

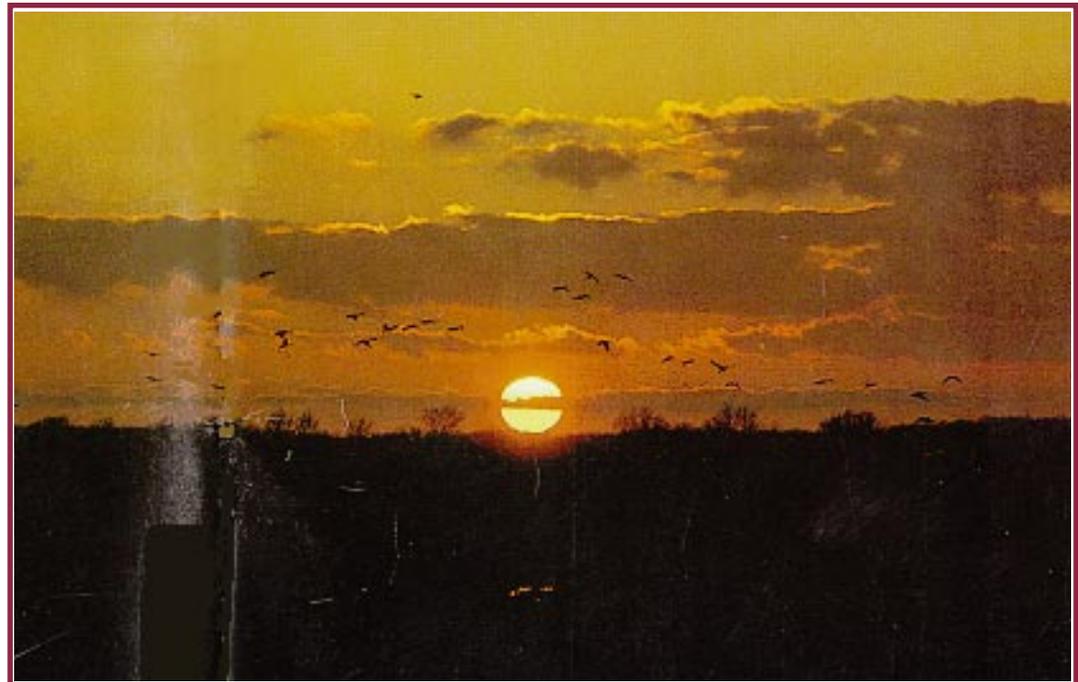
Wisconsin's Wild Game: Enjoying the Harvest

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by Mary E. Mennes & Scott R. Craven



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Wild game meats offer wonderful opportunities for exciting and flavorful meals.

The information in this publication is intended to help you process, store and use Wisconsin wild game meats as part of regular family meals or for special occasions. Advice on keeping the meats safe to eat and shortcuts in handling are included to help you avoid wasting a valuable wild resource.

SOURCES OF WILD GAME

Wisconsin residents enjoy an abundant and diverse wild game supply. The deer harvest was around 400,000 animals in 1990. At an average dressed weight of 100 pounds per deer, this converts to 40 million pounds of venison! In addition, the forests, fields and waterways of the state yield millions of pounds of small game animals, turkeys, upland game birds, ducks and geese to hunters each year.

Hunting provides the best access to wild game for the dinner table. However, if you have a taste for wild meats but cannot or choose not to hunt — or are unsuccessful — commercial sources of “wild” meats are available. Commercial deer farms offer venison from several different deer species. Farm husbandry with controlled diets produces excellent, tender venison. Game farms may offer other species, including bison (buffalo), pheasants, waterfowl, turkeys and quail. Sausages, jerky, smoked meats and other specialty items are also available. Check specialty food markets, sporting magazines or mail order catalogues for sources of supply.

Venison may come your way as a gift or from a highway collision. Some

40,000 deer are killed on Wisconsin highways each year. Under Wisconsin law, the motorist who kills a deer may take possession of the carcass once it is legally tagged. Although certainly not recommended as a way to obtain venison, the meat provides some small compensation for a traumatic and costly experience.

LEGAL ISSUES

In Wisconsin, several Department of Natural Resources (DNR) regulations apply to storing and serving wild game:

1. Possession limits — usually twice the daily bag limit — determine the amount of game you may freeze or otherwise preserve for later use. You may possess game legally obtained in other states.
 2. Wild game cannot be “sold” except by licensed game farms and distributors. A hunter cannot sell part of a deer, for example, nor can you charge a fee for game meat as part of a meal, party or banquet.
 3. When wild game is to be served as part of a banquet, party, church supper or similar function, you must obtain and display a DNR “serving permit.”
- Check with your local DNR warden if you have questions about any of these regulations.

HANDLING WILD GAME MEATS

While each species has its own distinctive character and flavor, none will have a strong, “gamey” taste if handled properly. Field dressing and quick cooling of the carcass are important if you want to enjoy the meat on the table. Aging, once thought necessary for wild meats, is not



recommended. Few hunters can control storage conditions during aging, and spoilage is always a possibility.

The key steps in field dressing any game animal or bird include:

- ⊙ Remove entrails carefully, so stomach, intestinal or bladder contents do not contaminate the meat.
- ⊙ Wipe the body cavity until the surfaces are clean and dry. Avoid using water, which can promote bacterial growth.
- ⊙ Cool by allowing air to circulate in the cavity.

Finish dressing the animal or bird as soon as you get home, following the tips in the next sections of this publication.

Dressing Venison

You do not have to further “bleed” a downed deer by cutting its throat. Modern ammunition and arrowheads take care of that. Remove the entrails from the body cavity as soon as possible, especially if the deer was hit in the gut area. Be careful not to cut into the intestines, stomach or bladder. If you plan on saving the heart or liver, carry a clean, food-grade plastic bag with you.

If intestinal contents have spilled in the body cavity or if the cavity is very bloody, use clean, dry cloths or paper towels to clean up. It is very important that the cavity dries out quickly. Spread apart the walls of the body cavity with a clean stick to promote drying and cooling. In most cases, leave the hide on the deer until you have it processed; this keeps the meat surface clean and fresh.

To slow bacterial growth and improve meat quality, chill the carcass to under 50 degrees F within six hours.

Besides propping the body cavity open, you can promote cooling in the shade and in moving air. Never transport a carcass on the warm hood of a car. If the carcass freezes within the first six hours, the meat may toughen. In extremely cold weather, you can slow chilling by putting the carcass in a garage or shed, or by wrapping something around it.

If you have the deer processed at a meat plant, get to the plant as soon as possible to place the carcass under controlled temperature conditions. For more detail on field care, transporting and butchering deer, refer to UW-Extension bulletin G1598, *So You Got A Deer*.

Lyme Disease and Venison Safety

Lyme disease is an infectious bacterial disease spread primarily by tiny ticks commonly found on numerous wild animals, including deer. The disease is being studied at a number of medical centers in Wisconsin as well as the UW-Madison departments of Entomology and Food Science and the School of Veterinary Medicine. While much information is available about Lyme disease, many questions remain unanswered. The following information relates to deer hunting and venison processing.

Many but not all deer ticks — also called bear ticks — carry the disease-causing bacteria. The main threat in working with venison comes from having the ticks transfer from the deer’s hide to people who handle the deer. Long sleeves and long pants with tight-fitting cuffs are recommended protection while you handle the carcass, as well as when you walk through the woods. Regular skin



checks of the entire body are helpful preventive measures, since a deer tick requires 24 hours or more of feeding on the host to transmit the Lyme disease organism.

