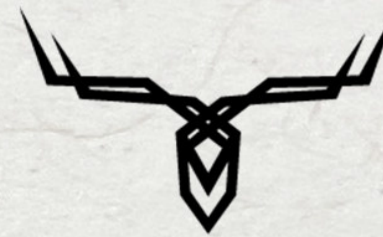


# SOUS VIDE & SEARED VENISON BACKSTRAP



**TROPHY**  
PROPERTIES AND AUCTION  
LAND | RECREATIONAL | RESIDENTIAL

MEAT: VENISON

TOTAL PREP TIME: 85± MIN

DIFFICULTY: BEGINNER

CHEF: JASON CLEVELAND



## INGREDIENTS

- VENISON BACKSTRAP
  - BUTTER
  - SOYSAUCE
  - BROWN SUGAR
- NOTE: YOU WILL NEED A SOUS VIDE AND A GRILL TO BE ABLE TO COOK THIS RECIPE**

## PAIRS WELL WITH

**THIS IS A GREAT ANCHOR TO A MEAL THAT CAN GO WELL WITH ANYTHING! BUT HERE ARE SOME IDEAS:**

- AN ACIDIC WINE
- ROASTED VEGETABLES
- WILD RICE
- MORELS MUSHROOMS
- CHANTERELLE MUSHROOMS
- GARDEN SALAD

## COOKING INSTRUCTIONS

1. PREP YOUR VENISON BACKSTRAP BY TRIMMING OFF THE SILVER SKIN AND ANY CONNECTIVE TISSUE THAT YOU DO NOT WANT TO REMAIN ON THE MEAT. LEAVING THESE ON THE BACKSTRAP CAN CAUSE IT TO TASTE "GAMEY".
2. PREP YOUR MARINADE/GLAZE BY MIXING EQUAL PARTS BUTTER, BROWN SUGAR, AND SOY SAUCE IN A SMALL POT OVER A LOW HEAT. THIS WILL BE USED TO MARINADE THE MEAT DURING THE SOUS VIDE AND AS A GLAZE WHILE SEARING THE MEAT.
3. PREP THE WATER AND SOUS VIDE, TARGET A TEMPERATURE OF 120-125 DEGREES.
4. PLACE THE PREPPED BACKSTRAP IN A PLASTIC BAG WITH THE MARINADE, JUST ENOUGH TO COAT ALL THE MEAT, VACCUM SEAL IF YOU WANT TO BUT IT IS NOT NECESSARY.
5. PLACE BAG IN THE WATER AND LET IT COOK FOR 1± HOUR, IF IT IS NOT VACCUM SEALED, USE A CHIP CLIP TO KEEP THE TOP OF THE BAG OUT OF THE WATER.
6. AFTER 1± HOUR, REMOVE THE BAG FROM THE SOUS VIDE AND PLACE THE BACKSTRAP IN THE FRIDGE FOR A FEW MINUTES TO BRING THE TEMPERATURE DOWN BEFORE SEARING. 20 MINUTES SHOULD BRING THE TEMPERATURE DOWN ENOUGH.

7. PREP YOUR GRILL WITH A HIGH HEAT FOR THE SEAR. REMOVE THE BACKSTRAP FROM THE COOKING BAGS, DOUSE THEM IN THE MARINADE AND PLACE THEM ON THE GRILL.
8. KEEP TURNING AND ADDING GLAZE TO THE BACKSTRAP UNTIL YOU ACHIEVE A GOOD SEAR AND AN INTERNAL TEMPERATURE OF 125± DEGREES.
9. REMOVE FROM THE GRILL, SLICE, PLATE, SERVE, AND ENJOY!

SCAN TO WATCH THE COOKING VIDEO!

