

Venison & Pumpkin Soup



Ingredients

- 2 1/2 -3 lbs. venison stew meat
- 1 tbsp. cooking oil
- 3 tbsp. butter
- 1 large sweet onion, diced
- 4 parsnips (or carrots), roughly chopped
- 1/4 cup bourbon or whiskey
- 6 cups venison or beef stock
- 2 tbsp. maple syrup
- 1 1/2 cups pumpkin purée*
- 1 cinnamon stick
- 1/8 tsp. allspice
- 3-4 sprigs of fresh thyme
- Kosher salt and fresh-cracked pepper to taste
- Buttery polenta or bread for serving

Info

- **Prep:** 1
- **Cook:** 4h
- **Serves:** 6
- [Source](#)

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Directions

1. Heat a large Dutch oven or pot over high heat. Drizzle cooking oil to lightly coat the bottom and brown the chunks of stew meat, working in batches as needed. Generously season with kosher salt and black pepper.

2. Remove the venison and reduce the heat to medium. Drop in the butter and, once it melts, add the diced onion. Sauté for 4-6 minutes or until the onion begins to soften. Add the parsnips next and cook down for another few minutes.
3. Carefully pour the bourbon into the pot. If you're using a gas burner, the pot will likely catch on fire as the alcohol burns off. If you're not a fan of flambé, turn the heat off before pouring in the liquor and allow the alcohol to boil out.
4. Pour stock into the pan and scrape the bits on the bottom. Stir in the remaining ingredients: maple syrup, pumpkin purée, cinnamon stick, allspice, and thyme.
5. Return the venison, place a lid on the pot, and reduce the heat to low. Allow the stew to simmer for several hours until the meat is tender. About halfway through the cook time, remove the lid so the liquids can reduce and concentrate in flavor. Taste and season as needed with extra salt and pepper.
6. Serve hot with buttery polenta or crusty bread.

[wild game](#), [venison](#), [turkey](#), [bear](#), [duck](#), [waterfowl](#), [soup](#), [pumpkin](#), [butternut squash](#), [beef](#), [parsnip](#), [carrots](#), [whiskey](#), [bourbon](#), [maple syrup](#), [cinnamon](#), [allspice](#), [thyme](#), [polenta](#)

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