

New Hill Educational Mentoring Program

Practical Deer Processing

Facilitating Partners:

R3 TEAM: Recruitment, Retention, Reactivation

R3

- Hunting Specialist
- Angling Specialist
- Skills Development Specialist
- Shooting Specialist
- Wildlife Watching Specialist

GSO REQUIREMENTS:

- **NEVER** Hunted
- **MINIMAL** Experience
- **LACK** Social Support
- **Existing Hunters? "direct & indirect" Mentors!**

Walter "Deet" James Jr CWB®
R3 Hunting Specialist
Email: walter.james@ncwildlife.org
Mobile: 984-202-1387

INTERESTED IN LEARNING ABOUT HUNTING
but don't know any hunters?

Then Getting Started Outdoors (GSO) Hunting Workshops are for you!
 Come learn about the basics of hunting including:

- Hunting skills
- Equipment and strategies
- Wild game processing and cooking

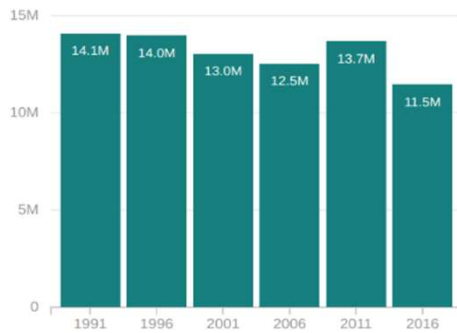
What are GSOs?
 Hunting Workshops meant to address informational barriers to participation for those who are interested in hunting, but don't know how to get started. GSO's are designed to teach new-to-hunting individuals how to hunt via a multi-faceted hunting-related skills and strategies experience.

GSO participant requirements:

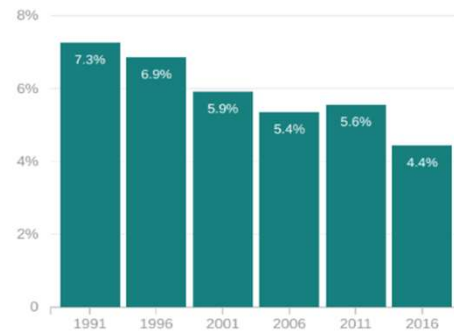
- Individuals that have never hunted or have very minimal hunting experience and lack social support for hunting (i.e., hunting family members and friends).
- Not for existing hunters, or for members of existing hunting groups with experience and social support for hunting already existing.

R3 TEAM: *The WHY behind the initiative*

NUMBER OF PEOPLE WHO HUNT



SHARE OF ADULT POPULATION WHO HUNTS



Notes

Numbers include anyone who went hunting at least once that year. Adult population includes people aged 16 and older.

Source: U.S. Fish and Wildlife Service, U.S. Census Bureau

Credit: Hilary Fung and Katie Park/NPR



OUR R3 TEAM
CANNOT succeed
 without the support
 of our conservation
 partner volunteers!

**INTERESTED IN
 GETTING
 INVOLVED?**

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Seminars Rules of Engagement:

- Seminar Length: **1 Hour**.
- Q&A “following” seminar (**30 min**).
- Questions can be asked any time (*in writing only*).
- Questions **MUST** be seminar specific!!!
- We’ll address as many questions as possible!
- Seminars are being recorded!
- Additional support materials provided via email.

<https://www.ncwildlife.org/>



Let's Get Started Outdoors!



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New to Deer Hunting? NHEMP can help you get started!

Experienced hunters helping to develop the hunting skills of adults who are

- new to deer hunting, and
- lack access to someone that can show them how

Offering free hands-on field days and on-line video conferences

Like us on Facebook and learn more: [www.Facebook.com/NHEMP](https://www.facebook.com/NHEMP)

Phone: (919) 250-8441

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Hunters: Take Aim Against Hunger

- North Carolina Hunters for the Hungry, Inc. (NCHFTH) can help you to take aim against hunger in your community
 - >180,000 meals delivered by NCHFTH in 2019
- It's free and easy to donate deer
 - Find a deer donation site nearest you online at:
<http://www.nchuntersforthehungry.org>
- Thanks to charitable donations that cover processing costs, local food pantries receive ground meat free of charge



Hunters: We Need Your HELP
 Donate Harvested Deer at the Processors Listed below:



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Venison – The Perfect “Red Meat”

Compared to domestic red meats, venison offers:

- Equal or more protein/serving
- Significantly less saturated fat, fewer calories
- More Vitamin B12
- More Iron
- No added hormones, steroids or antibiotics



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Game Meat Need Not Be “Gamey”

