

Venison Manoomin Soup

Ingredients:

1 1/2 Pound Venison Straps, 1 inch cubes
Douglas Fir Smoked Salt
Prickly Ash Berries, ground
24 Milkweed Flower Buds
12 Milkweed Seed Pods, halved and seeded
24 Fiddleheads
12 Ramps
10 Cups Venison Stock
1 1/2 Cup "Soup Rice", Wildrice
1 Tablespoon Animal Tallow
Basswood Flowers

Serves 6

1. Cook wild rice and set aside
2. Season venison with salt and prickly ash
3. Bring pan to high-heat, add animal tallow
4. Sear both sides of venison meat and add ramps, fiddleheads, and milkweed seed pods
5. Cook down and then add venison stock
6. Simmer until meat is tender and add in milkweed flower buds
7. Simmer for two more minutes and add in the cooked wild rice
8. Bring it to a simmer again, shut off heat, and serve
9. Garnish with basswood flowers

