# Honey-Sage Venison Sausage Transcript

**Thomas Moore (host):**

Hi, this is Elders - Words of Wisdom, a podcast from the UAA National Resource Center for Alaska Native Elders. Today, we have another episode for our traditional food series. I talked to Chef Flora Deacon about our third recipe, honey sage venison sausage and also the traditional preparations of venison.

**Flora Deacon:**

I think they used moist heat, I think they made it into a lot of stews. I have friend that lives, shes’ Tlingit from Juneau and they make deer stew. That seems to be the main way they cook it, is put in stews and soups, but I know it’s their traditional food. They make a lot of it in Southeast, this soup.

**Thomas Moore (host):**

As someone who hadn’t tried deer, before making this podcast at least, I wondered how the taste of it compared to that of moose meat.

**Flora Deacon:**

It’s a little different. It’s lighter. The meat is more, sort’ve like lamb meat. It’s very fine, very fine texture.

**Thomas Moore (host):**

And my next question was, how would venison taste as a substitute for moose or bison. For instance, could it be used in our stroganoff recipe?

**Flora Deacon:**

Oh, I think it would be excellent! It would be really nice, I think because it’s more tender. It depends on how old it is and the toughness of the meat.

**Thomas Moore (host):**

So, that’ll do it for this episode. If you want to try Flora’s venison sausage recipe for yourself head to our website and follow along to our video, download an infographic, or a text file of the recipe. This has been Elders - Words of Wisdom from the National Resource Center for Alaska Native Elders at UAA.