- Cool quickly
- Remove and discard bloodshot meat
- Remove fat and silverskin
- Bone out – bone marrow can turn rancid, even in the freezer
- Freeze your meat before cooking
 - Freezing will kill most parasites
 - Easier to slice evenly
- Keep cutting surfaces clean and disinfected
 - Add 3 tablespoons bleach to 1 gallon of water

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Common Skin Abnormalities

- Cutaneous fibromas
 - Hairless benign tumors attached to the skin
 - MEAT CAN BE CONSUMED
- Demodectic mange
 - Hair loss, thickened skin; may see pustules on the skin.
 - No risk for human infestation
 - MEAT CAN BE CONSUMED



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Safe Meat Handling Avoids Risks

- Avoid eating sick or grossly underweight deer
- Wear latex or rubber gloves *that fit you* when processing deer
 - Consider double gloving or adding cut-resistant gloves over latex/rubber
- Avoid handling and do not eat:
 - Brain, spinal cord, spleen, tonsils, lymph nodes (CWD precaution)
- Wash hands and instruments often
 - Before, After, and During meat handling
- Cook all meat to USDA recommended temperatures
 - Especially important when using ground meat, sausage, jerky




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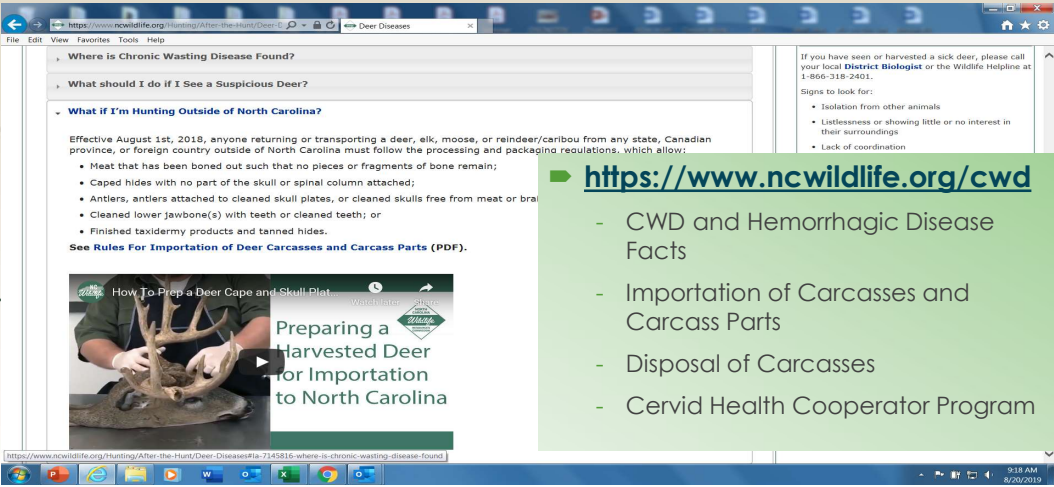






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CWD – Get the Facts



➤ <https://www.ncwildlife.org/cwd>

- CWD and Hemorrhagic Disease Facts
- Importation of Carcasses and Carcass Parts
- Disposal of Carcasses
- Cervid Health Cooperator Program

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Different Ways to Field Dress

► Hanging: Head up* or Head Down

- Puts gravity to work, draining blood, easier organ removal
- Use a skinning pole, truck-hitch mounted hoist, or tree branch

*use caution if the head is to be mounted



► On the ground

- Less weight to carry out
- Organs left in the field benefit wildlife (usually gone the next day)
- Easiest to perform with the animal on it's back

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Field Dressing Tips

- Field dress as soon as possible – sooner is better!
 - Body heat and moisture can both spoil the meat
 - Avoid dragging the carcass through water or dirt
 - Cool quickly and keep the carcass dry
- A sharp knife is important; a gut hook works great
 - Carry a whetstone and sharpening steel if able
- Proceed *SLOWLY* to avoid cutting yourself
 - Watch out for broad heads, bullet shards, broken bones, and your fingers
- DO NOT cut skin beyond the rib cage if planning to mount the head
- Transport responsibly – away from public view; out of the elements



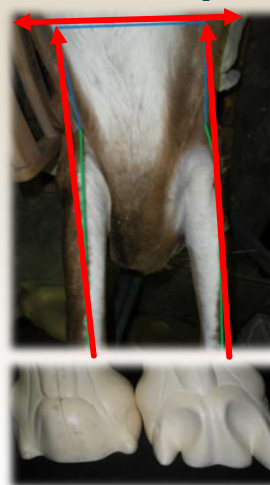
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Making the Correct Cuts for Taxidermy

