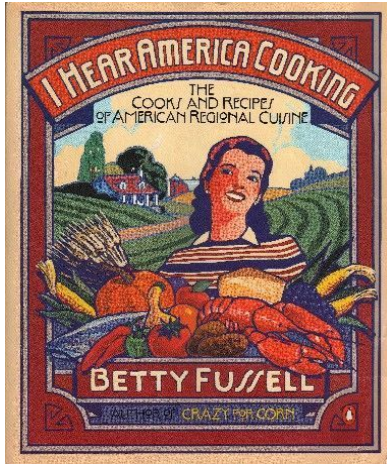


Bones are a must to flavor the "cheaper" cuts of venison. Bones cooked in the broth also supply calcium, phosphorus and many other important minerals.

## VENISON AND CORN STEW



You might be surprised to find bones on the ingredient list, but in *I Hear America Cooking*, author and scholar Betty Fussell explains. "Because they are close to their food roots, Indians know that bone is more important to flavor than flesh is. Venison tastes most itself not as a costly loin roast but as chopped shoulder, neck, and shank, in a mix of meat and bone." Bones are a must to flavor the "cheaper" cuts of venison. Bones cooked in the broth also supply calcium, phosphorus and many other important minerals. Used by permission of Betty Fussell from *I Hear America Cooking*.

- 1 cup dried corn kernels
- 2 cups water
- 1/2 cup chopped beef suet, deer suet or lard
- 3 pounds venison stew meat
- 2 pounds deer bones
- 3 large onions, chopped
- 3 cloves garlic, minced
- 4 green chiles, roasted, seeded, and chopped
- 4 cups beef or venison broth

Cover corn with 2 cups water, bring to a boil, boil 1 minute, and remove from heat. Cover pot and let sit for an hour.

Cut meat into 1-inch cubes. Heat the suet or lard in a heavy cast-iron pot. Sear the meat along with the bones, and when they are browned, remove and put aside. Sauté onions and garlic in the same

pot until onions are translucent. Add the chiles and remaining seasonings.

Return the meat and bone to the stew pot. Add the corn with its liquid. Add beef stock to cover. Bring mixture slowly to a simmer and simmer gently until meat and corn are both tender, about 1 1/2-2 hours. Remove bones and serve. Serves 6.