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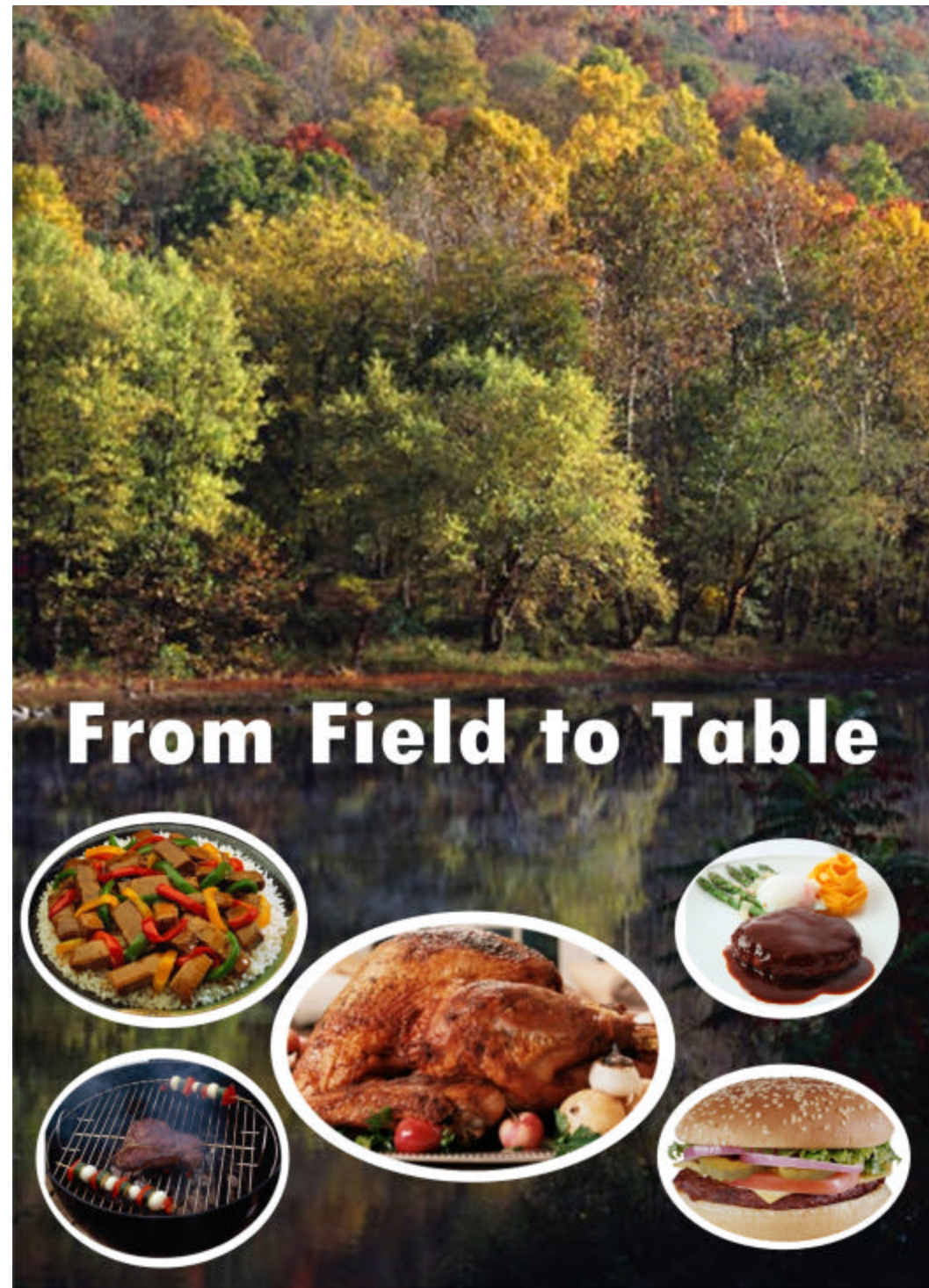
College of Agricultural, Consumer and Environmental Sciences

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Roast Wild Turkey

- 1 wild turkey, cleaned
- Herbs and spices (to taste)
- Cooking bag (optional)

1. Place turkey breast-side up on a rack in a shallow roasting pan. Insert meat thermometer in thigh. (For safety, the internal temperature should reach 180°F.)
2. Cover turkey with loose tent of heavy-duty aluminum foil for the first half of cooking time.
3. Roast turkey at 325 to 350°F, following table below for cooking time. Baste often.
4. Turkey may also be roasted in a cooking bag. This method will reduce cooking time by about one-third. Follow manufacturer's instructions for preparation.

Safety Note: Cook turkey to an internal temperature of 180°F in the thigh and 170°F in the breast meat.

