



# Baked Venison Steaks

## With Brown Sugared Sweet Potatoes

### *Ingredients*

2 lb. Venison Steak, split into  
1 lb. sections  
Olive Oil Spray  
Himalayan Pink Salt  
Pepper  
3 Tbsp. Butter, unsalted,  
melted  
1 tsp. Thyme, dried  
1 tsp. Garlic Powder

3 lb. Sweet Potatoes  
¼ c. Butter, browned  
½ c. Brown Sugar  
1 tsp. Cinnamon

### *Directions*

1. Thaw venison steaks. We store ours in vacuumed sealed bags. To thaw, I remove from the freezer, place in a large bowl, and fill it up with a lukewarm water. Whenever the water cools down, I replace it with warmer water once again. Sometimes this takes three turns of replacing the water.
2. Wash, peel, and cube sweet potatoes. Cubes should be about 1.5". Fill up a pot with cold water, enough to cover the sweet potatoes. Transfer to a burner on high heat. Keep a lid on the pot to increase the water temperature quicker. By the time the pot has reached a rapid boil, the sweet potatoes are about done. Maybe a few minutes more. A fork should be able to pierce them, but the potatoes should keep their shape.
3. Preheat the oven to 375°F.

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4. While the potatoes are on the stove, begin assembling the baking dish with the venison steaks.

Spray a 9" x 13" glass pan with olive oil spray. In a single layer, place as much venison steak as possible. It can be touching each other. Add salt and pepper to the steaks. Melt butter in microwave.

Add the thyme and the garlic powder to the melted butter. Stir before drizzling over the venison steaks.

5. Bake the venison steaks for 20 minutes for well done portions. It can be done for less, just make sure the internal temperature reaches 145°F to be food safe.

6. When the potatoes are done boiling, which may be while assembling the venison steaks, strain the sweet potatoes. Cover with a lid until ready to add.

7. Brown the butter in a large skillet. Add brown sugar and cinnamon, stirring quickly. Let this cook together before adding the sweet potatoes into the skillet. Stir the sweet potatoes occasionally. Cover with a lid on a low to medium-low heat for 10 minutes. Turn off and keep covered until ready to serve with the venison steaks.

8. Once the first batch of venison steaks are baked, transfer to a serving dish. Keep the extra melted butter in the dish and add the second half of the venison steaks. Repeat step 5 and transfer to a serving dish.