



## Braised Venison Osso Bucco w/ Wheat Berry Risotto & Sautéed Asparagus

### Preparation:

#### Venison Osso Bucco

1. Preheat oven to 350.
2. Cook your bacon over medium high heat in a heavy bottom pot. Once rendered, remove the bacon but leave the fat in the pan. Season your venison shank on both sides with half the pepper and salt. Brown in the bacon fat on both sides for 5-7 minutes per side. Remove.
3. Add carrot, celery and onion to the pan and sweat it off for about 2-3 minutes. Add your garlic and thyme and continue to sweat for another minute.
4. Deglaze your pan with the wine. Let the wine simmer with the vegetables until it has reduced by half, about 10-15 minutes. Add the beef stock, bring to a boil and reduce to medium heat. Reduce until about half, another 10-15 minutes. Add salt and pepper to taste.
5. Add the shank and bacon back to the pot along with the tomatoes. Using a food blender or the back of a spoon, roughly break up the tomatoes. Put a lid on the pot and put it in the oven. Let it cook in the oven for an hour.
6. Take it out of the oven, remove the lid and gently turn the shanks over. Put it back in the oven without the lid for about another 45 minutes to an hour, until the meat is falling off the bone. Serve by spooning the liquid over the shank.

#### Wheat Berry Risotto

1. Start by adding your stock to a large pot and get it simmering over medium heat.
2. Add olive oil to pan along with crushed garlic cloves and red pepper flakes. Cook on low for about 5-6 minutes. Remove garlic cloves and add onions and peppers. Turn heat up to medium and cook until veggies start to soften, about 4 minutes.
3. Add wheat berries to the pan and cook for about a minute to warm. Add white wine to pan and stir until wine is evaporated. Working about 1 cup at a time, ladle stock into wheat berry mixture. Stir well and cook until pan is almost dry, then add another cup.
4. It will probably take about an hour for the wheat berries to soften up and you'll probably use close to 5 or 6 cups of liquid. Continuous stirring is not necessary like normal risotto.
5. When wheat berries are soft, but still have a bit of a bite to them, remove from heat and serve with a garnish of parsley. You may drizzle some of the remaining sauce from venison shank over wheat berries if preferred.

### Ingredients:

Serves 4

#### Venison Shanks

- 4 thick venison shanks
- 1/3 cup smoked bacon, finely diced
- 1/2 carrot, finely diced
- 1 celery rib, finely diced
- 1 small onion, finely diced
- 3 garlic cloves, minced
- 1/2 cup red wine
- 1/2 cup beef or veal stock
- 1 (16 oz) can plum tomatoes
- 2-3 sprigs fresh thyme
- 2 tablespoons black pepper
- 1 teaspoon Kosher salt

#### Wheat Berries

- 2 cups hard wheat berries
- 3 quarts beef or veal stock, warmed
- 1 onion, fine diced
- 1 red pepper, fine diced
- 1 cup white wine
- 1/2 cup olive oil
- 6 cloves garlic, crushed
- 2 teaspoons red pepper flakes
- 1/2 cup fresh parsley, fine chopped
- Kosher salt, to taste

#### Accompanied with:

Sautéed Lemon Asparagus

#### Venison Nutritional comparison

| Meat                  | Cal | Saturated | Monounsat. | Polyunsat. | Cholesterol | Iron |
|-----------------------|-----|-----------|------------|------------|-------------|------|
| 3 oz lean             |     | Fat (g)   | Fat(g)     | Fat(g)     | (mg)        | (mg) |
| Deer tenderloin       | 127 | 1         | 0.5        | 0.1        | 75          | 3.6  |
| Beef tenderloin       | 185 | 4.3       | 4.6        | 0.4        | 71          | 1.5  |
| Pork tenderloin       | 171 | 2.5       | 2.8        | 0.6        | 80          | 1.2  |
| Chicken breast tender | 249 | 3.2       | 5.8        | 2.6        | 37          | 1    |
| Chicken breast        | 157 | 1.8       | 2.5        | 1.3        | 64          | 1    |

**Estimated Plate Cost: \$5.75-\$6.25**  
**Valued Selling Price: \$17-\$28+**  
**Estimated Food Cost Percentage:**  
**35.3%-21.4% and under.**