Weight (pounds)	Cook Time (hours)
4--6 (breast)	1½ to 2¼
6--8	2¼ to 3¼
8--12	3¼ to 4
12--16	4 to 4½
16--20	4½ to 5
20--24	5 to 5½
24--28	5½ to 6

Oven-Fried Quail

Several quail, cut into serving pieces

2 tablespoons cooking oil

1 egg white

½ cup skim milk

1 cup commercial biscuit mix (e.g. Bisquick®)

1 teaspoon paprika

½ teaspoon pepper

1. Put oil in a 9"x13" pan, coating bottom well.
2. Mix egg white with skim milk, set aside.
3. Mix biscuit mix, paprika, and pepper in a large bowl.
4. Dip quail pieces in egg mixture, then in biscuit mixture. Repeat.
5. Place coated quail pieces in pan and bake at 350°F until well browned and no pinkness remains (about 45 minutes).

Safety and Handling of Game

You can savor the hunt at the dinner table if the game meat is properly handled along the way. Follow these guidelines to safely process, store, and cook wild game.

- Improper temperature is meat's worst enemy. Without proper chilling and heating, meat will spoil and consumption can lead to severe food-borne illness.
- Game may be processed commercially or at home. Keep the carcass cool until it is processed. Also, keep the carcass out of direct sunlight and allow for adequate air circulation.
- If you process game meat at home, don't cross-contaminate. Wash knives, hands, and cutting boards often with hot, soapy water. Sanitize cutting boards with a solution of 1 teaspoon chlorine bleach in 1 quart of water.
- For immediate use, store meat in the refrigerator (under 40°F) and use within 2 to 3 days. Keep raw meat and cooked meat separate to prevent cross-contamination.
- Prevent freezer burn by using the right packaging material. Use moisture/vapor-proof wrap such as heavily waxed freezer wrap, laminated freezer wrap, heavy-duty aluminum foil, or freezer-weight polyethylene bags.
- Press air out of storage packages before sealing.
- Label storage packages, indicating contents and date.
- Avoid overloading the freezer. Put in only the amount that will solidly freeze within 24 hours.
- Game will keep 9 to 12 months in the freezer if properly wrapped.
- Thaw frozen meat in the refrigerator or in a microwave oven. Foods thawed in the microwave should be immediately cooked. Refrigerator-thawed meat should be used within 1 to 2 days.
- Freeze meat while it is fresh and in top condition. With small game, you can freeze the whole carcass or individual parts. The advantage of packaging parts instead of the whole animal is that blood spots can be cut out or rinsed away with cold water.

- Cook game meats thoroughly and use a food thermometer to make sure meat reaches a safe temperature. Ground meats and other cuts of game meat should reach an internal temperature of 165°F. Whole game birds should be cooked to an internal temperature of 180°F in the thigh and 170°F in the breast meat.
- The distinctive flavor of game meats is mainly due to the fat they contain. To reduce the gamey flavor, trim all visible fat from the meat. To maintain juiciness, you may want to add other sources of fat when cooking.
- Marinades can enhance or mask certain flavors. **Always marinate in the refrigerator.**
- Use leftovers within 1 to 2 days or freeze them for later.

Big Game

- Big game animals usually exercise more than domestic animals, so the meat may be drier and less tender. Moist heat methods such as braising (simmering in a small amount of liquid in a covered pot) may result in a better product. Chops and steaks may be pan fried or broiled.

Aging

- Aging meat is the practice of holding carcasses or cuts of meat at 34°F to 37°F for several days. The aging process allows the enzymes in the meat to break down some of the complex proteins in the carcass. Aged meat is often more tender.
- Aging for 2 to 3 days is usually sufficient.
- Aging is not recommended for carcasses with little or no fat covering. They may dry out during hanging. Game birds generally do not require aging.
- Leave the hide on and maintain the proper temperature when aging big game. If you do not have the proper cooler space, the carcass may spoil or dehydrate.
- If you intend to grind the meat into sausage, aging is not necessary.

Easy Dove Supper

Dove breasts (3 to 4 per serving)
 1 10-oz. can cream of mushroom soup
 1 cup fresh mushrooms, sliced
 ½ cup milk
 ½ teaspoon pepper
 Cooked rice or noodles

1. Put dove breasts in crockpot and cover with water.
2. Cover and cook on HIGH until temperature reaches 140°F—about 1 hour. Then, continue on HIGH for 4 to 5 hours or turn to LOW for about 8 hours.
3. Pull dove meat off bone and cut into bite-size pieces.
4. Combine soup, mushrooms, milk, and pepper in a microwave-safe pot. Add meat and stir.
5. Cover and cook in microwave on HIGH for 5 minutes. Serve over rice or noodles.

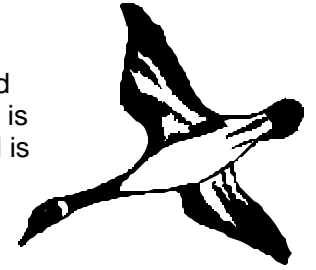
Dove Dressing

- 1 box packaged stuffing mix (turkey or chicken)
- ½ box croutons (about 8 ounces)
- ½ loaf stale bread (cut slices into small pieces)
- 4 eggs, beaten
- 1 8-oz. can chicken broth
- 1 cup chopped celery
- 1 cup chopped onion
- 6 tablespoons margarine
- ½ teaspoon sage
- 8 dove breasts, cooked, de-boned and cut into bite-size pieces

1. Simmer celery, onion, and sage in margarine until tender.
2. Stir together stuffing, croutons, bread, eggs and cooked vegetables in a large bowl.
3. Add enough chicken broth to make the mixture very moist.
4. Add meat and stir well.
5. Bake in a 9x13 pan at 350°F for 30 to 45 minutes. Dressing is done when a knife inserted in the center comes out clean.

