

# GOURMET gone WILD

## Venison Pasty

Yield: 10 medium pasties



### Dough Ingredients:

3 cups flour  
1-½ teaspoon salt  
¾ teaspoon baking powder  
1 cup shortening  
1 cup water  
1 tablespoon apple cider vinegar  
1 cup ice

### Filling Ingredients:

1-½ pounds venison roast, trimmed (reserve trimmings)  
1 rutabaga, peeled and diced into ¼-inch cubes  
1 parsnip, peeled and diced into ¼-inch cubes (reserve peelings)  
1 turnip, peeled and diced into ¼-inch cubes (reserve peelings)  
¼ cup celery root, peeled and diced into ¼-inch cubes (reserve peelings)  
2 cups sweet potato or winter squash, peeled and diced into ¼-inch cubes (reserve peelings)  
1 medium yellow onion, diced  
4 cloves garlic, minced, divided  
2 teaspoons fresh rosemary, chopped  
2 teaspoons fresh sage, chopped  
2 teaspoons fresh oregano, chopped  
2 teaspoons fresh thyme, chopped  
Salt & pepper blend  
1 cup lard, goose fat or duck fat, divided  
2 tablespoons butter  
3 tablespoons flour  
2 cups beef or venison stock  
½ cup Madeira wine, divided

### Directions:

Sift flour, salt, and baking powder together in a bowl. Crumble in the shortening and mix by hand until loosely combined being careful not to over-mix. In a separate bowl, mix ice and water together and stir to thoroughly chill water. Measure out ¾-cup chilled water and mix into dough

by hand being careful not to over-mix. Set dough aside in a bowl and place in refrigerator for 2 to 24 hours.

Flour cooking surface and roll out dough to ¼-inch thickness. Cut 5-inch diameter circles out of dough. Hold dough circles in cooler until ready to fill.

Dice venison into ¼-inch cubes and sprinkle with salt and blended pepper.

In a large bowl, combine half of the yellow onion, venison trimmings, vegetable peelings, and 2 cloves of garlic. Warm ½ cup lard in a shallow stock pan. Add the trimming and peeling mixture and sauté for 5 minutes or until onions become translucent. Turn off heat and add ¼ cup Madeira wine to trimmings and vegetable mixture. Sauté for 2 minutes. Add the stock and reduce the liquids over heat by half. Strain off and discard the solids and reserve liquids for later.

In a large sauté pan, heat ¼ cup of lard until sizzling hot. Add the diced venison roast and sauté quickly — browning, but only partially cooking, all meat. Remove venison from pan and cool to room temperature. Add another ¼ cup lard and sauté all of the diced vegetables, plus the second half of yellow onion and 2 cloves of garlic in the same pan. Season with salt and pepper. Cook vegetables to al dente. Remove vegetables from pan and cool to room temperature. Turn off heat and add ¼ cup Madeira wine to pan and reduce over heat. Melt in butter and stir in flour sautéing for 1 minute — be sure to scrape all browned bits from bottom of sauté pan. Add the liquids from earlier. Simmer and reduce until the liquids are nearly gravy consistency. Remove gravy to a bowl and cool to room temperature.

Mix all the cooled venison, vegetables and gravy together. Remove pasty dough circles from the refrigerator and fill half the circle with pasty mixture. Fold over the dough and pie roll the edges together. If necessary, crimp the edges together with a fork. Filled pasties can be baked immediately or frozen until needed.

To bake fresh pasties, preheat oven to 400° F. Bake 15-20 minutes or until golden brown.

To bake frozen pasties, preheat oven to 375° F. Bake 20-25 minutes or until golden brown.

**Tip:**

For a crispier crust, brush pasties with an egg white wash.