- Cut skin around the knee
- **Knife blade up**, cut straight up the leg following brown/white hair line to at least the breastbone on both sides
 - **NEVER** cut any white hair in the chest area
- Cut across, circling the deer; pull cape down with head attached
- Consult your taxidermist for complete caping instructions



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Skinning Tips

- A fresh deer is easier to skin
- Remove and discard hemorrhaged (blood-shot) meat while skinning
- Keep the meat as clean as possible
 - Cut with knife blade facing up to avoid cutting hair
 - Remove hair that does remain on the meat with a copper scouring pad
- Make slow, short strokes with the knife
- Knife should be sharp but not razor sharp
 - Sharpen your knife often while processing
 - Too sharp and you'll risk cutting through the hide or cutting yourself



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Aging Venison

Aging is not mandatory but does allow natural enzymes to break down muscle fiber, returning a more flavorful and tender meat

- Cool, Dry Room
 - Hang field-dressed, unskinned deer head down
 - Maintain temperature between 34°F and 38°F – do not freeze
- Refrigerator
 - Do not let pre-cooked or no-cook foods to come in contact with raw meat
- Ice Chests/Coolers work great!
 - Surround meat with ice, but DO NOT allow meat to stand in water: Tilt cooler to drain and check drain often to remove clogs
- Aging time varies: 4-10 days depending on meat quality and temperature
 - Refrigerate meat within 3-4 hours of harvest when possible; especially when weather is warm
 - Wait at least 24 hours to butcher, as this allows rigor mortis to subside
 - Maintaining constant temperature at below 40°F is important!

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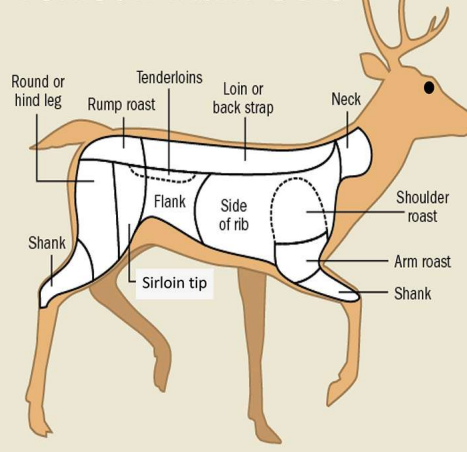
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Butchering

Butchering is a simple matter of

1. Removing major muscle groups, then
2. Boning the rest for burger and sausage

Venison Main Cuts



Primal Breakdown

- Tenderloins**- the most tender piece of meat, usually kept whole
- Back strap (loin)** - boneless chops, butterfly chops, bone in chops, rack of venison, boneless loin roast, or jerky meat
- Hind leg (round)** - venison steaks, chip steaks, boneless roasts, jerky meat or stew meat
- Sirloin Tip**- steaks, roasts, stew meat, or jerky meat
- Rump**- boneless roasts, stew meat or ground meat
- Shoulder**-roasts, stew meat, or ground meat
- Neck**-roasts, stew meat, or ground meat
- Shanks**- ground meat or whole shanks
- Rib & Flank**- not used

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Basic Butchering Tools

- Basic Supplies
 - Cut-resistant gloves
 - Boning knife (slight curve)
 - Bone/hack saw
 - Sharpening stone, steel
 - Large, clean work surface
 - Freezer paper & tape/vacuum bags
 - Waterproof marking pen
 - Grinder/food processor
- Nice to Have
 - Electric Grinder w/ foot pedal
 - Meat Mixer
 - Meat Tenderizer (Cube steak)
 - Sausage Stuffer



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Removing the Front Legs

- No bone-to-bone connection between the front leg and the body
- Simply pull leg away from the body and cut between the shoulder bone and the body to remove
 - Helps to have a partner steady the carcass
 - To prevent the leg from falling to the ground use a meat hook



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Remove the Backstraps

- Two Backstraps – one along each side of the backbone
- Make a cut following the backbone from shoulder to hip
- Begin pulling meat away from the bone, cutting (scooping) meat from the top rib surface
- Pull down on the backstrap as you cut
- Once separated from the deer, remove the silverskin
 - Great for steaks (slice thick, then butterfly), and rolled roasts



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Remove the Tenderloins & Rib Meat

- Small, but the most tender cut of meat on a deer
- Found inside the body cavity next to backbone, below the ribs
- If aging the deer, either cut out or cover with plastic wrap before hanging to prevent drying

Rib and Other:

- Can also cut out meat between ribs for grinding; can use ribs for BBQ (can be tough)
- Also consider trimming flap meat below the last rib – great for jerky!
- Save all scrap meat for grinding



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Remove the Hind Legs

- ▶ Rotate hind leg to locate socket joint
- ▶ Cut hind leg muscle away to expose the ball and socket (see arrow)
- ▶ Separate the joint by cutting through the ligament that connects the ball to the socket
- ▶ Cut muscle along the pelvis bone to remove the leg
- ▶ Tip: Use a meat hook to prevent the leg from falling to the ground!