Game Fowl

- Ducks and geese can be prepared with or without the skin. If the skin is removed, a moist cooking method is recommended.
- With upland birds such as pheasant, quail or grouse, skin or pluck the bird. If needed, soak in cold water for 1 to 2 hours **in the refrigerator** to remove excess blood.
- Game birds can be prepared like chicken. Dry cookery methods such as frying are appropriate for young birds. Moist cookery methods such as stewing or braising are better for older birds.
- Cooking a wild turkey is similar to cooking a store-bought bird. But, a wild turkey usually contains less fat and needs to be basted often to maintain moisture. For turkey cooking tips, visit the U of I Extension *Solutions* website at www.solutions.uiuc.edu and type “turkey” in the search box.
- Older or skinned birds may become dry during baking. Birds can be wrapped with bacon to prevent drying.
- Cook whole game birds to an internal temperature of 180°F in the thigh and 170°F in the breast meat.



Young or Old?

You need to know whether your game birds are young or old in order to choose the best cooking methods. These guidelines will help you decide.

- Young birds usually have lighter legs, soft breastbones, and flexible beaks.
- Old birds have darker, hard-skinned legs, brittle breastbones, and inflexible beaks.

For more information on field dressing, processing, or storing wild game, contact your local University of Illinois Extension office and ask for the pamphlets *Guide to Care and Handling of Deer* and *Guide to Care and Handling of Game Birds*.

Marinades

Marinades can tenderize meat and enhance or disguise game flavors to fit your preference. Cover meat with one of the marinades below and allow to stand **in the refrigerator** overnight. Then broil, roast, or braise the meat.

- 2 cups vinegar, 2 cups water, ½ cup sugar
- French dressing
- Tomato sauce, undiluted tomato soup, or tomato juice
- Fruit juice such as lemon, pineapple, or a blend of several juices
- ¼ cup vinegar, ½ cup cooking oil, ½ teaspoon pepper, ¼ teaspoon garlic salt
- 2 cups water, 2 cups vinegar, 1 to 2 tablespoons sugar, 4 bay leaves, 1 teaspoon salt, 12 whole cloves, 1 teaspoon allspice, 3 medium onions (sliced)
- Garlic salt, salt, and pepper to taste and equal parts of Worcestershire sauce and two of your favorite steak sauces. Also excellent for basting game roasts or thick steaks during cooking.
- 2 tablespoons vinegar, 1½ teaspoon ground ginger, 1 clove garlic (minced), 2 tablespoons brown sugar, ½ cup soy sauce, ¾ cup vegetable oil
- Any commercial marinade
- Milk



Roast Pheasant

- 1 young pheasant
- Salt and pepper
- 1 bay leaf
- 1 clove garlic
- 1 slice lemon (optional)
- 4 bacon slices
- 1 onion, sliced
- 1 can mushrooms
- 1 cup chicken broth

1. Sprinkle pheasant inside and out with salt and pepper. Place bay leaf, garlic, and lemon slice in body cavity.
2. Tie legs together and turn wings under, then put in a shallow baking pan, breast side up.
3. Cover breast with bacon slices and arrange onion and mushrooms around the bird.
4. Pour chicken broth over pheasant and roast at 350°F for 1½ to 2 hours, basting frequently.

Smothered Pheasant

Serves 4

- 1 pheasant, cut into serving pieces
- ½ cup flour
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup vegetable shortening or cooking oil
- 1 cup reduced-fat sour cream
- ½ cup milk
- 3 tablespoons dry onion soup mix

1. Dip pieces of pheasant in flour seasoned with salt and pepper.
2. Brown in hot shortening or oil in a skillet.
3. Remove meat from skillet and place in a baking pan that has a lid.
4. Combine sour cream, milk and onion soup mix. Pour mixture over browned pheasant pieces.
5. Cover and bake at 325°F for 1 hour or until pheasant is tender.

Venison Cooking Tips

Deer meat, also known as venison, can be substituted for lean beef in most of your favorite recipes. Venison can be cut into roasts, steaks, and cubes for soup and stew. It also makes a good ground meat and can be used in recipes calling for ground beef. Use it in meat loaf, pizza, spaghetti, tacos, sloppy joes, casseroles and chili.



Venison is usually leaner than beef, but the fat has a stronger flavor. The *gamy* flavor that some refer to is usually due to the fat content. Fat from wild game tends to be very solid, leaving a “greasy” feeling in the mouth—especially when the meat cools. For the best flavor, trim all visible fat from venison before cooking. And, serve venison hot.

