

Kiowa Venison Roast, Native American



Ingredients



- 2 pounds venison roast (Can be cut into steaks, about 2 inches thick)
- 4 teaspoons bacon fat
- 1/4 teaspoon pepper
- 1 tablespoon chopped celery
- 2 cups water (boiling)
- 1/2 cup all-purpose flour
- 1/2 teaspoon salt
- 1 tablespoon chopped yellow onion

Instructions

Step 1

Lay venison on board and pound flour into it.

Step 2

Melt drippings in a large cast-iron pot or Dutch-oven; add in venison and brown.

Step 3

Add seasonings and one half of the water.

Step 4

Cover and let simmer for 55 minutes.

Step 5

Pour in rest of water and simmer until meat is done.

Cooking Time: Approximately 1.5 hours-2 hours