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Benefits of Boning the Meat Out

- ▶ Usually results in tastier meat
 - Marrow can sour, even in the freezer
 - Avoids residue caused by sawing the bones
- ▶ Takes up less freezer space
- ▶ Easier to wrap tightly
 - Failing to remove air within the wrap can result in freezer burn
- ▶ Usually lasts longer in the freezer
 - No sharp edges to puncture the wrap
- ▶ Returns more meat for grinding



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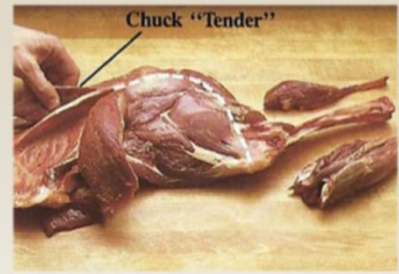


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Bone the Front Legs

The front legs are less tender meat. Use for pot roast, jerky, grinding.

- ▶ Cut along the bony ridge in the middle of the shoulder blade
- ▶ Cut out the "chuck tender" – great for jerky
- ▶ Flip, then cut out the shoulder roast – good for stews (optional)
- ▶ Bone out the remaining meat, save for grinding



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Bone the Hind Legs

- ▶ Separate each muscle group, leaving each muscle whole
- ▶ Remove silverskin



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Bone the Hind Leg

- Roast/Grill the tender cuts:
 - Sirloin Tip
 - Top Round
 - Bottom Round
 - Eye of Round
 - Rump Roast
- Grind/Stew tougher cuts
 - Shanks
 - Muscle fragments

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Alternative: Whole Hind Leg Steaks

- Remove silverskin, fat, lymph nodes
- Cut rump roast off at top of femur bone
- Cut across all muscle groups at desired thickness
 - Cut through bone to form steaks; or work around the bone with a filet knife and slide steak off the bone
 - Cutting steaks against the grain improves tenderness

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Venison Cuts

- Best Steaks (cut against the grain)
 - Tenderloin (small)
 - Backstrap
 - Sirloin, Sirloin Tip
 - Top/Bottom Round
- Roasts (whole muscle)
 - Sirloin Tip
 - Eye of Round
 - Top/Bottom Round
 - Rump (stew)
 - Shoulder (stew)
- Jerky / Ground- cut with the grain)
 - Front shoulder
 - All Scraps
 - Any muscle group can be used

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Preserving Venison

- Label and Date all packaging
 - Use oldest meat first
- Freeze (maintain 0°-5 °F): 6-12 months
 - Tightly wrap in freezer wrap or plastic bags
 - Vacuum bags can add a year or more to shelf life
 - Use ground meat and ribs sooner
- Canning: 2-5 years
 - Remove fat, soak in brine, brown to rare
- Dehydration (Jerky): Up to 12 months, if frozen
 - Use lean cuts (loin, round, flank); cut off all fat
 - Marinate per recipe instructions
 - Dehydrate 4-24 hours in dehydrator/low temp oven
 - Must reach 150°F in oven for safe dehydration per USDA

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Ground Venison

- ▶ A great way to use scraps, tougher cuts
- ▶ Remove all deer fat and silverskin
- ▶ Consider storing some ground meat "as is"
(no added fat or seasonings)
 - Chili, Spaghetti, Lasagna
- ▶ Burgers, Meatloaf, Meatballs
 - Add 20-30% beef or port fat
 - Season as you would beef
- ▶ The right tools make the job easier
 - Electric grinder with foot pedal and mixer
 - Manual grinder, hand mixing will work



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Deer Sausage

- ▶ Any meat cut works well
- ▶ Add fat
 - At least 1 part fat to 3 parts finely ground venison - more fat is better
- ▶ Consider buying packaged cures and mixes
- ▶ Patty sausage recipes – choose based on your taste
- ▶ Cased sausage
 - Consider using a sausage stuffer, meat grinder, stuffing tubes
 - Natural or artificial casings available




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Never Over-Cook Venison

- Venison is a very lean meat; gets tough if overcooked
- Use as you would very lean beef
 - Bake, Broil, Fry, Grill
- Oven bags work well for roasts
- Butterfly smaller muscle groups to make larger steaks
- Remove deer fat, silverskin, lymph nodes, connective tissue, and any blood shot meat before preserving/cooking



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