



## CHEF DEREK ST. ROMAIN

Head Chef, Duke Diet and Fitness Center Regional Coordinator, Backyard Bow Pro

## Venison Po Boy



## **INSTRUCTIONS**

- O Apply char crust to the meat.
- O Combine all dressing ingredients in a saucepan, medium-high heat- Stir and bring to a boil for 1 minute. Set aside.
- O Now, in a large bowl, mix ALL the ingredients while the dressing is still hot. Toss and stir to cover all the sliced vegetables.
- O Lastly, cover and refrigerate for several hours or even better overnight.

## **SHOPPING LIST**

- O Venison Tenderloin (or your choice of protein)
- O Char crust

Dressing:

- O 1/4 cup of apple cider vinegar
- O 1/4 cup of red wine vinegar
- O 1/8 cup of olive oil
- O 1/4 cup of granulated sugar
- O 2 tsp. of pink Himalayan Sea salt
- O 2 tsp. of spicy dry mustard
- O 1 tsp. paprika
- O 1 tsp. of celery seed
- O 1/2 tsp. cayenne
- O 2 tsp. of Cajun seasoning (at least!)

For the Slaw:

- O 1/4 head of cabbage- sliced thin
- O 1/4 head red cabbage sliced thin
- O 1/2 small red onion sliced thin
- O 1 green bell pepper, sliced thin
- O 1 sliced pickled jalapeno
- O Pink Himalayan sea salt and freshly cracked black pepper