

Deer Heart Stew in 8 Qt. Pressure Cooker

Ingredients:

4 -5 Deer hearts
Flour
Salt, pepper and paprika
1 ½ Cup Red wine
2 Cups water
1 large onion, chopped
6 Carrots, diced
4-5 potatoes, cubed
1 Cup celery, diced
1 Tsp Thyme
1 Tsp Basil
1 Tsp Marjoram
1 Tsp Dried parsley
1 Cup Beef bouillon

Directions:

Trim wax (fat) off hearts, cut out vessels in top of heart and remove tough tissues. Cut hearts in half and cover with water in pot. Bring to boil. Strain and discard water. Cover with water again and bring to boil. If water is clear with no scum, proceed. If not clear, discard water, cover with clean water, and bring to boil again, strain and discard water. Let hearts cool to touch and cut into ½ inch cubes. Lightly coat cubes with flour seasoned with salt, pepper and paprika to taste. Brown cubes in oil (can add some bacon grease to pan for flavor). Once browned, place in pressure cooker with 1 ½ cup of red wine then remaining water according to pressure cooker recommends amount of liquid. I used an 8 Qt. Cooker so I added 1 ½ cup red wine and 2 cups of water. Covered, set control at 10 PSI and cooked for 15 minutes after control jiggles. Let cool. Add remaining ingredients. Cover, set control at 10 PSI and cook 10 minutes after control jiggles. Reduce pressure instantly. Let cool, open and serve with fresh bread. Makes about 6 –8 servings.

If have more time, you can use a slow cooker. Follow directions prior to putting into pressure cooker and put browned cubes in slow cooker with remaining ingredients, cover and cook on high heat for 4 to 6 hours. Or cook on low heat for 8-10 hours, until tender.