There is no evidence to date that the disease can be transmitted by handling venison or coming in contact with deer meat or blood. However, if you are concerned, many vendors now sell shoulder length rubber or plastic gloves to wear when field dressing a deer. If the bacterium should survive in raw venison, it would be destroyed by cooking to 160 degrees F (medium doneness) or higher temperatures. Although some venison summer sausages may be heated to only 145 degrees F, these products would be safe because their cooking process is relatively slow and the combined effect of longer heating times at lower temperatures is sufficient to destroy any Lyme organism present.

Dressing Upland Game Birds or Waterfowl

Check the laws on transporting upland game birds and waterfowl before field dressing them. The laws may require that various body parts — head, one wing, foot — be left attached until you reach home.

You can dry pluck a game bird, or scald it in 150 to 155 degree F water for a few minutes until the feathers pull free easily. If there are a great many pinfeathers, remove them by using a paraffin treatment. Melt a cake or two of paraffin in a gallon of water, bring it to a boil and dip the bird in. Cool the bird to harden the paraffin and scrape off the wax, down and pinfeathers with the edge of a dull knife or your fingers. Complete dressing by removing the head and feet

and washing the bird thoroughly.

Many hunters skin game birds or waterfowl to avoid the time-consuming task of plucking them and removing pinfeathers. However, the meat may dry out more during cooking unless you cover the flesh with bacon slices or chicken skin, or cook it in a covered container or cooking bag to keep it moist. If you skin a wild turkey, trim away and discard the large fat pad on the front of the breast.

Boning upland game birds can simplify dressing, storing and cooking. You will find it easier to remove any pellets or bone chips from boneless meat. And boneless cuts are easy to prepare and serve. Boning wild goose is an excellent way to prepare it for cooking, especially if the bird is large.

After skinning, use a sharp knife to cut away the large breast muscles close to the bone. Cut off the legs and package separately for freezing, if you like. Then simply discard the rest of the carcass without having to remove the entrails.

Refrigerate dressed birds or boneless meat for no more than 2 or 3 days, or freeze right away.

Dressing Small Game Animals

Skin a small game animal as soon as possible, since it is easier to skin while warm. Rabbits are easy to skin because the skin is tissue-paper thin, but a squirrel skin is extremely tough and more difficult to remove. Slit down the center back or slip your fingers in under the edges of skin at the opened body cavity, pull skin off and sever at the neck and feet. Remove the head and feet.

Muskkrat and raccoon should be skinned and gutted, then handled like other small game.



Note: If you have cuts on your hands, it may be advisable to wear plastic gloves when dressing game animals.

Spend enough time to remove all hair from the meat surfaces, and to locate any shot pellets. Even a couple of hairs can spoil a person's enjoyment of your careful cooking.

Cut out any shot-damaged areas, and remove glands, fat and non-muscle tissue. Wash and refrigerate the meat for up to three days, or freeze. If shot areas seem excessively bloody, soak the piece in cold, salted water for 30 minutes, then drain and refrigerate or freeze.

FREEZING WILD GAME

For home freezing, cut venison into meal-sized servings with or without bone. Wrap in coated or laminated freezer paper or heavy-duty foil, label and date clearly. Freeze it as quickly as possible at 0 degrees F or lower. Many hunters prefer to pay the extra cost of having a commercial meat processor cut, wrap and freeze the meat. Another advantage of commercial processing is venison sausage made under safe and controlled conditions.

Trichinae parasites that can cause trichinosis are frequently found in bear meat. Bear is much more frequently a source of these organisms than pork, since bear routinely consume garbage. Thorough cooking will destroy the *trichinae* parasites, as will freezing at 0 degrees F for at least 10 days.

Game birds, waterfowl, rabbits and squirrels should be dressed and ready-to-cook when you freeze them. It may seem tempting to just throw the bird or animal in the freezer whole, but trying to pluck or skin a wet, thawed creature is a

very unpleasant task. Wrap the meat in freezer paper, freezer bags or heavy-duty foil, label and date each package, and freeze rapidly.

Thaw all wild game meats in the refrigerator. This is the safest way to thaw meat, and slow thawing will help tenderize the meat as well. A 2- to 3-pound package may take 18 to 24 hours to thaw. For quick thawing, use a microwave oven and cook the meat immediately.

COOKING WILD GAME

The flavor of game when you serve it is greatly affected by how you handle the dead animal as well as by how you cook it. In general, prepare venison and other game meats as you would meat from domestic animals. Don't soak the meats in soda or salt water, except as described on page 7. Strong flavors concentrate in the fat, so trim cuts before cooking. Venison fat quickly becomes rancid. You may need to simmer very fatty animals such as raccoon to remove excess fat before cooking.

Marinate game in the refrigerator, and discard the used marinade. Birds or pieces of venison can be easily marinated by placing the meat in a heavy, food-grade plastic bag, adding a cup of marinade and sealing tightly with a knot or twist tie. Turn repeatedly, or submerge the bag in a pan of water while it marinates in the refrigerator. The water will keep a small amount of marinade in contact with the meat.

Loin and rump cuts from younger deer are tender enough for dry heat cooking — grilling, pan-frying, broiling or roasting in an open pan. Other cuts, and meat from older animals, may be

more flavorful and tender if you use moist heat cooking — stewing, pot-roasting or braising. A pressure cooker is useful for making delicious, quick dinners from less tender cuts of venison or from the legs of game birds. Simply follow recipes for beef cuts.

You can use ground venison in almost any recipe that calls for ground beef, or with ground beef, pork or turkey in a wide variety of recipes.

Adding sauces or other moist ingredients helps make the lean meat of most wild game animals or birds more juicy and tender. Melted tart apple, cranberry, currant or grape jellies make delicious glazes for wild meats. Game birds are often roasted with strips of bacon over the breast to add fat and moisture.

PUTTING ON A GAME DINNER

A game dinner can be a lot of fun and a great way to sample many different game preparations. Here are a few tips to help make the event a big success.

- ☉ Plan ahead so hunters can save game for the event.
- ☉ Obtain as much variety as possible. Successful western or Canadian hunters may share moose, elk, caribou, antelope or other meats not available in Wisconsin.
- ☉ Check with your local DNR warden for issuance of a serving permit, and on the ability to charge a fee if the game dinner is intended to be a fundraiser.
- ☉ Check all game for spoilage, hair, shot pellets, feathers, etc. You don't want any of your guests to have an unpleasant experience.



- ☉ Most of the game will have been frozen. Be sure it is thawed in the refrigerator so it remains as safe as possible until cooked.
- ☉ Serve boneless preparations if possible. It is nearly impossible for a diner with a full plate to gracefully enjoy half of a duck carcass, for example. Boneless preparations allow for smaller servings, and thus spread a limited supply among more diners.
- ☉ Most game cookbooks suggest vegetables, salads and wines that go well with game.
- ☉ If game meats are to be served as a buffet, keep all meat items very hot — at least 150 degrees F — and do not hold for longer than 2 hours.

CANNING VENISON OR OTHER GAME

Canning is a good way to preserve venison for future use, and works well for cubed meat. Previously frozen venison may be canned, but thaw the meat in the refrigerator before you prepare it for canning.