Wild game has a greater chance for bacterial contamination. Therefore, venison needs to be cooked to at least 165°F in order to prevent E-coli. The juices of ground venison should run clear, not pink.

Venison roasts and steaks can sometimes be dry. To prevent the meat from becoming too dry during cooking, you can add other fats such as margarine, bacon fat, or vegetable fat. A moist cooking method is also recommended for these cuts. Most people like these cuts *medium well-done* as opposed to *well-done*. But the meat always needs to be cooked to at least 165° F.

Often, you can get good results cooking venison in a crock-pot. However, crockpots do not get hot enough at the *Low* setting to kill all the bacteria. So when cooking venison or any other meat in a crockpot, cook for at least 1 hour on the *HIGH* setting before turning the setting to *Low*. Another option is to simply leave the crockpot on the *HIGH* setting and decrease the cooking time. Cut large roasts into smaller chunks to ensure safe, thorough cooking. And, never place frozen meat in a crockpot.

Continued on next page

Venison jerky is another popular product from deer hunting. If you make your own venison jerky, freeze it for 30 days before eating it. If any parasites are in the meat, the freezing process will kill them.

The main rule of thumb for successful venison cookery is cook to a safe temperature, but do not overcook.

Pizza Casserole

Serves 6

- 1 pound ground venison
- 1 32-oz. jar spaghetti sauce
- 1½ teaspoon oregano (or Italian seasoning)
- 2 cups rotini, uncooked
- 1 cup low-fat shredded mozzarella cheese

1. Cook ground venison until well done. Meat should not be pink, and juices should run clear.
2. Drain off fat.
3. In a microwave-safe, 2-quart covered casserole dish, stir together cooked venison and other ingredients EXCEPT cheese. (If mixture is too thick, add some water.)
4. Cover and microwave on HIGH for 15 to 17 minutes, stirring every 3 or 4 minutes. Cook until noodles are tender.
5. Sprinkle cheese on top and cover with lid.
6. Microwave 1 minute or until cheese melts.

Pheasant Bake

- 1 1½-oz. package dry onion soup mix
- 1 cup uncooked rice
- 1 large pheasant, cut into serving pieces
- 1 cup milk
- 1 10-oz. can cream of chicken soup
- 1 can french-fried onions

1. Sprinkle soup mix into a greased 2-quart casserole dish.
2. Sprinkle rice over soup mix.
3. Lay pheasant pieces on top of rice.
4. Dilute soup with milk, then pour over pheasant.
5. Cover and bake at 350°F for about 1 hour or until meat is done—no pinkness and clear juices.
6. Uncover and sprinkle with french-fried onions. Cook 10 to 15 minutes longer.

Tropical Pheasant

- ¼ cup steak sauce
- ¼ cup maple syrup
- 1 can pineapple chunks, drained
- Baby carrots or sliced carrots—a handful per person
- ½ cup chopped green pepper (optional)
- 1 to 2 pheasants, cut into serving pieces
- Cooked rice—about ¾ cup per person

1. In a small bowl, stir together steak sauce and syrup. Set aside.
2. In a baking pan, place the drained pineapple chunks, carrots and green pepper.
3. Put pheasant pieces on top of vegetables.
4. Cover pan with a lid or aluminum foil.
5. Bake at 350°F for 35 to 45 minutes.
6. Remove pan from oven and pour sauce mixture over meat and vegetables. Bake an additional 10 minutes. Make sure meat contains no pink—juices should run clear.
7. Serve with cooked rice.

Grilled Venison Steaks

- 4- to 6-ounce steaks (1 per person)
- ¼ cup barbecue sauce
- 1 tablespoon margarine
- 2 tablespoons brown sugar
- 2 teaspoons Worcestershire sauce

1. Mix together barbecue sauce, margarine, brown sugar, and Worcestershire sauce in a small microwave-safe bowl.
2. Microwave on *HIGH* until margarine is melted.
3. Stir mixture well, then set aside.
4. Brown steaks over high heat on grill.
5. Turn heat to low and baste steaks with barbecue mixture, turning occasionally. Continue cooking until meat is above 165° F. Do not overcook as meat will become dry.

Chuckwagon Skillet Dinner

Serves 6

- 1 pound ground venison
- ½ cup chopped onion
- 14 ounces beef broth (canned or made with beef bouillon cube)
- 1½ cups uncooked rotini or wagon-wheel pasta
- 1 cup barbecue sauce
- ¼ cup water
- 1 cup low-fat cheddar cheese

This recipe can be made in microwave, in an electric skillet, or on stovetop.

1. Cook ground venison and onion until burger is well done. Juices should run clear, and there should be no pinkness in the meat.
2. Drain off fat.
3. Add all remaining ingredients EXCEPT cheese. Simmer (or cook on low in microwave) covered for 10 to 15 minutes or until pasta is almost tender.
4. Uncover and cook 5 more minutes or until pasta is tender and sauce is thickened.
5. Sprinkle cheese on top and serve.

