

Creole Venison Stew

(An adaptation of Emeril Lagasse's Venison Stew Recipe)

INGREDIENTS:

- 3 LBS VENISON CUT INTO CHUNKS (ABOUT 1" CUBES)
- 2 CUPS CHOPPED WHITE ONION (OR TWO MED. ONIONS)
- 2 CUPS CHOPPED CARROTS (OR 1 SMALL PKG BABY CARROTS, SLICED)
- 2 CUPS CHOPPED CELERY (OR ONE "BUNCH")
- 2 MEDIUM POTATOES, CHOPPED
- 1 TBS CHOPPED GARLIC
- 2 CANS (14.5 OZ EACH) DICED TOMATOES, DRAINED
- 2 CANS (14.5 OZ EACH) BEEF BROTH, LOW SODIUM
- 1 CUP RED WINE
- 2 BAY LEAVES
- 1 TBS CHOPPED FRESH BASIL (OR DRIED LEAF BASIL)
- 1 TBS CHOPPED FRESH THYME (OR DRIED LEAF THYME)
- 8 TBS OLIVE OIL
- 1/4 CUP FLOUR
- 1/4 CUP EMERIL'S ESSENCE (Store bought or make your own. See below.)

EMERIL'S ORIGINAL ESSENCE RECIPE: *(Makes a bit less than 2/3 cup.)*

- 2 ½ TBS PAPRIKA
- 1 TBS SALT
- 2 TBS GARLIC POWDER
- 1 TBS COURSE GROUND BLACK PEPPER
- 1 TBS ONION POWDER
- 1 TBS CAYENNE PEPPER
- 1 TBS OREGANO
- 1 TBS THYME

(To make only enough for this recipe, substitute teaspoons for tablespoons.)

DIRECTIONS:

- In a 2 gallon ziplock bag, combine the 1/4 cup of flour and the 1/4 cup of Emeril's Original Essence. Put some air in the bag, seal it and shake until mixed.
- Add venison to the bag. Put some air in the bag, seal it and tumble and shake until venison is thoroughly coated with seasoning mix.
- In a large pot, heat olive oil. When the oil is hot, add all contents of the ziplock bag. Sear the meat for 2 to 3 minutes, stirring continuously.
- Add onions and sauté for 2 minutes. Add celery and carrots and sauté for an additional 2 minutes.
- Add garlic, tomatoes, basil, thyme and bay leaves. Deglaze the pot with the red wine.
- Add beef broth, stir and bring to boil. Add potatoes, cover and reduce to simmer.
- Simmer the stew, stirring occasionally, for about an hour or until meat is tender.
- If liquid evaporates too much, add more beef broth and/or water and/or beer. You may also want to add salt and/or pepper and/or more Essence to taste.