For safe canning, it is essential to use a steam pressure canner to avoid the risk of botulism. The processing instructions for venison are the same as those for beef. If you prepare venison mincemeat, it should also be pressure canned or frozen.

For canning small game animals, follow instructions for pressure canning poultry.

CANNING GUIDELINES

Pressure and Process Time (Minutes)

Type of Pack	Preparation and Ingredients		Dial Gauge	Weight Control
			Up to 2000 ft 11 lbs	Up to 1000 ft 10 lbs
For venison or large game meat strips, cubes or chunks, use this guide.				
Hot	Precook meat to 150 degrees F internal temperature in covered pan in oven or on range. Fill jars loosely. Cover meat with boiling broth, leaving 1-inch headspace. Optional: Add ½ teaspoon salt to pints.	Pints	75	75
		Quarts	90	90
Raw	Pack uniform pieces of raw meat loosely in jars, leaving 1¼-inch headspace. Do not add liquid. Optional: Add ½ tsp salt per pint.	Pints	75	75
		Quarts	90	90
For ducks, geese, turkey or game birds (bones-in), use this guide.				
Hot	Precook by simmering or steaming until about half done. Pack into jars and cover with boiling broth, leaving 1-inch headspace. Add salt, if desired.	Pints	65	65
		Quarts	75	75
Raw	Pack pieces of raw game birds loosely in jars, leaving 1¼-inch headspace. Do not add liquid.	Pints	65	65
		Quarts	75	75

Complete instructions for canning game meats and birds are in B3345, *Canning Meat and Poultry*, available from your Wisconsin county Extension office.

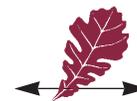
NUTRIENT CONTENT OF WILD GAME MEATS

Nutrient values for various game species are published in U.S. Department of Agriculture Handbook AH-17 *Composition of Foods: Lamb, Veal and Game Products* (1989). Nutrition information on species found in Wisconsin is included in the back of this publication, pages 28-30. However, nutritional information on wild game species is less comprehensive than on

more commonly consumed meats. You will notice differences among the tables, with some stating cooked values and others stating nutritional information for raw meats.

Most game meats except bear and raccoon are relatively low in fat. With a few exceptions, cholesterol values are similar among meat, poultry, fish and game. While antelope, caribou, venison, wild rabbit and veal tend to have slightly higher cholesterol content than other meats, they should not be put at a nutritional disadvantage since they are lower in total fat than some other meats.

Remember, current dietary recommendations advise Americans to reduce total fat and saturated fat in the



diet, and to limit daily dietary cholesterol. Trimmed, 3-ounce portions of game products can be easily included in meals consistent with those recommendations.

As you select recipes from this publication, you will notice that many of them add fat for moistness and flavor. If you are attempting to reduce your fat intake, you can reduce or eliminate some of these fat sources in the recipes, or cut down on other fat sources in your daily diet if you want to use a higher fat recipe for a wild game meat.

HANDLING AND PREPARING WILD GAME

BONELESS CUTS—Whenever possible, bone out cuts of wild game. Use a sharp knife, and cut close to the bone. Boning is particularly advantageous for deer. For larger game birds such as geese and turkey, you can remove the breast and larger muscles, then discard the remaining carcass. Boneless cuts are easy to prepare and serve.

BLOOD CLOTS—Cut away excessive blood clots or soak pieces in cold, salted water for 30 minutes, then bring to a boil for a minute or two. Remove the scum, then rinse and use the meat in a recipe.

SKIN OR PLUCK?—Skinning is usually much quicker and easier than plucking. It has the added advantage of making it easier to remove shot, and reduces waste. If you plan to skin a bird or mammal, don't field dress it. Leave it whole, unless it might spoil — you may need to sacrifice ease of skinning to avoid risk of spoilage.

REMOVE FAT—Trim as much fat as you can from the raw cut. If a frozen cut

has excess fat, trim while it is still partially frozen. Parboil fatty game such as raccoon for a few minutes to melt fat. Then drain the meat, and prepare in a recipe.

MARINADES—A wide variety of seasoned, acid marinades can tenderize and enhance the flavor of wild game. Marinate meat in a heavy, food-grade plastic bag in the refrigerator.

SAUCES—Melted jams or jellies make delicious sauces for basting wild game during cooking or for serving. Try tart currant, apple, grape, cherry or cranberry sauces with your favorite game meat.

SMOKED GAME—Game birds are delicious when smoked on a covered grill. Simply use apple, cherry or hickory wood chips on charcoal while the meat cooks.

SAUSAGE-MAKING—For best quality and safe products, use commercial meat processors. If you have experience and equipment needed for home sausage-making, you can substitute game meats for part of the beef or pork in a homemade sausage. However, safe, high-quality sausage products usually require professional expertise and controlled production facilities.

LEGAL ASPECTS—Always check the laws related to wild game before hunting, transporting, storing or serving game meats. Rules are available from the Wisconsin Department of Natural Resources.

Guidelines for Making Safe Jerky at Home

Dennis Buege, Nathalie Le Coutour & Barbara Ingham



Jerky is an enjoyable, nutritious and convenient product you can make at home. In past years, the heating recommendations for jerky have been quite general. With the current emphasis on food safety and preventing foodborne illness, experiments have now been conducted with home-style dehydrators to determine how much heating is necessary to destroy disease-causing bacteria, should they be present in raw meat.

This fact sheet explains how to use the results of these tests as you dry jerky.

Although dried meat has a good safety record, homemade jerky has occasionally caused foodborne illness. Raw meat of any kind may contain disease-causing bacteria. Follow these guidelines to reduce risk and improve safety of jerky products. (See *Wisconsin's Wild Game* page 12 for how to prepare meat.)

1. **Use only lean meats in excellent condition.**
2. **Maintain meats under refrigeration or keep frozen until use.** If marinating meat in seasonings, store in the refrigerator.
3. **Keep raw meats and their juices away from other foods.** Always wash your cutting board, utensils, counter, sink and hands with hot, soapy water after contact with raw meat. To sanitize after washing, rinse knives, cutting boards and counter tops with a mixture of 1 teaspoon bleach in a quart of water.
4. **Determine the true drying temperature of the dehydrator or oven when it is operating empty.** Do not rely only on the dehydrator's temperature settings. Place the metal stem of a dial thermometer between dehydrator trays, or drill a hole through the side of a tray to create an opening. Insert the thermometer stem in the drilled hole so you can read the dial outside the dehydrator.
5. **Follow the minimum time-temperature guidelines on the back.** These guidelines have been demonstrated to effectively kill *Escherichia coli* bacteria (*E. coli* 0157:H7) in lean ground and formed jerky, and should also be adequate for whole meat strips up to ¼ inch thick.

Drying temperature Minimum drying time

125° F	10 hours	
135° F	8 hours	
145° F	7 hours	Optimum *
155° F	4 hours	Optimum *

* While all the above time-temperature combinations effectively kill microbes, use dehydrator temperatures of 145° F or higher if possible.

The above times refer to the total heating and drying time for the process, beginning when you place the raw meat in the dehydrator. It is normal for the dehydrator temperature to remain below the target level for several hours as drying begins. These guidelines take into account the usual temperature lag that takes place in the dehydrator during the early stages of drying, as the meat first warms up and moisture is removed.

