**Processing Deer**—from Kyle Lairmore

I am picky when I’m processing my meat, it is best to spend some time when processing the deer.  Making sure it is clean and you select which cuts of meat you’ll be using.  Cut as much of the silver skin and gristle off the meat as possible to give you a clean cut of meat.

The best cuts of meat are the inner loins and backstraps which I use for deer recipes and steaks.  The rest of the deer can be cut out for roasts, hamburger or sausage meat.  There are some steaks in the hind quarters which you can cut out.

**Pan frying**

I use the backstraps for pan frying, this is the simplest method of cooking deer.  Take your backstrap and cut your steaks out, whatever thickness you prefer but remember thicker steaks take longer to cook.  It is optional to tenderize the steaks or marinade them in milk or another marinade mixture.  Put oil in a skillet on the stove around medium heat.  Mix flour, salt and pepper in bowl and roll your steaks in the mixture until coated.  Place the steaks in the skillet cooking one side at a time, once the first side is cooked, flip over and brown the other side.  It usually takes 2-3 minutes per side.  The key is to not overcook the meat.  You can serve the fried deer straight out of the pan or another option is to put in a crockpot with cream of mushroom soup or other soup flavor to cook on low for a few more hours.  This will tenderize the meat even more and give you another option for serving.

