

# Deer Stir-fry

## DESCRIPTIONS

Tenderloin or thinly sliced hindquarter muscles will work just fine as long as you don't cook them past medium-rare.

4 servings

1 1/2 pounds venison tenderloin, silver skin removed and meat slice into 1/4 inch medallions  
2 tablespoons peanut or vegetable oil  
1 teaspoon fresh gingerroot, peeled and minced  
4 garlic cloves, minced  
1/4 cup low-sodium soy sauce  
1/3 cup beef broth  
1/4 cup rice vinegar  
4 green onions, chopped  
2 cups mushrooms, halved  
2 tablespoons cornstarch mixed with equal part cold water  
2 cups snow peas, strings removed  
2 large tomatoes, each cut into 8 wedges  
1 1/2 cups bean sprouts  
2 cups warm cooked rice

## INSTRUCTIONS

Heat oil in a wok or large skillet over high heat. Add venison and stir-fry for 1 – 2 minutes, remove venison from pan. Add ginger and garlic to pan and cook 30 seconds. Add soy sauce, beef broth, rice vinegar, green onions and mushrooms. Heat to a boil and then cook for 2 minutes. Stir in cornstarch mixture, a little at a time to thicken sauce (you may not need all of the cornstarch). If sauce gets too thick, thin with additional beef broth or soy sauce. Stir in snow peas and return venison to pan. Cook for 1 minute more. Gently fold in tomato and sprouts and cook for 30 seconds to warm. Spoon over warm rice.