6. **Prevent cross-contamination — keep dried jerky separate from raw meat.** After drying is complete, handle and store jerky in a sanitary manner to maintain its safety. Store in an airtight plastic food bag or jar with a tight-fitting lid. You can store properly dried jerky at room temperature for 1 or 2 months. But to ensure safety and protect flavor, keep jerky in the refrigerator or freezer. Label and date packages.

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SUPL3573 Guidelines for Making Safe Jerky at Home (1998) —
Supplement to *Wisconsin's Wild Game: Enjoying the Harvest B3573*

Venison can be cooked almost any way you would prepare lean beef. Chops, steaks and roasts from the loin or other tender muscles can be grilled, pan-fried or roasted in a moderate oven (300 to 325 degrees F) to an internal temperature of 170 degrees F. The meat may need to be protected from drying out by brushing the surface with vegetable oil or covering with strips of bacon.

Cook less tender roasts or chuck or round steaks by a method that will add moisture to the meat. Marinades can add flavor to any cut, and can help tenderize tougher muscles. If you choose a wine-based marinade, select a very inexpensive wine that will give the meat the desired wine flavor without wasting the qualities you pay for in a more expensive vintage.

Herb-Seasoned Roast Venison

YIELD: 9 TO 12 SERVINGS

3 to 4 lb venison rump roast

¼ tsp thyme

¼ tsp sweet basil, crushed

2 tsp parsley flakes

¼ tsp garlic powder

¼ tsp seasoned or table salt

½ tsp coarsely ground pepper

2 tbs olive oil

Mix herbs and seasonings. Score the roast surfaces with shallow gashes (¼-inch deep), and rub in the seasoning mixture well. Brush the roast with olive oil. Roast in a 325 degree F oven until the internal temperature reaches 170 degrees F, about 2 hours. Do not overcook.



Broiled Venison

YIELD: 4 TO 6 SERVINGS

4 to 6 venison tenderloin or other steak cuts

Marinade:

½ cup salad oil

½ cup red wine or wine vinegar

¼ tsp seasoned salt

¼ tsp garlic powder

¼ tsp rosemary

¼ tsp marjoram

½ tsp summer savory or sweet basil

Combine ingredients, and marinate 4 to 6 venison tenderloin or other steak cuts in the refrigerator for 5 to 6 hours. Place meat on a grill over a hot firebed, on a tabletop broiler, or in a lightly oiled frypan. Cook until done, according to individual preference.



Bavarian Venison Steak

YIELD: 8 SERVINGS

2½ lb boneless venison round steak or chops

2 to 3 large onions, sliced

Marinade:

1 cup dry red wine (burgundy, Beaujolais, chianti)

1 clove garlic, crushed

1 medium onion, chopped

½ tsp coarsely cracked black pepper

2 or 3 bay leaves

Combine the marinade ingredients in a heavy-duty, food-grade plastic bag, then add serving-sized pieces of meat. Tie tightly and refrigerate for at least 6 hours, or overnight.

Remove the meat from the marinade. Brown quickly in a lightly oiled skillet, then place the meat pieces in a covered casserole or baking pan. Slice two or three onions over the meat and add ½ cup of the marinade. Bake covered at 325 degrees F for one-half to 2 hours, until the meat is tender. If necessary, add more of the marinade or a little water during cooking. Discard any unused marinade.

When the meat is done, make a thin gravy by adding up to ½ cup water to the baking pan, stirring to remove the pan drippings, and thickening with 1 tablespoon cornstarch dissolved in 2 tablespoons cold water. Bring to a boil, and serve over the meat.



Hunter's Stew

YIELD: 8 SERVINGS

2 lb venison, boneless chunks
2 tbsp cooking oil or shortening
1 garlic clove, crushed
2 cups tomato sauce (15.5-ounce can)
½ cup water
1 tsp instant beef bouillon or 1 bouillon cube
½ tsp black pepper
½ tsp salt
1 tbsp Worcestershire sauce
2 cups carrot chunks
2 cups celery, cut in 1-inch chunks
1 cup turnip or rutabaga, cubed
1 cup onion, coarsely chopped
1 cup potatoes, cut in 1-inch chunks
Dumplings (recipe follows)

Brown the meat in oil or shortening in a heavy skillet or Dutch oven. Place crushed garlic in the pan while the meat is browning. Add the tomato sauce, water, bouillon and seasonings. Cover and simmer over low heat or in a 300 degree F oven until the meat is fairly tender. Add the vegetables, and continue cooking 30 to 45 minutes until they are tender. Add more water if needed to cover the meat and vegetables. Add salt as desired. When the meat and vegetables are tender, thicken the liquid by adding 3 tablespoons flour mixed into ½ cup cold water. Stir until smooth before adding. Boil for a couple of minutes and serve with cooked noodles, rice or biscuits.

If you choose to make dumplings do not thicken the liquid, since the dumplings will absorb some as they cook.



Dumplings

YIELD: 8 DUMPLINGS

1½ cups flour
2 tsp baking powder
¼ tsp salt
1 egg, slightly beaten
1 tbsp parsley flakes or chopped chives
½ cup milk

Mix dry ingredients, then stir in beaten egg and milk until just barely blended. Do not overmix. During the last half hour of cooking the stew, add 8 rounded tablespoons of dumpling batter to the top. Cook 10 minutes uncovered, then 10 minutes covered.



Sweet and Sour Venison Meat Balls

YIELD: 6 SERVINGS

1 lb ground venison
½ lb ground pork sausage
¾ cup rolled oats
1 5-ounce can water chestnuts, drained and chopped
1 tbsp soy sauce
½ tsp onion salt
½ tsp garlic powder
Dash of Tabasco sauce
1 egg, slightly beaten
¼ cup milk
Sweet and Sour Sauce (recipe follows)

Combine ingredients and mix well. Shape into small balls, about 1 tablespoon each. Brown meat balls in a nonstick or lightly greased skillet.



Sweet and Sour Sauce

1 8-ounce can crushed pineapple
½ cup cider vinegar
1 tsp soy sauce
1 cup beef consommé
1 cup brown sugar
½ tsp grated ginger root, or ¼ tsp ground ginger
2 tbsp cornstarch
½ cup green pepper, chopped

Drain the pineapple juice into a saucepan, and reserve the pineapple. To the pineapple juice, add vinegar, soy sauce and beef consommé. Combine brown sugar, ginger and cornstarch. Stir into the pineapple juice mixture and heat, stirring constantly until it is thickened and clear. Add green pepper and drained pineapple. Pour over meat balls and simmer about 10 minutes. Serve hot with picks as an appetizer or over cooked rice as an entree.



Venison Stroganoff

YIELD: 6 SERVINGS

1 lb fresh mushrooms
2 tbsp butter
1½ lb venison steak, cut in strips
1 clove garlic, crushed, or ½ tsp garlic powder
1 large onion, sliced
1 can (10.5 ounces) condensed cream of mushroom soup, water
½ tsp brown gravy sauce
2 cups (16 ounces) sour cream or lowfat substitute

Sauté mushrooms in butter until lightly browned. Remove from pan. In the same pan, cook steak, sliced onions and crushed garlic clove until meat is browned. Remove from pan. Add soup to pan, with ½ can water. Scrape the pan bottom to mix in drippings. Add the brown gravy sauce. Return mushrooms, steak and onions to soup mixture. Simmer 30 to 60 minutes. Just before serving, add sour cream and mix it in completely. Heat thoroughly and serve over noodles.



