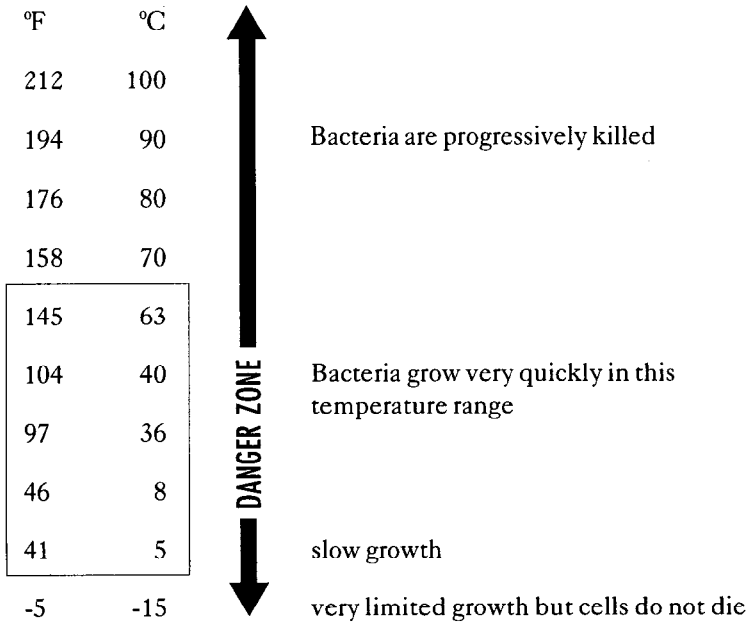
An outbreak of food poisoning can severely damage your reputation as a host! Good food sanitation practices cannot be underestimated.

Food borne illnesses can occur up to about five days after eating contaminated food. The common symptoms are stomach aches, vomiting and diarrhoea.

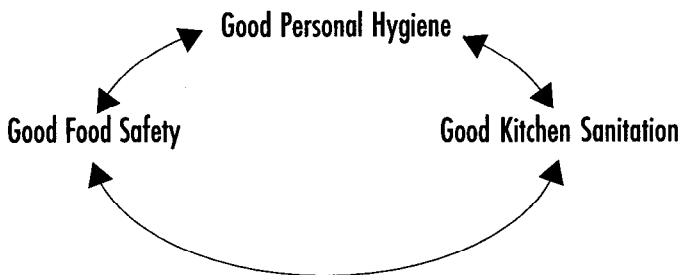
Food borne illness is caused by micro-organisms commonly called bacteria. There are many different types of bacteria, some are beneficial such as those used for making cheese and yoghurt. However there are some types that can cause illness, and these are often transmitted to people via food, water, beverages, or other people.

To multiply, bacteria need time, warm temperatures, and the right type of food, especially meat, seafood, poultry, sauces, gravies, reheated foods, milk and egg products. They do not grow well in acidic or cold environments.

THE EFFECTS OF TEMPERATURE ON BACTERIA



Guard against food borne illness by following good sanitation practices:



Always apply recommended food safety practices when preparing and enjoying venison. These include:

GOOD PERSONAL HYGIENE

- wear clean clothes, aprons, etc

Wash your hands thoroughly

- before handling food
- after handling raw food
- when changing jobs in the kitchen
- after blowing your nose, sneezing or smoking

GOOD KITCHEN SANITATION

- Keep the kitchen clean
- Use different chopping boards, knives and utensils for raw and cooked food (or thoroughly wash them between uses)
- Always use clean dishes, utensils and cloths
- Store all food in clean containers
- Keep refrigerators and chillers clean
- Make sure there are no flies, rodents or cats in the kitchen
- Use approved sanitisers and detergents in their correct strength

FOOD SAFETY PRACTICES

GOOD FOOD SAFETY

- Store raw food below cooked food in the refrigerator, so there is no chance of it dripping onto other food
- Store and serve food in clean containers and plates
- Serve hot foods piping hot and cold foods cold
- Store all perishable foods in the refrigerator or chiller

STORAGE

Fresh Chilled

Remove venison from bag or other packaging and place in a clean container. Allow the meat to stand for 15-20 minutes to regain its natural red colour then store in the refrigerator either

- brushed with oil and covered with plastic wrap
- coated with dry spices and covered with plastic wrap or
- covered loosely with a clean damp cloth.

The venison will retain its eating quality for up to two days when stored using one of these methods.

Note that the colour may darken over time, which occurs naturally due to exposure to air.

If the venison is bought or stored in a vacuum bag, it will keep unopened for up to two weeks in most home refrigerators at 4°C (39°F) and for up to 14 weeks from date of packing in commercial refrigerators or chillers if held at constant temperatures of -1°C±0.5°C (29.5 to 31°F).

Frozen

Venison keeps in the freezer for up to two years if held at a constant temperature of -18°C (0°F) or below.

Allow 24 hours to thaw large packs in the refrigerator (approximately 1-2 kgs or 2-4lbs). Once defrosted take the meat out of its packaging and let it stand for a few minutes, to allow its natural red colour to return.