



Spiced Venison Pot Roast

(use shoulders, breast or legs)

For 6 to 8 Servings

ONOWAY
FISH & GAME ASSOCIATION

- 5 lb Venison, desired cut
- 1 oz Fat
- Salt
- Pepper
- ½ cup Onions, chopped
- 2 tbsp Vinegar
- 1 cup Sour milk or Buttermilk
- 1 cup Water
- 2 Cinnamon sticks

Instructions:

Put meat in pan and cook until brown in its own fat or in fat added. Add salt, pepper, onions, vinegar, sour milk, water, and cinnamon sticks. Cover tightly and heat to boiling point. Reduce heat and simmer on top of stove or in slow oven 300 degrees F. for 2 hours or until meat is tender, turning meat 2 or 3 times while cooking. Add small amounts of liquid as needed. Remove from pans. Slice in thin slices across grain of meat.