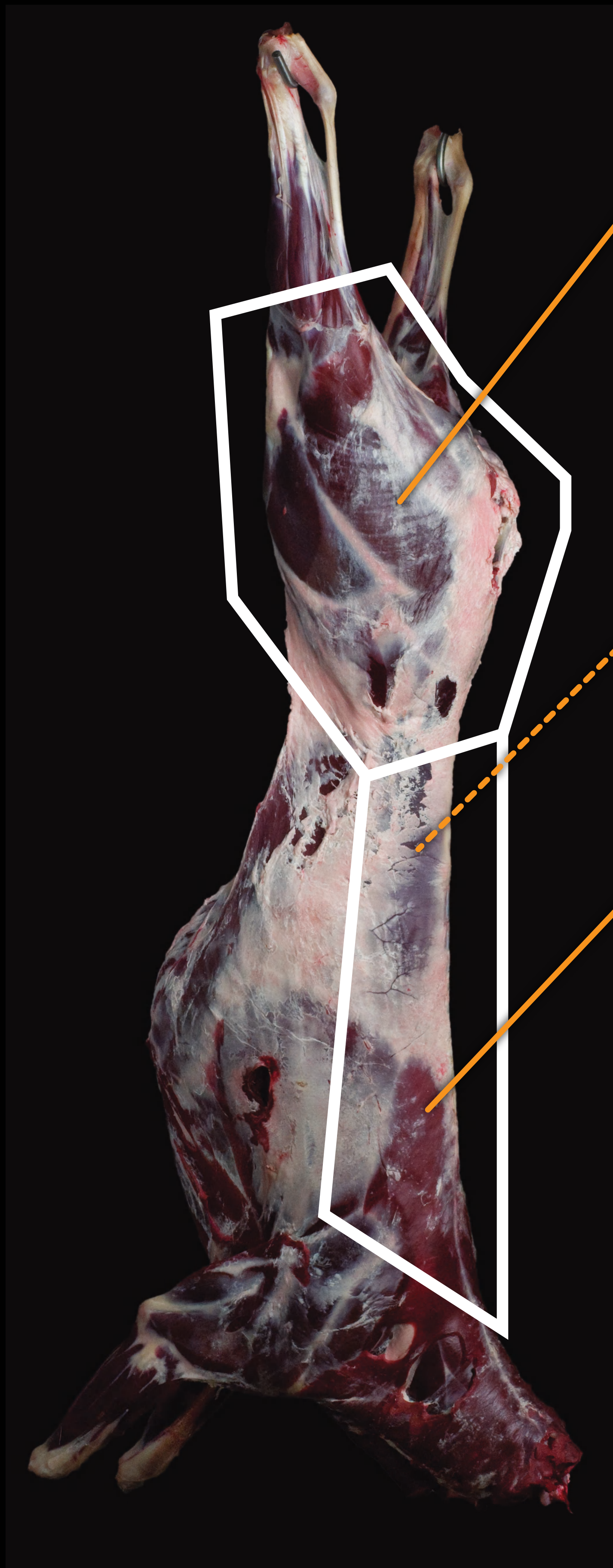
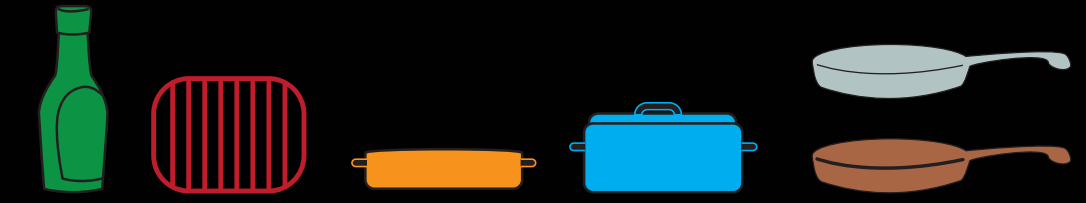


VENISON

cuts and cooking methods



ROUND and SIRLOIN



Cuts: roasts, steaks, e.g., eye of round and bottom round



TENDERLOIN



Cuts: roast, steaks, medallions
(from interior cavity)



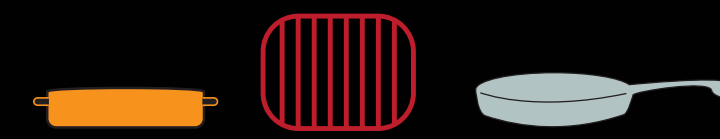
LOIN (BACKSTRAP)



Cuts: roasts, butterflied chops, loin chops



GROUND VENISON



Made from any cut of venison



STEW



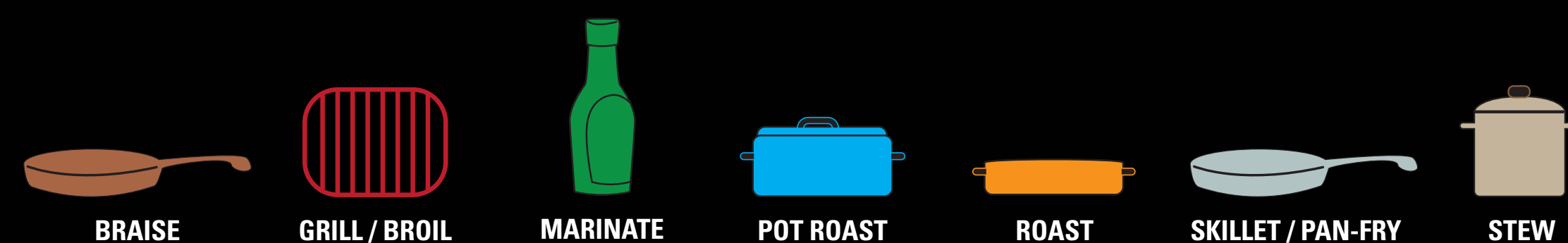
Made from any cut of venison



OTHER CUTS and OPTIONS



Cuts: shank, neck, shoulder roast, fajita strips, jerky



- **This is intended to be a general guide to basic cuts of venison.** Many people may choose to cut their venison differently compared to what is outlined on this diagram. Food safety recommendations will remain the same regardless of fabrication technique.

- Venison can harbor the same foodborne pathogens as other meats. Always use best food safety practices in the kitchen, and be certain to use a meat thermometer to ensure that ground venison has been cooked to an internal temperature of at least 160°F.

- Trimming venison meat away from the ribcage (between ribs) is not recommended for field-dressed deer because the opportunities for pathogen contamination in the carcass body cavity are numerous. Instead, leave the ribcage intact after the backstrap has been removed.

- Lean round cuts are recommended for making whole-muscle jerky. When making jerky, heating thinly sliced cuts of venison to at least 165°F is recommended. This can be accomplished by submerging venison pieces in a hot marinade that is at least 165°F. Underheated jerky has been associated with foodborne illness.