



Venison and Pineapple Stew

- NUTRITION NORTH CANADA -

This tasty Asian-inspired stew can be made on the stovetop, in the oven, or in a slow cooker. The best part is you can make it using deer, moose, or caribou meat. Enjoy it served over rice.

About The Chef:

A culinary arts professor and consultant, cooking show host, and cookbook co-author, First Nation Chef David Wolfman is an internationally recognized expert in wild game and traditional Indigenous cuisine.



Prep time: 30 mins



Cook time: 2½ hours



Serves: 4



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INGREDIENTS

- 1½ lb (680 g) venison stewing meat (deer, moose or caribou neck, shoulder, or chuck)
- ½ tsp (2.5 mL) salt
- ¼ tsp (1 mL) ground black pepper
- ½ tsp (2.5 mL) garlic powder
- ½ tsp (2.5 mL) ground ginger
- ½ tsp (2.5 mL) ground cinnamon
- ½ tsp (2.5 mL) ground mustard
- ¼ tsp (1 mL) ground cloves
- 2 Tbsp (30 mL) coconut oil (or vegetable oil)
- 2 medium onions, diced
- ½ yellow turnip, diced
- 2 cups (500 mL) beef broth
- ¼ cup (60 mL) sodium reduced soy sauce
- ½ cup (125 mL) white vinegar
- ½ tsp (2.5 mL) dried basil
- 1 can (14 oz/398 mL) pineapple chunks, with juice
- 3 Tbsp (45 mL) corn starch
- ¼ cup (60 mL) water
- 1 Tbsp (15 mL) fresh chives, chopped (optional)

Instructions

1. Cut meat into 1" (2.5 cm) cubes and dry with paper towel. In a mixing bowl, season meat with salt, pepper, garlic powder, ginger, cinnamon, mustard and cloves.
2. Heat a large oven-safe pot over medium-high heat and add oil. Once the oil is hot, add the meat to the pot to sear, stirring to brown it really well on all sides. Once browned, lower heat and add the onion and turnip. Cook for 5 minutes.
3. Pour the broth, soy sauce, vinegar, basil, and pineapple juice into the pot, but reserve the pineapple.
4. Cook stew over low heat for 2 hours, covered, stirring occasionally.
5. Stir in the pineapple and raise heat to high. Combine corn starch with water in a cup, stirring to remove all lumps. Pour mixture into the pot and mix to combine. Cover to let cook for 10 minutes.
6. Serve hot. Garnish with a sprinkle of chives, if using.



Oven Variation: Prepare steps 1-3. Then cook the stew in a 375°F/190°C preheated oven for 2 hours. Add pineapple and corn starch and cook for 10 minutes using either the stovetop or the oven (step 5).



Slow Cooker Variation: To preheat, turn slow cooker on high and cover. Sear the meat as above (steps 1 and 2), then transfer to the slow cooker. Add the raw onion and turnip, broth, soy sauce, vinegar, basil, and pineapple juice (step 3) and cook for 5 hours on low heat, stirring once or twice. Add pineapple and corn starch, raise heat to high, and cook for 10 minutes (step 5).



Chill leftover stew for up to 4 days in the fridge. Or to freeze, let it cool, then transfer stew to food safe containers, removing all excess air, and freeze for up to 3 months. When ready to use, thaw stew in fridge overnight and heat to serving temperature (165°F/74°C or higher).