Grilled Teal

- 4 teal, cleaned and split
- 3 tablespoons margarine, melted
- 2 tablespoons lemon juice
- Salt and pepper—to taste

1. Season teal with salt and pepper.
2. Combine melted margarine and lemon juice and brush on teal.
3. Cook over high heat on grill until browned, then turn to low heat.
4. Baste often with remaining lemon juice mixture and cook to an internal temperature of 165°F.

Pineapple Duck

- 2 ducks
- 1 16-oz. can crushed pineapple
- 1 tablespoon cornstarch

1. Prepare ducks according to *Roast Duck* recipe on page 39.
2. Remove ducks from pan and quarter.
3. Drain pineapple juice into a saucepan. Set remaining pineapple aside.
4. Bring pineapple juice to a boil and add cornstarch, stirring constantly to a medium-thick consistency.
5. Remove from heat and stir in pineapple pieces.
6. Pour pineapple sauce over ducks; serve immediately.

Crockpot Venison Stew

Serves 6

- 1 pound venison, cubed
- ? cup flour
- Commercial beef stew seasoning mix
- 5 to 6 potatoes, washed and cut in large pieces
- 5 carrots, peeled and cut in thick slices (or use $\frac{3}{4}$ pound of pre-cut baby carrots)
- 1 small onion, minced
- 3 cups water

1. Put meat pieces in crockpot.
2. Add flour. Stir until flour coats meat.
3. Add chopped vegetables.
4. Add stew seasoning mix and water.
5. Stir well.
6. Cover and cook on HIGH until temperature reaches 140°F—about 1 hour. Then, continue on HIGH for 4 to 6 hours or turn to LOW for 8 to 10 hours.

Crockpot Roast

1- to 2-pound roast
1 medium onion
5 to 6 carrots
3 to 4 potatoes
2 cups beef bouillon (canned or made with beef bouillon cube)

1. Slice onion and put in bottom of crockpot.
2. Place roast on top of onion.
3. Cut potatoes and carrots in quarters and add to crockpot.
4. Pour beef bouillon over all.
5. Cover and cook on HIGH until temperature reaches 140°F—about 1 hour. Then, continue on HIGH for 4 to 6 hours or turn to LOW for 8 to 10 hours.

Easy Duck Dinner

2 or 3 ducks
1 10-oz. can cream of mushroom soup
½ cup skim milk
Wild rice, prepared according to package directions

1. Place ducks in crockpot.
2. Mix soup and milk together in a bowl, then pour over ducks.
3. Cover and cook on HIGH until temperature reaches 140°F—about 1 hour. Then, continue on HIGH for 4 to 6 hours or turn to LOW for 8 to 10 hours.
4. Serve with wild rice.

Duck and Rice Casserole

1 large duck or 2 small ducks
Salt and pepper
Red wine (optional)
Water—enough to partially cover ducks
1 small box wild rice, prepared according to package directions

1. Place duck in crockpot.
2. Sprinkle with salt and pepper.
3. Add water and wine.
4. Cover and cook on HIGH until temperature reaches 140°F—about 1 hour. Then, continue on HIGH for 4 to 6 hours or turn to LOW for 8 to 10 hours.
5. Remove duck from crockpot and pull meat off the bone. Chop meat into small pieces.
6. Stir duck pieces into cooked rice.
7. Put into a greased casserole dish and heat in a 350°F oven until hot.

Venison Lasagna

1 pound ground venison
1 clove garlic, minced
1 tablespoon whole basil
1½ teaspoons salt
1 1-pound can tomatoes (2 cups)
2 6-ounce cans tomato paste
3 cups cottage cheese
½ cup parmesan cheese
2 tablespoons parsley
2 beaten eggs
½ teaspoon pepper
1 pound mozzarella cheese
10 lasagna noodles

1. Brown venison slowly.
2. Drain off excess liquid and fat.
3. Add garlic, basil, salt, tomatoes, and tomato paste.
4. Simmer 30 minutes, stirring occasionally.
5. Cook 10 noodles in boiling water as directed on the package. Drain and rinse noodles.
6. In medium-size bowl, combine cottage cheese, parmesan cheese, parsley, eggs, salt, pepper.
7. Line the bottom of a 9x13 inch baking pan with half the noodles. Next, spread with half the cottage cheese mixture. Then, layer with half the mozzarella cheese. Top with half the meat mixture. Repeat the layering, starting with the remaining noodles and topping with the meat.
8. Bake at 375° for 30 minutes.
9. Let stand 10 minutes before cutting.

Fried Venison Fillets

Venison fillets (allow ¼ lb. per person)

1 egg

Flour (about ½ cup)

Salt and pepper – to taste

Cooking oil

1. Use pre-cut fillets, or cut a deer loin into thin slices (about ½ inch thick).
2. Beat egg in a small bowl.
3. In a separate bowl, combine flour, salt and pepper.
4. Dip fillets, one at a time, into egg and coat well on both sides. Then dredge well in flour.
5. Fry on medium heat, using cooking oil.
6. Completely brown one side before turning fillets. Avoid turning several times.
7. Cook until meat is above 165°F and juices are gray, not pink.
8. Do NOT overcook, as it causes meat to become tough.