Venison Pasties

YIELD: 4 SERVINGS

Pastry for 2 crust pie:

2 cups all-purpose flour
 $\frac{2}{3}$ cup vegetable shortening
 $\frac{1}{4}$ tsp salt
4 to 6 tbsp ice water

Cut shortening into flour/salt mixture with a pastry blender until the mixture is crumbly. Add ice water and mix together until you are able to form a dough ball. Divide into four portions, and roll out into circles.

Filling:

$\frac{3}{4}$ lb boneless venison round or loin, cut into tiny pieces
2 potatoes, diced
 $\frac{1}{2}$ cup chopped onion
2 carrots, thinly sliced
2 tbsp chopped parsley
1 tsp salt
 $\frac{1}{4}$ tsp black pepper
4 tbsp water
4 tsp butter or margarine
1 egg, beaten

Divide the meat and vegetables equally among the four pastry circles. Arrange the filling ingredients on one-half of each circle. Sprinkle salt and pepper over the filling, and dot each with 1 teaspoon butter or margarine. Add 1 tablespoon of water, and quickly fold the dough over the filled half to make a half-pie shape. Crimp the edges firmly. After all four pasties are assembled, brush the top surfaces with beaten egg. Place on a cookie sheet, and bake in a 375 degree F oven for 1 hour.



Making Venison Jerky

Before refrigerators and freezers, the only way to preserve meat for a long time in warm climates was through drying or salting. These methods remove or tie up water in the meat, and make it difficult for microorganisms to grow. Although drying is no longer a major means of preserving meat, many people still enjoy jerky.

Preparation:

1. Remove connective tissue and gristle from fresh, lean venison — flank or round steak, sirloin tip or rump.
2. For ease of slicing, freeze the meat until it is firm but not solid. With a sharp knife, trim off visible fat to prevent rancid off-flavors.
3. Slice meat with the grain into long, thin strips — $\frac{1}{8}$ to $\frac{1}{4}$ -inch thick, 1 to $1\frac{1}{2}$ inches wide and 4 to 12 inches long. Strips cut across the grain will be less chewy, more tender.
4. Lay the strips on a smooth, clean surface. Flatten strips to a uniform thickness with the heel of your hand or a rolling pin.
5. Season the strips by rubbing in no more than 1 teaspoon salt per pound. Add pepper, garlic and onion powder, favorite herbs or other seasonings to taste. Curing salts often contain premixed spice mixtures.
6. To add salt and flavoring, soak the strips in a brine solution such as either of those on the next page.



Jerky Recipe 1

YIELD: $\frac{1}{2}$ TO $\frac{7}{8}$ POUND

2 lbs lean venison strips
 $\frac{1}{2}$ gallon water
 $\frac{1}{4}$ cup + 2 tbsp salt
 $\frac{1}{4}$ cup sugar
3 tbsp Liquid Smoke
 $\frac{1}{2}$ tsp black pepper

Recipe 1 produces a lightly seasoned jerky — meat, pepper and smoke flavors predominate. Recipe 2 makes a highly seasoned jerky. Adjust recipes to taste.

Directions:

Stir until seasonings are dissolved. Mix meat strips with brine until all surfaces are coated. Cover, and refrigerate overnight.

Remove meat strips from brine, pat dry with paper towels. For the lighter Recipe 1 flavor, soak in cold water for an hour, drain and pat dry. Dry strips indoors using an oven or dehydrator.

Stretch strips across clean oven or dehydrator racks. If strips are too short, fasten several together with wooden toothpicks. Allow strips to touch but not overlap. Leave enough open space for air to circulate.

For oven drying, set the temperature at 150 to 175 degrees F. Place filled racks in the oven, but not within 4 inches of the heat source. It may be

Jerky Recipe 2

YIELD: $\frac{1}{2}$ TO $\frac{7}{8}$ POUND

2 lbs lean venison strips
 $\frac{1}{4}$ cup soy sauce
1 tbsp Worcestershire sauce
 $\frac{1}{4}$ tsp black pepper
 $\frac{1}{4}$ tsp garlic powder
 $\frac{1}{2}$ tsp onion powder
1 tsp Liquid Smoke

convenient to place foil on a lower rack to catch drips. Dry for 6 to 10 hours until almost crisp. Keep the oven door open about 1 inch during the first few hours to let moisture escape. In a dehydrator, dry at 145 degrees F. Follow the manufacturer's or oven drying instructions.

Strips are dry when chewy and leathery. Warm jerky will be pliable, even though enough moisture is removed. Cool a strip to test. When dry, remove from the oven or dehydrator to cool on absorbent paper. Pat off fat beads.

Store in an airtight plastic bag or jar with a tight-fitting lid. You can store jerky at room temperature in a cool, dry, dark place for 1 to 2 months, or in the refrigerator or freezer for up to a year.



The meat of upland game birds tends to be somewhat dry, particularly in older birds. Using bacon, salt pork, butter or margarine, cream, milk or other liquid during cooking helps keep the meat from drying out. If the birds were skinned, they will also need to be protected from drying out in one of these ways. You can use most of the following suggested recipes for any combination of these birds.

Wild Turkey

Wild turkeys can be prepared in much the same way as you would prepare domestic turkey. Because they may be large, you will probably want to roast the whole bird on an open pan with a rack or in a roasting pan. Set the oven temperature at 300 to 325 degrees F. Basting with melted butter or margarine during roasting will help retain moisture in the breast.

You may want to cover the bird loosely with a foil tent during part of the cooking period. You can use a roasting bag for smaller birds, but this will steam rather than roast the bird. Use a meat thermometer to determine doneness. The internal temperature of the turkey breast should be 180 to 185 degrees F, and juices should be clear, not pink.

Many hunters like to separate the legs from the rest of the turkey and cook them separately, since they may be quite tough on older, larger birds. Boneless turkey breasts may be roasted in any of the ways suggested for upland game birds in the following recipes. Turkey meat may be substituted for other game birds in these recipes.

Roast Pheasant, Grouse, Partridge or Turkey

Cover each bird completely with thin slices of bacon and skewer with toothpicks or tie with a string to keep the bacon in place. Place in a roasting pan, and pour in just enough water to cover the bottom of the pan. Bake at 400 degrees F for 20 to 25 minutes. Remove bacon, brush birds with melted butter or margarine. Sprinkle with flour, and continue baking at 325 degrees F until the birds turn a rich brown. To make gravy, thicken the liquid in the pan with flour or cornstarch and add ½ cup dry sherry if you desire. Heat to boiling, and cook 3 to 5 minutes.



Smothered Pheasant, Grouse, Partridge, Woodcock or Turkey

Split birds into serving-sized pieces and roll in flour seasoned with salt and pepper. Brown in melted butter or margarine. When each piece is browned, place in Dutch oven or heavy casserole. Add ½ cup milk to the skillet in which the meat was browned, stir well, and pour this liquid into the Dutch oven or casserole. Add one of the following:

- a) 1 cup sour cream (8 ounces) or lowfat substitute, mixed with enough milk or cultured buttermilk to cover the birds completely; or
- b) 1 can (10.5 ounces) condensed cream of chicken soup, undiluted.

Sprinkle with paprika. Cover the pan and bake at 325 degrees F for 1½ hours, or until tender.



