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## Venison BBQ

*The meat in this Venison BBQ is meltingly tender thanks, in large part, to a long slow roasting in the oven. I never know how long the venison will take to get tender—my roasting times have ranged from 3-6 hours- so I make it a day before I want to serve it and then reheat it the next day. This BBQ makes great sandwiches but is also wonderful when served on a steaming hot baked potato and covered with a generous sprinkling of shredded local cheddar.*

4 pounds of boneless venison rump roast, trimmed of any sinew or fat and cut into 4 equal pieces  
1 ½ cups Local Folks Foods Catsup ([www.localfolksfoods.com](http://www.localfolksfoods.com) )  
3 cups plain tomato puree, prefer homemade  
2 cups finely diced red onion  
1/3 cup Bourbon Barrel Worcestershire Sauce ([www.goosethemarket.com](http://www.goosethemarket.com))  
1/3 cup red wine or apple cider vinegar  
1/3 cup light brown sugar, packed  
2 teaspoons garlic powder  
2 teaspoons freshly ground black pepper

Preheat oven to 325 degrees.

Place the venison pieces in a 4 quart oven safe roasting pan.

Combine the rest of the ingredients in a large bowl and pour the sauce over the venison.

Cover the pan with a tight fitting lid and roast for 3-6 hours or until the meat is so tender that you can easily shred it with a fork.

Remove the pan from the oven, uncover it, and let the meat rest for 30 minutes before using two forks to shred it. Replace the cover on the pot and let the meat absorb the sauce while it cools for 90 minutes.

Place the meat and sauce into a glass bowl, cover with foil, and refrigerate overnight.

Reheat for use the next day or place in freezer safe containers and freeze for up to 3 months.

Makes 6-8 generous servings.

*Victoria Wessler*

*For more seasonal recipes and information about Indiana local food,  
visit [www.goinglocal-info.com](http://www.goinglocal-info.com) .*