Roast Duck

2 young ducks, cleaned

2 tablespoons dry red wine

3 cups water

1 teaspoon salt

½ teaspoon pepper

½ cup chopped celery

½ cup chopped onion

4 bacon slices (optional)

1. Preheat oven to 350°F.
2. Place ducks in roasting pan and put a spoonful of chopped celery and onion in body cavity.
3. Sprinkle remaining celery and onion in the pan.
4. Pour wine over ducks and add water to pan.
5. Sprinkle ducks with salt and pepper.
6. Place 2 bacon slices over each duck.
7. Cover pan and roast for about 1½ hours, basting every 30 minutes.

BBQ Goose

1 goose, cooked
Barbecue sauce
2 tablespoons brown sugar
1 tablespoon minced onion

1. Cook goose as directed in Wild Goose recipe (page 37) or cook in a crockpot (*see below).
2. When meat is done, slice thinly.
3. Thoroughly coat meat with barbecue sauce.
4. Stir in brown sugar and minced onion.
5. Simmer until well heated.

* Place goose in crockpot. Cover and cook on HIGH until temperature reaches 140°F—about 1 hour. Then, continue on HIGH for 4 to 6 hours or turn to LOW for 8 to 10 hours.

Venison Noodle Skillet

1 pound ground venison
3 tablespoons vegetable oil
½ cup chopped onion
1 cup diced celery
½ cup chopped green pepper
1 quart tomatoes
2 cups broad noodles, uncooked
1 small can mushrooms (optional)
1 teaspoon salt
1 small can kidney beans
? teaspoon pepper

1. Brown meat in large skillet. Drain off excess fat.
2. Add vegetable oil, onion, celery, and green pepper; saute until vegetables are transparent.
3. Add remaining ingredients and mix well.
4. Cover tightly; bring to a boil.
5. Reduce heat and simmer for 20 minutes.

Stir-Fry Venison and Vegetables

1 pound venison, cut into thin cubes
Vegetable oil
2 cups broccoli florets
4 carrots, sliced
1 onion, diced
3 stalks celery, diced
½ cup sliced mushrooms
½ red or green pepper, diced
1 cup pineapple chunks, drained
1 cup bottled stir-fry sauce (optional)

1. In wok or large skillet heat 3 tablespoons vegetable oil over medium-high heat.
2. Add broccoli and carrots; stir-fry for 3 to 4 minutes.
3. Add remaining vegetables and stir-fry 2 to 3 minutes.
4. Remove vegetables from skillet or wok.
5. Add venison and stir-fry 3 to 5 minutes or until meat is well done.
6. Return vegetables to wok and stir into meat.
7. Add pineapple chunks and stir-fry sauce.
8. Bring to a boil over medium heat, stirring constantly.
9. Serve over rice.

Wild Goose

1 goose (approximately 6 pounds)
Salt
1 tablespoon vinegar
Butter
Pepper
1 medium onion
1 medium potato
1 medium apple
Favorite dressing

1. Rub goose with butter, salt, and pepper.
2. Place onion, potato, and apple in cavity of goose.
3. Cover and bake at 325°F for about 2 hours or until no pinkness remains and meat is tender. Discard onion, potato, and apple.
4. Serve with your favorite dressing or stove-top stuffing.

Game Birds



Game birds such as duck, goose, pheasant, turkey and quail can be made into delicious dinner meals.

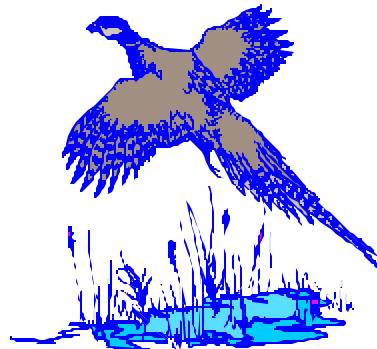
Moist cooking methods usually make older birds more tender.

Older ducks and geese can be soaked in a salt water solution (1 tablespoon salt per quart of cold water) in the refrigerator for

several hours or overnight. When ready to cook, drain off water, rinse and wipe the bird dry.

When cooking whole game birds, check the temperature with a food thermometer. The bird should be cooked to an internal temperature of 180°F in the thigh and 170°F in the breast meat.

Cooking time for ducks and geese will vary depending on the species and size of the bird. A general guideline is to allow 20 minutes per pound in a 325° to 350°F oven. For pheasant, allow about 30 minutes per pound.



Frugal Fillets

2 pounds ground venison
½ cup quick oats
2 tablespoons barbecue sauce
2 tablespoons brown sugar
2 eggs, beaten
1 teaspoon garlic powder
Bacon (optional)

1. Combine all ingredients except bacon and stir well.
2. Form meat mixture into small, thick patties.
3. Wrap each patty with a slice of bacon and secure with toothpicks (bacon wraps are optional).
4. Can be cooked on:
 - Grill*—until well done and 165°F.
 - Oven*—325°F for 30 to 45 minutes or until well done.
 - Microwave*—at 50% power for 8 to 10 minutes. Then flip and cook an additional 8 to 10 minutes or until well done.