Pheasant Kiev

YIELD: 4 SERVINGS

4 half pheasant breasts, skinned & boned**¼ lb butter or margarine, softened****1 tsp parsley, finely chopped****1 small garlic clove, crushed & finely chopped****Few grains cayenne pepper****¾ cup flour****1 egg, beaten****1½ cups dry breadcrumbs or cornflake crumbs****Vegetable oil for deep-fat frying**

Place each of the four breast halves between waxed paper, and flatten with a wooden mallet to ½-inch thick. Be careful not to break holes in the meat. Place the thin filets in the refrigerator for 2 hours.

Mix the parsley, garlic and cayenne with the softened butter or margarine, and shape into four egg-shaped balls. Place the balls in the freezer until the pheasant is chilled.

After 2 hours, remove pheasant filets from refrigerator. Brush one side of each with beaten egg. Place a butterball on the egg-coated side of each filet, and fold the meat over it. Secure the edges with toothpicks. Roll each filet in flour, dip it in beaten egg, then roll it in crumbs.

Heat oil to 375 degrees F in a deep-fat fryer. Carefully place the filets in a frying basket and lower into the hot fat. Cook 7 to 8 minutes, or until golden brown. Serve immediately.



Partridge in Red Wine

YIELD: 2 SERVINGS

½ cup flour**2 1-lb ready-to-cook partridges, cut up****¼ cup butter or margarine****2 tbsp finely chopped onion****1 can (10.5 ounces) condensed beef broth****¾ cup claret or red Burgundy wine**

Combine flour and 1 teaspoon salt in paper or plastic bag; add two or three pieces of partridge at a time and shake to coat. Brown partridge in butter or margarine in Dutch oven. Add onion and beef broth. Cook covered over low heat for 50 to 60 minutes, or until tender. Remove birds to serving dish. Add wine to Dutch oven; simmer 5 minutes, stirring and scraping brown bits from bottom of pan. Pour sauce over partridge.



Dipper's Nuggets

YIELD: 4 SERVINGS

2 whole pheasant breasts, skinned & boned**1 egg, beaten****⅓ cup water****⅓ cup flour****2 tsp sesame seeds****½ tsp salt****2 cups (16 ounces) corn oil****Nippy Pineapple Sauce (recipe follows)**

Cut breasts into 1 x 1 x ½-inch nuggets. Mix egg and water. Add flour, sesame seeds and salt to make batter. Pour corn oil into heavy saucepan or deep fryer, filling no more than one-third full. Dip nuggets into batter and drain off excess. Carefully add nuggets, a few at a time. Fry 3 to 5 minutes, or until golden brown and fork inserts easily. Drain on paper towels. Serve with Nippy Pineapple Sauce.

Nippy Pineapple Sauce

YIELD: ¾ CUP

½ cup pineapple preserves**2 tbsp prepared mustard****2 tbsp prepared horseradish**

Stir ingredients together in a small saucepan. Heat slowly over low heat.



Broiled Game Bird
Game birds, cut in pieces

Marinate:

½ cup diced onion**½ cup lemon juice****½ cup salad oil****¼ tsp celery salt****¼ tsp salt****¼ tsp thyme****¼ tsp rosemary****½ tsp garlic powder****½ tsp summer savory****½ tsp garlic salt****¼ tsp pepper**

½ cup wine vinegar, sauterne or dry sherry wine for light meat; port or Burgundy wine for dark meat

Marinate in the refrigerator in a covered glass pan or bowl, or in a heavy food-grade plastic bag for 5 to 6 hours. Place on grill or broil in oven broiler until cooked through. Baste with mixture of appropriate wine and butter or barbecue sauce. Serve as an appetizer or main dish.



Fish-eating ducks may need soaking or marinating in vinegar, mild wine or buttermilk. You may soak older ducks and geese in a solution of ½ teaspoon salt and 1 tablespoon vinegar per quart of cold water for 4 to 12 hours in the refrigerator.

Wild duck meat is darker and somewhat dryer than domestic duck. To retain or add moisture when roasting skinned birds, cover the breast with strips of bacon or side pork and roast in a covered pan. In roasting or broiling ducks, use a rack to keep them free of their own fat, and do not baste with the fat.

Ducks and geese may be baked, barbecued, breaded, broiled, fried, combined in casseroles, chop suey, creoles, gumbos and gravies. Except for the breast, other meat from a large wild goose is likely to lack tenderness.

Roast Wild Duck

Rub the outside of the duck with a slice of onion, then sprinkle with salt and pepper. You can flavor the bird and absorb strong flavors by placing a quartered peeled onion, grapes, quartered apples or potatoes and a small bunch of celery in the cavity during roasting. But discard this stuffing before serving.

If ducks are lean or have been skinned, place two or three strips of bacon or salt pork on each breast and secure with toothpicks. Place ducks on a rack in a covered roasting pan. Bake in a 325 degree F oven for 2 hours, or until tender. If ducks need basting, use orange juice, melted butter, melted tart jelly or red wine rather than pan drippings to avoid fishy flavors.

Roast Wild Goose

As described for duck, place the “flavor dressing” of apple, onion, potatoes and celery in the goose during roasting, then discard it. Place the goose on a rack in an uncovered roasting pan. Bake in a 325 degree F oven for 3 hours, or until tender. Baste frequently with pan drippings. To determine internal temperature, insert a meat thermometer into the thickest part of the breast muscle without touching bone. Goose is well-done when the internal temperature is 180 to 185 degrees F. Serve with a tart jelly or relish.

Dressings for Duck or Goose

We recommend that you bake dressing separately to avoid any chance of hazard from bacterial growth. Bake in a covered casserole in the oven while the bird is roasting. If you stuff the birds for flavoring, do so just before placing them in the oven. Use a meat thermometer to be sure the internal temperature of the dressing reaches 165 to 170 degrees F.

Wild Rice Dressing

2 cups cooked wild rice (½ cup uncooked wild rice, cooked in 1½ cups water or chicken broth)
¼ cup butter or margarine
¼ cup onion, minced
½ cup celery, chopped
1 6-ounce can mushrooms, drained, or ½ lb fresh mushrooms
2 tbsp chopped parsley
½ tsp sage
½ tsp thyme or marjoram
½ tsp salt
¼ tsp black or garlic pepper

Cook onions and celery in melted butter or margarine until barely tender. Add drained mushroom pieces and continue cooking 5 minutes. Add cooked rice and all remaining ingredients. Bake in a covered casserole at 325 degrees F for 45 minutes.



All-Wisconsin Dressing

YIELD: 12 SERVINGS

1 lb bulk pork sausage, regular or sage
1 cup onion, chopped
1 cup celery, chopped
1 cup unpeeled apple, chopped
1 cup cranberries, chopped
1 16-ounce bag seasoned bread stuffing cubes
2 eggs, beaten
2 cups (16 ounces) apple juice

Brown sausage just until meat loses pink color. Remove from drippings. Sauté onion and celery in sausage drippings. Drain on paper towel to remove excess fat. Combine first six ingredients. Beat eggs just enough to blend. Add to apple juice and moisten dressing mixture. Bake 45 to 55 minutes at 325 or 350 degrees F in a well-greased 9 x 13-inch pan covered with foil, or a covered 3-quart casserole.



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Sauerkraut Dressing

1 28-ounce can or 2 16-ounce cans sauerkraut
1 tart unpeeled apple, chopped
½ cup celery, chopped
1 medium potato, peeled and grated
¼ cup brown sugar
¼ cup onion, chopped

Combine all ingredients. Bake in a covered casserole at 325 degrees F.



