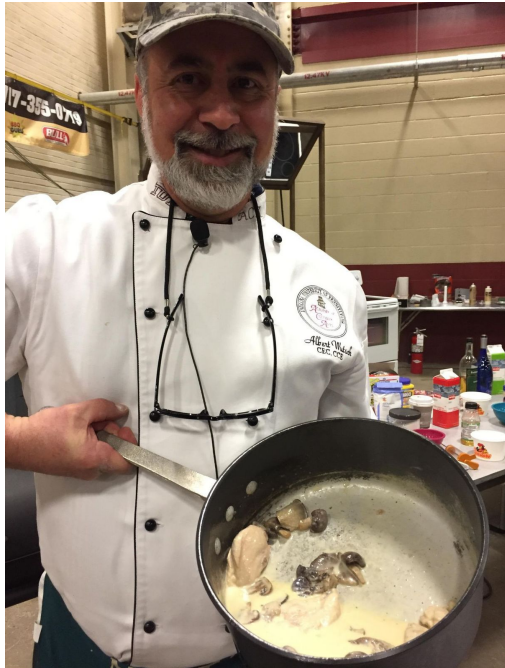


http://www.richmond.com/food-drink/chef-outdoorsman-to-show-how-to-avoid-gamey-taste-in/article_9204174e-039d-5401-90bb-71f89918bef3.html

Chef-outdoorsman to show how to avoid 'gamey' taste in meat

By HOLLY PRESTIDGE Richmond Times-Dispatch Aug 8, 2017



Chef, hunter and outdoorsman Albert Wutsch will hold venison cooking demonstrations and show the best ways to use up venison cuts of meat during the 34th Annual Virginia Outdoor Sportsman Show at Richmond International Raceway Friday, Aug. 11 to Sunday, Aug. 13. The former head of the culinary academy at Indiana University of Pennsylvania, Wutsch now lives in Montana and travels the country showing hunters how to cook everything from deer, elk and bear to rabbits and pheasant.

Albert Wutsch

Venison Pepper Pot Stew

Makes 4 servings

3 tablespoons cornstarch

1 tablespoon smoked paprika

1 tablespoon chili powder

2 teaspoons ground cumin

1 teaspoon each: black pepper, kosher salt and garlic powder

1 ½ - 2 pounds venison shoulder, cubed

1 cup onions, diced large

2 cups potatoes, diced large

Whereas some people hunt for the sport and the experience and a trophy on their wall, Albert Wutsch hunts with an otherwise different result in mind — usually something along the lines of venison sloppy Joes, deeply satisfying pepper pot stews or something much more refined like tender venison au poivre.

Wutsch is an avid outdoorsman and hunter who combines his passion for the outdoors with his culinary skills as a professional chef and cookbook author. The man behind “The Art of Cooking Venison” and “The Art of Barbecuing and Grilling Game,” Wutsch will visit Richmond during the 34th annual Virginia Outdoor Sportsman Show at Richmond Raceway Complex, Friday, Aug. 11, to Sunday, Aug. 13. Wutsch will be demonstrating how to get the most from primal and subprimal cuts of a whole and a half deer, and then cooking a variety of dishes throughout the weekend.

**2 cups red bell peppers,
cut into 1-inch squares**

**1 10-ounce can enchilada
sauce (mild or hot)**

**1 14.5-ounce can diced
tomatoes**

1 pint beef broth

Make the spice blend by combining cornstarch, smoked paprika, chili powder, cumin, pepper and salt and garlic powder.

Cube meat and dredge in spice blend.

Add meat, remaining spice blend, onions, potatoes, peppers, enchilada sauce, diced tomatoes and broth to a pressure cooker. Cover and cook for no more than an hour.

(If cooking in the oven, use an oven-safe skillet with a lid. Once all ingredients are bought to a boil on the stove top, cover and cook in a 350-degree preheated oven for up to an hour and a half, checking at the one-hour mark.)

