

Venison Swiss Steak (About 4-5 Hours)

1-2 pounds of venison steaks (sliced fairly thin)
¼ cup flour
¼ teaspoon pepper
1 teaspoon salt
½ teaspoon dried mustard
½ teaspoon Cajun seasoning (optional)
2 Tablespoons olive oil
2 pats of butter
½ teaspoon minced garlic
1 Tablespoon sugar
1 bay leaf
1-2 large onions
1 green pepper-sliced (optional)
8 oz mushrooms (optional)
5 fresh tomatoes, peeled & sliced up (or a large can of stewed tomatoes)
1 large can of tomato sauce
1-2 cups water (depending upon how thick you like gravy)

Note: For skillet—use a pot or skillet that can be placed in the oven—no plastic handles.

Combine flour, salt, pepper, dry mustard & Cajun seasoning and shake it up in a 1 gallon plastic storage/freezer bag with the meat (save excess flour/spices).

In a large skillet/pot, brown the meat on both sides in garlic, butter & olive oil. Add remaining flour/spices mixture after browning the meat.

Top with sliced onion, tomatoes, and tomato soup & water (or tomato paste & water). Add bay leaf. Sprinkle with sugar. Stir it up and bring to a simmer on stovetop while preheating oven to 300 degrees.

Cover skillet/pot and place in oven for 2 hours at 300 degrees.

After 2 hours, add green peppers and mushrooms. You may add more water if needed.

Reduce heat in oven to 200 degrees and leave in oven for another 1.5 – 2 hours.

Goes well with mashed potatoes and Pillsbury Grands oven rolls.

www.fishwildthing.com/recipes.html