



# In the Kitchen with Holly Hearn

One of my favorite meals to make any time of the year but especially during summer is stir fry. Light and full of flavor, it's the perfect meal to throw together after a long hot afternoon of lounging by the pool or shooting a late afternoon round of sporting clays. One of the most appealing things about stir fry is that it comes together incredibly quickly. The combinations of proteins, sauces, vegetables, and starches are virtually endless. While not inherently technical to make there are a few techniques and tips you can use to help take your stir fry over the top.

The first thing we should discuss is protein selection and preparation. When it comes to selecting a protein for your stir fry just about anything will do. Being from Texas I tend to have an excess amount of whitetail and axis in my

freezer. However, I have had significant success with everything from wildebeest to Himalayan tahr. The key when incorporating wild game into your stir fry is to select a firm steak cut that you can thinly slice. If you opt for tenderized cutlets from your processor this is an excellent use for those. The cooking methods for this dish are fast and hot, which I find ideal for cooking wild game. One of the ways to ensure you get great results with your wild game stir fry every time is to employ a Chinese marination method called velveting. Velveting involves marinating thinly sliced meat in cornstarch, soy sauce, and a touch of rice wine and then cooking in extremely hot oil. The velvet serves as an extra layer of protection for the lean wild game and helps ensure that it doesn't become dry during the cooking process.

Once you have your meat velveting it is time to begin cooking. This brings me to the last topic I am going to cover which is oil selection. When making a stir fry you have to remember that you are typically cooking at relatively high temperatures, so it is imperative to select an oil that can accomplish this without burning. I love the flavor of coconut oil but if you are not a coconut oil fan avocado oil is an ideal alternative.

Keeping in mind the velveting technique and your oil selection, you have all the tools you need to make a delicious stir fry. Of course, my favorite recipe is included here! ■

## Venison Stir Fry

ASIAN INSPIRED  
VENISON, VEGGIES,  
AND NOODLE  
STIR FRY

Serves: 4  
Total Time: 45 minutes

### INGREDIENTS

- 1 pound tenderized venison (thin sliced)
- 2-3 tablespoons of cornstarch
- 1 inch Grated Ginger
- 1 Package Ka-me Hokkien noodles
- 3 Tbsp + 4 Tbsp of LS soy sauce divided
- 1 Tbsp fish sauce (optional)
- 2 tsp sesame oil
- 1-2 tbsp brown sugar 1/2 tsp chili paste
- 1 lime juiced
- 1 bell pepper julienned 1 onion julienned
- 4 baby bok choy chopped
- 6 garlic cloves minced
- Green onion for garnish



*Cooking in extremely hot oil is imperative to a successful stir fry*



### DIRECTIONS

1. Combine venison, corn starch, splash avocado oil, grated ginger, 3 tbsp of soy sauce, and lime juice in a small bowl. Mix well and set aside for 15-20 minutes
2. After 15 minutes heat a good bit of avocado oil over medium high heat in a wok, fry venison in batches and set aside.
3. Sauté onions, and bell pepper until softened, add bok choy after the onions have become slightly translucent, add garlic and stir for 20 seconds
4. Once the garlic becomes fragrant add noodles to the wok and gently stir.
5. Combine remaining 4 tbsp of tamari with 1/2 tsp chili paste, 1 tsp fish sauce and brown sugar, to taste, in small bowl and whisk together.
6. Add sauce to the wok and gently stir for 2 minutes. Incorporate venison back into the stir fry
7. Remove wok from heat add 2 tsp of sesame oil and garnish with green onions

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