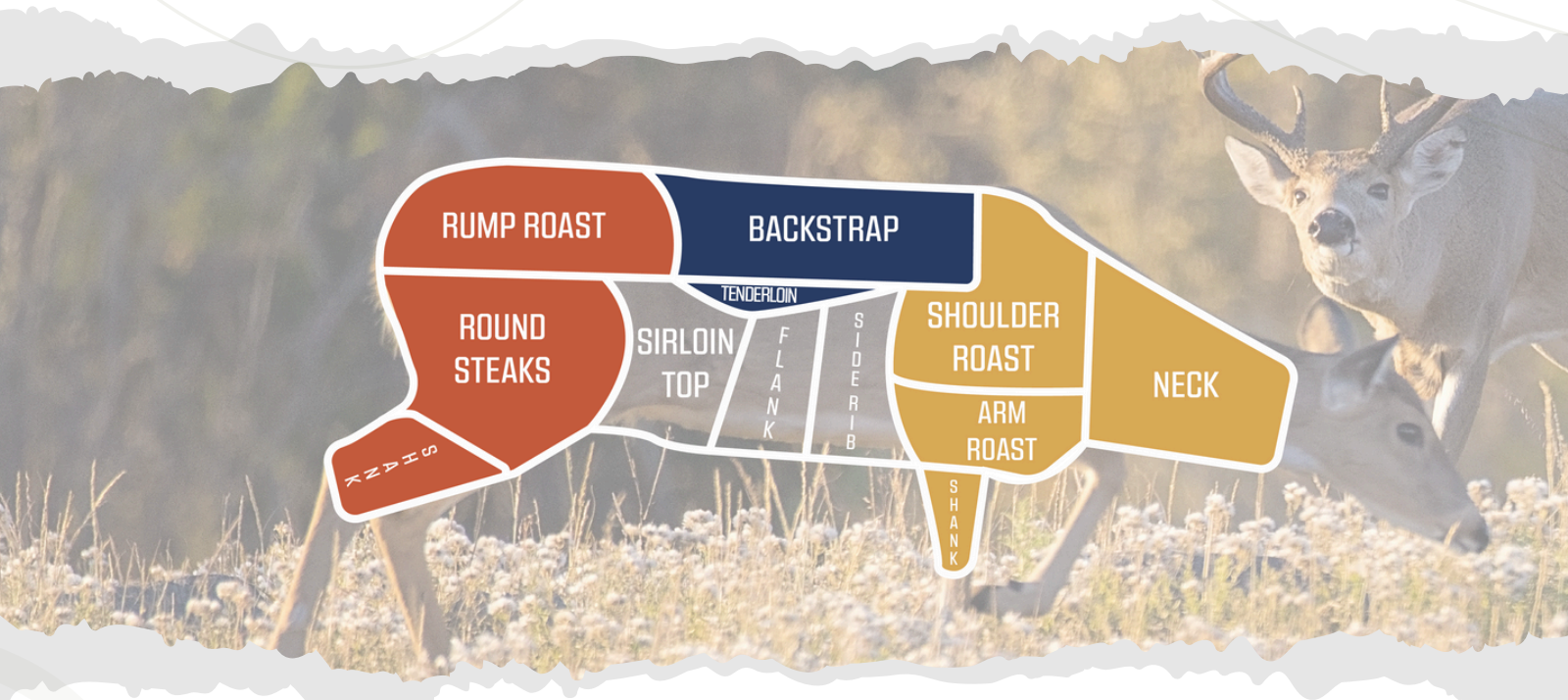


BASIC CUTS OF A DEER



BACK STRAPS & INNER TENDERLOINS

These two are grouped together because they are typically cooked the same way.

- Remove the silver skin from the backstraps.
- Cook backstraps like steak, but avoid cooking them beyond medium since they have little fat.
- Marinate half a backstrap in your favorite marinade for two days.
- Grill to an internal temperature of 135°F, let rest, and slice ¼-inch thick across the grain.
- Sprinkle slices with coarse-ground steak seasoning.
- Sauté the inner tenderloins with garlic, butter, and seasonings.
- Slice backstraps thinly and tenderize as you would for beef.

HIND QAURTERS

Hind quarters are larger than front quarters, with bigger muscle groups that allow for more versatility.

- Remove the hind quarters at the hip's ball-and-socket joint and separate the leg into individual muscle groups.
- Wrap each muscle separately for future use.
- Remove the silver skin before cooking.
- Slice ½-inch thick, tenderize, and fry for chicken-fried steaks.
- Slice thinly to make jerky.
- Cook whole as a roast.
- Cube for stew meat.
- Cut ¾-inch thick across the grain and grill to 135°F.
- Slice into strips for fajitas.
- Thinly slice for Asian dishes like Mongolian beef.

FRONT SHOULDERS

These cuts often have connective tissue and may show damage or hemorrhaging from bullets or broadheads.

- Trim away all damaged meat.
- Separate the shank at the elbow and slow-cook it whole with the bone in, like a roast.
- Cut boned-out meat into chunks for stew.
- Remove the meat from the bone and use it for grinding.

TRIMMINGS

Use leftover trimmings that aren't suitable for steaks or roasts for grinding.

- Ground venison works well as a substitute for ground beef.
- Purchase an affordable grinder online or have a local processor grind and package it for you.
- Grind venison coarsely and very lean for chili.

