

Venison Steak

This Recipe made four 6 oz venison Steaks, with enough brine to do a few more steaks



Ingredients

1.5 lb venison steak or loin

Brine Ingredients

½ gal water

½ cup soy sauce

¼ cup brown sugar

2 tbsp kosher salt (optional)

Rub Ingredients

1 tbsp pepper

1 tbsp paprika

1 tbsp garlic powder

½ tbsp onion powder

Directions:

1. Trim the meat into 5-6 oz portions to help cook and freeze dry. Fat does not freeze dry well and can turn rancid over time. Trim as much fat as possible.
2. Freeze the meat solid prior to freeze drying. This is important for raw meat to reduce potential bacterial activity.
3. Freeze dry (my cycle time was 54 hours). Break a piece open and ensure there are no cold spots.
4. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

1. Mix the brine ingredients thoroughly in a large container. Submerge the meat completely in the brine, ensuring full coverage. Cover the container and refrigerate overnight.
2. Prepare the dry rub and store it in an airtight container until ready to use.
3. Remove the meat from the brine and place it in a colander, allowing excess liquid to drain for a few minutes. Pat dry with paper towels. Apply the seasoning rub.
4. Lightly coat all sides of the meat with olive oil. Generously apply the rub, covering all sides.
5. Preheat your smoker to 200°F. Place the meat in the smoker and cook slowly until it reaches an internal temperature of 140°F.
6. Remove the meat from the smoker, cover it loosely with foil, and let it rest for 10 minutes before slicing and serving.

Notes:

Remember that this is RAW meat. Once rehydrated, treat the meat like fresh raw meat and refrigerate or cook immediately.

When cooking, always use a food thermometer to ensure the meat reaches a safe internal temperature rather than relying on its color. Freeze drying can alter the internal appearance of the meat, making it an unreliable indicator of doneness compared to cooking fresh meat.

Nutritional Value Per 6 oz

Calories: 200 Protein: 42 g Fat: 4 g Carbohydrates: 0 g Sugar: 0 g Fiber: 0 g