Venison Casserole

- 2 pounds venison stew meat
- 1 10-oz. can cream of mushroom soup
- 1 envelope dry onion soup mix
- 1 4-ounce can whole mushrooms, drained
- ½ cup red wine
- ¼ cup quick-cooking tapioca (optional)

1. Combine all ingredients in a crockpot. Stir.
2. Cover and cook on HIGH until temperature reaches 140°F—about 1 hour. Then, continue on HIGH for 4 to 6 hours or turn to LOW for 8 to 10 hours.

Squirrel Casserole

- 1 squirrel, cut into pieces, marinated overnight **in the refrigerator**, using any of the vinegar- type marinades on page 6
- 1 cup rice, uncooked
- 2 10-oz. cans low-fat cream of mushroom soup
- ½ cup skim milk
- 1 package dry onion soup mix

1. In a mixing bowl, stir together rice, mushroom soup and milk.
2. Pour mixture into a 9-inch or 10-inch covered baking dish that's been coated with cooking spray.
3. Lay marinated squirrel pieces on rice and spoon some of the rice mixture on top of the meat.
4. Sprinkle onion soup mix over entire meat/rice mixture.
5. Cover dish with lid.
6. Bake at 325°F for 1 hour, or until squirrel is done and rice is tender.

BBQ Squirrel

2 squirrels
3 to 4 onion slices
2 tablespoons brown sugar
Barbecue sauce

1. Put squirrels and onion in crockpot; cover with water. Cook on HIGH to 140°F for 4 to 6 hours. Or, cook on HIGH for 1 hour, then turn to LOW for 8 to 10 hours.
2. When meat is done, pull it from the bone and put in a microwave-safe dish or saucepan.
3. Add enough barbecue sauce to coat the meat.
4. Add brown sugar and stir well.
5. Cover and simmer on stovetop or in microwave until well heated.

Easy Venison Roast

1- to 2-pound roast
½ cup milk
1 10-oz. can cream of mushroom soup
2 tablespoons minced onion

1. Place roast in crockpot.
2. Combine milk, mushroom soup, and onion in medium-size bowl. Pour mixture over meat.
3. Cover and cook on HIGH until temperature reaches 140°F—about 1 hour. Then, continue on HIGH for 4 to 6 hours or turn to LOW for 8 to 10 hours.

Venison Stroganoff

1 pound venison loin
Olive oil or vegetable oil
Minced garlic (to taste)
1 small onion, diced
1 cup fresh mushrooms, chopped
1 10-oz. can low-fat cream of mushroom soup
10 ounces skim milk (use soup can to measure)
8 ounces sour cream
Wide egg noodles or wild rice, cooked

1. Slice venison into strips about ¼ inch thick.
2. Heat oil in a large skillet.
3. Add venison, garlic, onion and mushrooms.
4. Cook until meat is well done (no pinkness, juices run clear) and the vegetables are tender.
5. In a bowl, whisk together soup, milk and sour cream.
6. Pour soup mixture over ingredients in skillet and heat until sauce is hot and bubbly.
7. Serve over cooked noodles or wild rice.

Oven Fried Squirrel

1 large or 2 small squirrels, cut into serving pieces
2 eggs, beaten
½ cup commercial biscuit mix (e.g. Bisquick®)
Salt and pepper – to taste
2 tablespoons cooking oil

1. Stir together biscuit mix, salt, and pepper.
2. Put cooking oil in a baking pan.
3. Dip squirrel pieces in beaten eggs, then roll in biscuit mixture. Repeat.
4. Put coated pieces in baking pan.
5. Bake at 325°F until well done (about 45 minutes).

Squirrel



Squirrel is another tasty meat. Young squirrels can be fried like chicken. Moist cooking methods are recommended for old squirrels.

Venison Burgers

Serves 6

2 pounds ground venison
¼ pound suet or other meat fat, cut into small pieces*
1 cup breadcrumbs
1 small onion, chopped
Garlic salt
Pepper
? cup milk

*Variation: Use 1 pound ground beef (70% lean) and 1 pound ground venison. Omit added fat.

1. Mix all ingredients together.
2. Form into patties and cook like hamburgers to at least 165°F. Burgers are done when juices run clear and no pinkness remains.
3. Serve with tomato, onion or pickle slices on toasted buns.

Venison Swiss Steak

1½ pounds venison steak
½ cup flour
Salt and pepper – to taste
2 tablespoons cooking oil
2 large onions
1 medium stalk celery
1 cup tomatoes
2 tablespoons Worcestershire sauce

1. Dredge steak with flour that has been seasoned with salt and pepper.
2. Brown in cooking oil.
3. When browned on both sides, add remaining ingredients. Cover tightly and cook in oven* at 325° F. until tender (about 1 hour).