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Braised Wild Duck

YIELD: 4 SERVINGS

2 ducks, cleaned and halved
½ tsp salt
¼ tsp pepper
1 cup flour
½ cup butter or margarine
½ cup water, chicken broth or light cream

Optional: ½ cup chopped onion and ¼ cup chopped celery

Season duck pieces with salt and pepper and roll in flour. Melt butter or margarine in a heavy skillet or Dutch oven. Fry duck slowly in the hot fat until brown on both sides, about 30 minutes. Turn only once. If you use onion and celery, remove duck pieces and cook onion and celery in the pan drippings for 10 minutes. Return pieces of duck to pan, add liquid and cover pan tightly. Simmer on top of range or bake in a 325 degree F oven for 1 hour, until tender.



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Oven Barbecued Duck

YIELD: 4 SERVINGS

2 ducks, cleaned and halved
¼ cup melted butter or margarine
1 clove garlic, crushed
¼ cup salad oil
¼ cup lemon juice
1 tbsp onion, grated
1 tbsp paprika
⅓ cup catsup
⅛ tsp black pepper

Preheat oven to 400 degrees F. Place duck halves split side down in a shallow baking pan. Rub with crushed garlic, and brush with melted butter or margarine. Roast uncovered for 10 to 15 minutes. Meanwhile, combine other ingredients and heat to simmering. Reduce oven temperature to 350 degrees F. Baste ducks with the sauce every 10 minutes for 40 to 50 minutes, until tender.



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Wild Duck in Wine

YIELD: 2 SERVINGS

1 whole duck breast
Flour, seasoned with salt and pepper
Olive oil
1 cup dry red wine
½ cup brandy
½ cup ripe olives, chopped
2 tbsp parsley, chopped
1 tbsp chervil, chopped
Salt and pepper

Dust meat with seasoned flour and brown in olive oil. Remove to baking dish. Simmer onion in oil until transparent, but not brown. Add wine, brandy, olives, parsley, chervil, salt and pepper. Cook for 1 minute, adjust

seasoning and pour over duck meat. Bake uncovered at 350 degrees F for 30 minutes, basting occasionally with the sauce. Transfer meat with sauce to a hot platter, garnish with greens.



.....
Hunter's Duck Dinner

YIELD: ABOUT 2 SERVINGS PER DUCK

Place ducks in pan, breast up. Sprinkle each duck with 1 tbsp. cooking sherry.

Season each with:
½ tsp celery salt
½ tsp celery seeds
1 tsp salt
¼ tsp pepper
½ tsp onion salt
¼ tsp curry powder

Let stand in the pan for 30 to 60 minutes in the refrigerator.

Chop 1 small onion and 1 stalk celery and place in pan. Add ¼- to ½-inch water. Bake at 500 degrees F until breast is brown, about 20 minutes. Turn and bake until back is brown. Cover and cook 1 to 1½ hour at 300 degrees F, or until tender. Serve with any favorite poultry stuffing recipe, baked separately.



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Goose with Sour Cream and Mushrooms

YIELD: 6 SERVINGS

1 5- to 8-lb goose
Garlic salt
Paprika
1½ stalks celery, chopped
1 carrot, chopped
1¼ tsp salt
1 onion, chopped
4 tbsp flour
½ tsp rosemary
¼ tsp thyme
1 cup thick sour cream or lowfat substitute
1 6-ounce can mushrooms, drained, or ½ lb fresh mushrooms

Wash goose inside and out. Cut off neck and wing tips; save. Dry goose with paper towels and season with garlic salt and paprika. Place on rack in shallow pan. Roast goose uncovered in a 325 degree F oven for 1 hour, or until browned and fat has cooked off. Meanwhile, simmer giblets, neck and wing tips in water with chopped celery, carrots and 1 teaspoon salt.

Skim 3 tablespoons fat from goose; cook onion in fat until soft and yellow. Stir in 2 tablespoons flour, then blend in 1 cup liquid from giblets; if necessary, add water to stock. Season with rosemary, thyme and the remaining salt. Stir remaining 2 tablespoons flour into sour cream. This keeps it from curdling. Blend into gravy. Place goose in roasting pan; pour gravy and drained mushrooms over it. Cover and continue roasting another 2 hours.



Cooking Squirrel

Young, tender squirrels can be prepared like young, tender chicken. Larger and older squirrels should be braised, stewed or roasted in a covered pan since moist heat cooking helps tenderize the meat.

Cooking Rabbit

You can cook rabbit in almost any of the ways you would cook chicken. Always cook rabbit until well done, and since it is very lean, moist heat cooking is best. Most young rabbits require no soaking to tenderize, other than a 1-hour soak in strong salt water to remove bloodiness from shot.

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Fried Squirrel or Rabbit

YIELD: 2 SERVINGS

1 young squirrel or rabbit, cut in pieces
½ tsp salt
⅛ tsp pepper
½ cup flour
¼ cup shortening

Mix salt and pepper with flour. Shake pieces of squirrel in flour mixture and brown in melted shortening in a heavy skillet. Lower the heat after browning, and cover the skillet tightly. Cook over low heat for 45 minutes to 1 hour, or until well done. Remove cover during the last 10 minutes to crisp outer surfaces.



.....
Roast Squirrel

YIELD: 2 SERVINGS

1 squirrel
1½ tsp salt
¼ tbsp lemon juice or tarragon vinegar
¼ cup melted butter, or 2 tbsp butter
and 2 tbsp oil
1 cup beef broth

Rub squirrel with salt and pepper. Mix lemon juice or tarragon vinegar with melted butter or butter-oil combination. Brush squirrel with this mixture and place on a rack in a Dutch oven or a heavy roasting pan. Add broth. Cover and roast for 2 hours in a 325 degree F oven. Remove cover during last half hour for browning. Make gravy from pan drippings.

Note: This recipe is suitable for older, less tender animals.



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Squirrel or Rabbit Fricassee

YIELD: 2 SERVINGS

1 young squirrel or rabbit, cut in pieces
½ tsp salt
⅛ tsp pepper
½ cup flour
3 slices bacon, chopped
1 tbsp onion, sliced
2 tsp lemon juice
⅓ cup beef or chicken broth

Rub pieces of squirrel with salt and pepper and roll in flour. Pan fry with chopped bacon for 30 minutes. Add onion, lemon juice and broth, and cover tightly. Cook slowly for 2 hours. Just before serving, remove squirrel and make gravy by adding water or milk and flour to the pan drippings.

Variation: In place of bacon and lemon juice, add 1 tablespoon paprika, ⅛ teaspoon cayenne pepper, 1 sliced tart apple and 2 cups chicken broth.



Brunswick Stew

YIELD: 6 SERVINGS

2 squirrels or rabbits, cut in pieces
1 quart boiling water
1½ tsp salt
¼ tsp pepper
1 cup canned or frozen corn
1 cup canned or frozen lima beans
2 potatoes, cut in ½-inch cubes
2 cups tomatoes
1 small onion, chopped
1½ tsp sugar
¼ cup butter or margarine

Add the squirrel to boiling, salted water. Lower heat to simmering. Add corn, lima beans, potatoes, onion and pepper. Cover and simmer for 1 hour. Add butter or margarine, bring to a boil and remove from heat.

Note: This recipe is particularly suitable for older, less tender animals.



