

Venison Steak with Peppers and Onions

Savannah · 30/09/2024



Prep Time

2 hrs

Difficult

Medium

Servings

2 hrs 30 mins

Description

This steak peppers and onions dish is my brothers recipe Ive always been loathe to eat food made with venison which I call Bambi but I couldnt resist the smell of this delicious meal My brother brings this out at football watching parties but denies it is venison until after the taste test Serve with rice or noodles

Ingredients

- - 2 ½ tablespoons beef broth - 2 ½ tablespoons dry sherry - 4 teaspoons soy sauce - 1 teaspoon salt - ¼ teaspoon ground white pepper - 1 pound lean venison
- cut into thin strips - 1 teaspoon sugar-based curing mixture (such as Morton Tender Quick) - 2 teaspoons steak seasoning - 1 onion
- halved and sliced - 3 bell peppers
- sliced into thin strips - 2 tablespoons vegetable oil - 1 tablespoon cornstarch

Instructions

1. In a medium bowl
2. stir together beef broth
3. sherry
4. soy sauce
5. salt
6. and pepper. Season meat with curing salt and steak seasoning. Then place it in the bowl with marinade. Cover and refrigerate for 2 to 3 hours. Heat one tablespoon of oil in a large skillet over medium-high heat. Use tongs or a slotted spoon to transfer venison to the skillet
7. reserving marinade. Cook and stir until browned and cooked through
8. 3 to 5 minutes
9. depending on the size of your pieces. Remove to a clean bowl. Heat remaining tablespoon of oil in the same skillet over medium-high heat. Add onion and bell pepper strips; cook and stir until starting to become tender
10. 2 to 3 minutes. Remove them from the pan and place them in the bowl with meat. Dissolve cornstarch in 2 tablespoons of the reserved marinade. Pour the rest of the marinade into the skillet. Bring to a boil
11. then simmer over medium heat for a minute. Stir in cornstarch slurry and continue to cook
12. stirring slowly until thickened
13. about 1 minute. Return meat and vegetables to the skillet and stir until coated with the sauce. Transfer to a serving dish. Tips My brother usually puts this into a glass baking dish
14. and keeps it warm in the oven covered with aluminum foil.