



# Eric's Venison Backstrap

**Source:** Eric Rhodes, Marsing, ID 24 Feb 2022

**Prep:** 10 min **Cook:** 25 min **Total:** 35 min

**Serves:** 6 (depending on size of backstrap)

**PDF:** [Eric's-Venison-Backstrap.pdf](#)

**Note:** Venison backstraps are a cut of meat that is found along the back of a deer; alongside the spine. They are often confused with a tenderloin cut of meat. While they aren't the same as a tenderloin, they are considered one of the most tender cuts of meat of a deer. Also, known as *striploin*. There are 2 ways of dealing with a venison saddle, the most common is to prepare a venison backstrap or striploin.

The difference between backstrap and tenderloin is, backstrap refers to a length of loin on the back of a deer, elk, moose, etc. It's the ribeye in beef and loin in pork. Tenderloins are the two strips of very tender meat under the loin, behind the ribs.

## Ingredients:

Backstrap Venison

2 T Bacon Grease

½ c Blackberry Jam

¼ c Balsamic Vinegar, use a good one

½ c Apple Cider

Fresh Basil for garnish

## Directions:

Pre heat oven to 375° F

Reduce blackberry jam and balsamic to about half. Add cider and reduce slightly until somewhat thickened. Set aside and keep warm.

In cast-iron pan, sear the backstrap on all sides in the bacon fat.

Place in oven for 10-12 minutes. Slice meat leaving in pan and pour reduction over. Top with chopped fresh basil for garnish.