Chef Albert Wutsch

Venison Sloppy Joes

Makes 4-6 servings

1 tablespoon olive oil

2 pounds ground venison

1 cup onion, minced

1 cup red pepper, minced

2 tablespoons
Worcestershire sauce

1 cup ketchup

1 10-ounce can diced
tomatoes with green chilies

1 6-ounce can tomato puree,
plus more as needed

½ teaspoon ground black
pepper

1 teaspoon kosher salt

½ teaspoon garlic powder

Beef broth, optional, for
thinning sauce if needed

Born in New Jersey and now a resident of Montana, Wutsch is the retired chairman of the Academy of Culinary Arts at Indiana University of Pennsylvania. He now runs Montana-based Cache Creek Enterprises and spends his time traveling the country teaching people to make the most of their hunting trips. He also cooks for hunting camps and outfitters in remote places such as Montana's Spotted Bear and Bob Marshall Wilderness areas.

Wutsch says his goal is to encourage people to properly cook everything from deer, bear and elk to rabbits, pheasants and ducks. He said that starts by teaching the fundamentals of the animals — properly dressing the animal in the field, knowing fat content, tender and tough muscles and various cuts — and using that knowledge to ascertain the right way to cook the meat to avoid the dreaded “gamey” taste.

“My whole purpose is to teach people to prevent it from being gamey,” Wutsch said. His demonstrations include lessons on cooking methods, such as braising and sautéing tougher cuts, why cooks should remove the membranes off muscles (keeping it leads to tougher and chewier meat) and what animals and cuts work best for barbecuing (Hint: Bear meat in the winter is fattier, and therefore works well on the grill).

As a chef, “when we’re hunting, I’m telling my friends that I want a specific shot on the animal (because) I’m already talking about how we’re going to cook it before we even shoot it,” he said. “We know what we’re going to do with every muscle.”

But that’s where many hunters go wrong, he said, because many either don’t know where to shoot the animal to maximize cuts for cooking, or they don’t know how to dress the animal once it’s been shot in order to preserve and maximize the meat.

“Poor quality at the cutting board — you can’t fix that,” Wutsch continued. “You can maybe mask it, but you can’t correct it.”

In addition to Wutsch, the show includes demos and meet-and-greet opportunities with duck-calling and retriever-training champions, professional predator hunter Joe Zaffuto, former NASCAR driver Ward Burton, plus trophy deer contests, bow fishing and archery demonstrations, turkey and goose-hunting seminars, a BB gun range, kids’ activities and food.

For details, visit www.sportsmanshow.com.

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In a large sauce pan, heat oil, add the meat and brown. Add onion and pepper and saute until soft, then add brown sugar, Worcestershire sauce, ketchup, diced tomatoes and green chilies, tomato puree, salt, pepper and garlic powder.

Simmer for 30 to 45 minutes, adjusting for taste. For thicker sauce, add more puree. To thin, add water (or broth.) Serve with hot toasted buns.

Chef Albert Wutsch

Venison Au Poivre

Makes 4-6 servings

2 tablespoons cracked black peppercorns

2 pounds tender-cut venison, sliced thin

1/2 cup butter

1/2 cup brandy

1/2 cup sherry

2 tablespoons Dijon mustard

1 tablespoon crushed green peppercorns

1 cup store-bought brown gravy

1 cup heavy cream

Egg noodles or soft polenta, for serving

Rub cracked peppercorns into meat. Over high heat, melt butter in a skillet and sear the meat quickly, stopping at medium-rare stage.

Remove the meat from the skillet and set aside. To the pan, add the brandy and sherry and flambe, then add mustard, green peppercorns, gravy and cream. Turn off heat and add meat back into the sauce.

Serve with egg noodles or soft polenta.

Chef Albert Wutsch

IF YOU GO

34th Annual Virginia
Outdoor Sportsman's Show

When: Friday, Aug. 11 from
1-8 p.m.; Saturday, Aug. 12
from 10 a.m. to 7 p.m.;
Sunday, Aug. 13 from 10
a.m. to 5 p.m.

Where: Richmond Raceway
Complex, 600 E. Laburnum
Ave.

Cost: \$5 on Friday, \$10 on
Saturday or Sunday; 16 and
under are free. Cash only.

Details:
www.sportsmanshow.com/

Holly Prestidge

