

Elise's Southwestern Venison Egg Rolls

Ingredients:

1-2 lbs of braised then slow roasted venison (or other game meat; I only seasoned with garlic cloves & black pepper and beef broth during slow roasting)—carve into small slices or chunks per preference. I used a very cheap cut but not stew meat which I guess you could use

1 large green bell pepper

1 Medium sized Vidalia onion

Olive oil (used for venison braising and sauté of pepper and onion)

Chopped garlic (to taste, I use approx.. 4 tbsp: add to venison during roasting and to pepper/onion during sauté)

Beef broth (enough to cover ½ depth of venison during roasting, approx. 2 cups)

Egg white from 2 med sized eggs

1/8 cup milk

15.5 oz can black beans (washed and drained very well)

14.25 oz can whole kernel corn

Egg roll wrappers (qty of 20 per pkg in Walmart by Nasoya)

¼ to ½ cup of finely shredded Mexican style Cheddar/Jack cheese

'Kinder's' brand Fajita Blend w/citrus & garlic seasoning (season to taste). Found at Walmart

Directions:

Braise venison in olive oil on high heat to brown/crisp, then slow roast with chopped garlic, black pepper, and beef broth. Remove when fork tender and remove from liquid.

While meat is slow roasting then saute diced pepper and onion in olive oil lightly seasoned with chopped garlic and ground black pepper. Cook until softened and slightly browned. Remove from pan and set aside. Deglaze pan and scrape into liquid that venison is roasting in.

I allowed both meat & veggie sauté to rest in fridge overnight to allow flavors to peak and to cool (you do not want to wrap egg rolls when filling is warm because it breaks down the dough). Liquid leftovers I treated our dogs with over their kibble, or you can reserve and freeze into ice cube trays for broth use in future recipes.

Next day-

Drain and wash black beans well, then drain corn well. Add both to a medium to large sized mixing bowl. Cube, chop, or slice meat as you desire to preference; no larger than ½" in

diameter or length and add to bowl. Toss well and season to taste with Fajita seasoning (I prefer to slightly heat my sample mixture up vs cold). Once seasoned to taste then sprinkle and combine the shredded cheese in.

Prepare egg roll wrappers on a lightly floured surface. Place one wrapper onto cutting board so it looks like it's in a diamond shape \diamond . Then in the bottom 1/3 of the wrapper add desired quantity of mixture in horizontal line; follow directions in package insert for proper rolling of wrapper. Place envelope point side down on a plate and complete rest of wrappers. Spray air fryer trays with non-stick spray. Brush envelope point side of egg roll with egg wash and place on air fryer tray, finish top of roll with more egg wash. Air fry for 6 minutes, then with spatula gently move each roll to prevent sticking and depending on desired browning air fry additional 4 minutes. I put a quick milk wash on the rolls at the 3-minute point, then finish for last minute. Put on a cooling rack for a minute or 2 then serve. Condiments aren't needed but salsa and sour cream work well with these.

*You do not have to use an Air Fryer I just prefer it over pan or deep frying for a healthier outcome. I use a Pampered Chef Air Fryer and only do 2 trays at a time to ensure proper circulation. You could oven fry or pan/deep fry if desired. Don't skip draining and allowing black beans and corn to be dry because too much moisture will give your rolls a bad outcome.