Hasenpfeffer

YIELD: 4 TO 6 SERVINGS

1 rabbit, cut in pieces
Cider vinegar and water
1 onion, sliced
1 cup Burgundy wine
6 whole peppercorns
3 whole cloves
1 bay leaf
3 tbsp vegetable shortening
¼ tsp pepper
½ tsp salt
1 cup sour cream or lowfat substitute

Place rabbit pieces in a glass dish or heavy food-grade plastic bag. Add wine, spices, onion and enough vinegar and water in equal parts to cover. Marinate rabbit for 2 days in the refrigerator. Remove the rabbit pieces and dry well. Sprinkle with salt and pepper and roll lightly in flour. Brown in melted shortening in a heavy skillet. Add ¼ cup marinade to pan. Cover tightly and simmer until done, adding more marinade if needed. Remove rabbit from pan, thicken drippings and add sour cream to gravy.



Barbecued Rabbit

YIELD: ABOUT 1 QUART

Brown together in 1 tablespoon of melted shortening:
½ cup onions, chopped
¼ cup green pepper, chopped
¼ cup celery, chopped
Remove from heat and stir in:
1 tbsp sugar
1 tsp salt
¼ tsp pepper
1 cup tomato soup or purée
1 tbsp vinegar
¼ cup catsup
2 cups rabbit meat, chopped

Simmer these ingredients at least 1 hour; add water if necessary. Serve on toast or toasted buns.

Note: This recipe is excellent for older, tougher rabbit or leftover meat. It also freezes well.



German Hare

YIELD: 4 SERVINGS

2 rabbits, cut in pieces
2 tbsp bacon fat or vegetable shortening
6 small onions
½ lb dried prunes
1 bay leaf
Salt and pepper
¼ tsp thyme
¼ tsp marjoram
1 bottle or can ale or beer

Brown rabbit pieces in bacon fat or shortening. Combine the meat in a casserole with onions, prunes and bay leaf. Add seasonings. Pour ale over meat. Roast covered at 325 degrees F for 1½ hours, or until tender. Remove bay leaf. Serve over buttered noodles with pan juice as a light gravy.



Fried Muskrat

YIELD: 8 SERVINGS

2 muskrats, cut in pieces and trimmed
1 cup flour
½ tsp salt
½ tsp paprika
1 egg, beaten, water
1 to 2 cups fine bread crumbs
¼ cup bacon fat or vegetable shortening
1 cup milk
Salt and pepper

Coat muskrat pieces in flour, salt and paprika mixture. Dip pieces in egg, beaten in a little water, then in bread crumbs. Brown meat in melted fat or shortening in a heavy skillet. Cover, and reduce heat. Cook slowly for 1 hour, or until tender. Remove meat and prepare gravy in cooking liquid. Pour off all but 2 tablespoons fat; stir in 2 tablespoons flour. Add milk, stir until thick. Add salt and pepper to taste. Pour gravy over meat, and serve.



Roast Raccoon

1 raccoon, trimmed and cut in large pieces
1 package dehydrated onion soup

Trim as much fat as you can from the raccoon. To remove more fat, you can place raccoon meat in a large kettle, cover with cold water and bring just to a boil. Remove the meat pieces and place them in a roasting pan. Roast at 325 degrees F for 1 hour, then sprinkle with dry onion soup. Add ½ cup water to the bottom of the pan. Cover and continue to roast for 1 to 2 hours, or until tender.



Barbecued Raccoon

1 raccoon, cleaned and cut in pieces

Barbecue Sauce:

¼ cup vinegar
1½ cup water
¼ cup sugar
4 tsp prepared mustard
1 cup catsup
¼ tsp pepper
¼ cup butter or margarine
1 tsp salt
2 slices lemon
3 tbsp steak sauce

Mix all sauce ingredients together and simmer over low heat 15 to 20 minutes. Place meat on a grill over a hot firebed, on a tabletop broiler, or in a lightly oiled frypan. Brush barbecue sauce on top surfaces as the other side cooks. Cook until done.



Raccoon with Sauerkraut

1 raccoon, cleaned and cut in pieces
2 1-lb cans sauerkraut, drained
1 medium apple, diced
Vegetable shortening
Flour
Salt and pepper
1 medium onion, diced
1 tbsp caraway seeds
1 bottle or can beer

Coat raccoon pieces with flour, salt and pepper. Brown in melted shortening in a heavy skillet. Drain the sauerkraut thoroughly. Add it to the chopped apples and onions with caraway seeds with enough beer to simmer. When heated through, put a layer in a roasting pan. Add raccoon pieces and top with rest of the sauerkraut mixture. Bake at 350 degrees F for about 3 hours, or until tender. Add more beer if it starts to dry out.



Nutrient Composition Tables

Nutrient values for various game species are published in U.S. Department of Agriculture Handbook AH-17 *Composition of Foods: Lamb, Veal and Game Products* (1989).

You will notice differences among the tables, with some stating cooked values and others stating nutritional information for raw meats.

NUTRIENT COMPOSITION OF GAME BIRDS
& GAME MEATS*Nutrients in 3.5 ounces (100 grams) of raw meat from game birds (skin removed)*

Cut	Calories (gm)	Protein (mg)	Iron (gm)	Total Fat (gm)	Saturated Fat (mg)	Cholesterol
Duck ² (breast)	123	20	4.5	4.3	1.3	NA
Goose (Snow) ¹ (breast)	130	23	NA	3.6	NA	142
Grouse (Sharptail) ¹ (breast)	108	24	4.8	0.7	NA	105
Pheasant ¹ (breast)	116	26	1.2	0.6	NA	52
Pheasant ² (breast)	133	24	0.8	3.3	1.1	NA
Pheasant ² (all flesh)	133	24	1.2	3.6	1.2	NA
Quail ² (breast)	123	23	2.3	3.0	.9	NA
Quail ² (all flesh)	134	22	4.5	4.5	1.3	NA
Turkey-wild ¹ (breast)	121	26	NA	1.1	NA	55

Sources of Information:

¹ From Martin Marchello, North Dakota State University

² USDA Handbook 8-5, Composition of Foods: Poultry Products Raw, Processed, Prepared (1979).

Nutrients in 3-ounce cooked, trimmed servings of game meat

Cut	Calories (gm)	Protein (mg)	Iron (gm)	Total Fat (gm)	Saturated Fat (mg)	Cholesterol
Antelope (roasted)	128	25	3.6	2.3	0.8	107
Bear (simmered)	220	28	9.1	11.4	—	—
Bison/buffalo (roasted)	122	24	2.9	2.1	0.8	70
Caribou (roasted)	142	25	5.2	3.8	1.4	93
Deer/venison (roasted)	134	26	3.8	2.7	1.1	95
Elk (roasted)	124	26	3.1	1.6	0.6	62
Goat (roasted)	122	23	3.2	2.6	0.8	64
Moose (roasted)	114	25	3.6	0.8	0.2	66
Rabbit* (roasted)	131	19	1.5	5.4	1.6	54
Rabbit* (stewed)	175	26	2.0	7.1	2.1	73
Rabbit** (stewed)	147	28	4.1	3.0	0.9	105
Squirrel (roasted)	116	21	3.1	4.5	0.4	81

* Domesticated

** Wild

Source: USDA Handbook 8-17, Composition of Foods: Lamb, Veal and Game Products, (1989).

