

Cedar Plank Venison Backstrap



Prep Time:

10 min

Total Time:

1 hr

Makes:

8 servings

1 untreated cedar plank (14x7x1 inch)

1/2 cup Barbecue Sauce

1/4 cup teriyaki sauce

1 Tbsp. oil

1 boneless venison backstrap (2 lb.)

IMMERSE the plank in water, placing a weight on top of the plank to keep it submerged. Soak at least 4 hours or overnight.

PREHEAT grill to medium heat. Mix barbecue sauce, and teriyaki sauce until well blended. Remove half of the barbecue sauce mixture; set aside for serving with the cooked meat. Brush plank with oil; top with meat. Place on grate of grill; cover with lid.

GRILL 45 minutes or until meat thermometer inserted into the thickest part of the meat registers 150°F, turning and brushing with the barbecue sauce mixture for the last 20 min. of the grilling time. Discard any remaining sauce used for brushing. Remove meat from grill; cover loosely with foil. Let stand 10 min. until the internal temperature is 160°F. Discard cedar plank. Cut the meat into thin slices. Serve with the reserved barbecue sauce mixture.

UNTREATED cedar planks, which are sold for this purpose, can be found at most specialty food stores or some grocery or hardware stores. During cooking, check periodically to make sure that the plank is not on fire. Since the plank can ignite when exposed to flames, it is best to keep a spray bottle of water close at hand if needed to extinguish any flames.