*Crockpot Alternative: Browned steak and remaining ingredients can also be put in a crockpot set on HIGH for 1 hour and then slow-cooked on LOW 8 to 10 hours.

Rabbit Chop Suey

2 cups rabbit meat, chopped into bite-size pieces
¼ cup sliced mushrooms
2 tablespoons margarine
1 cup thinly sliced celery
1 small carrot, cut in thin strips
1 medium onion, minced
1½ cups rabbit broth (or chicken bouillon broth)
2 cups canned bean sprouts, with liquid
3 tablespoons soy sauce
3 tablespoons cornstarch
Salt and pepper to taste
1½ cups cooked rice

1. Cook rabbit meat and mushrooms in margarine over low heat several minutes until lightly browned.
2. Add celery, carrot, onion, and broth.
3. Cover the pan and boil gently 10 to 15 minutes or until vegetables are tender and meat is done (no pinkness, juices should run clear).
4. Add bean sprouts and liquid; heat to boiling.
5. Mix together the cornstarch and soy sauce; add gradually to the boiling mixture, stirring constantly.
6. Cook 2 minutes or until slightly thickened, then add salt and pepper.
7. Serve over cooked rice.

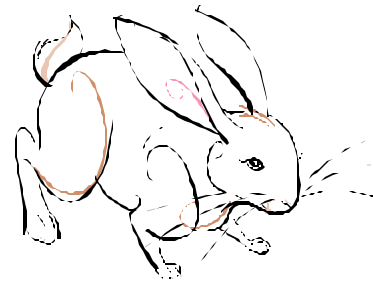
Rabbit a la King

- ? cup chopped celery
- 3 tablespoons chopped onion
- 3 tablespoons chopped green pepper
- 3 tablespoons sliced mushrooms
- ? cup water
- Egg noodles
- ¼ cup margarine
- ¼ cup sifted flour
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2½ cups milk
- 2 cups **cooked*** rabbit meat, chopped into bite-size pieces

1. Cook celery, onion, green pepper, and mushrooms in water until tender (about 15 minutes). Drain and save the liquid.
2. Melt the margarine, then add flour, salt, and pepper and mix well.
3. Combine the cooking liquid with the milk and gradually pour into flour mixture, stirring constantly.
4. Cook the resulting liquid-flour mixture over low heat, stirring frequently, until thick and smooth.
5. Add cooked vegetables, mushrooms, and meat to the sauce and heat thoroughly.
6. Cook egg noodles as directed on package, then drain.
7. Serve hot sauce over egg noodles.

*See *time-saving meat cooking tip* on page 27.

Rabbit



Rabbit is a popular game meat to put on the dinner table. It can be fried, barbecued, baked, stir-fried, and used in stews and casseroles.

The taste of rabbit is comparable to chicken, and cooking methods are

also comparable to chicken. Young rabbits can be successfully fried. Use moist cooking methods like stewing and baking for older rabbits.

Rabbit in Mushroom Gravy

- 2 rabbits, cut into serving pieces
- Salt and pepper (to taste)
- ¼ to ½ cup dry white wine or chicken broth
- 1 10-oz. can condensed cream of mushroom soup
- 1 4-oz. can sliced mushrooms, drained

1. Place rabbit pieces in crockpot and season with salt and pepper.
2. In a bowl, combine wine or broth and soup. Pour mixture over rabbit, then top with mushrooms.
3. Cover and cook on HIGH until temperature reaches 140°F—about 1 hour. Then, continue on HIGH for 4 to 6 hours or turn to LOW for 8 to 10 hours.

Baked Rabbit

1 young rabbit, cut into serving pieces

Flour

Salt

Pepper

Cooking oil or shortening

1. Dredge meat in flour seasoned with salt and pepper.
2. In a skillet, brown in hot cooking oil or shortening.
3. Place meat in a baking pan.
4. Make gravy with the meat drippings and pour over browned rabbit.
5. Cover with lid or foil and bake at 350°F until tender—about 1 hour.

BBQ Rabbit

2 or 3 rabbits, cut into pieces

½ onion, chopped

1 teaspoon Worcestershire sauce

1 tablespoon brown sugar

Barbecue sauce, store-bought or homemade

1. Place rabbit pieces in crockpot and cover with water. Cover and cook on HIGH until temperature reaches 140°F—about 1 hour. Then, continue on HIGH for 4 to 6 hours or turn to LOW for 8 to 10 hours.
2. When done, pull meat from bone and cut into bite-size pieces.
3. Combine meat, onion, Worcestershire sauce, brown sugar, and enough barbecue sauce to thoroughly coat the meat. Stir well.
4. Simmer on stovetop or in microwave until BBQ is hot.

Southern Baked Rabbit

2 young rabbits
5 tablespoons vinegar
? cup flour (or enough to coat all the meat)
Salt and pepper—to taste
Margarine
2 onions, minced
1 10-oz. can condensed cream of mushroom soup
diluted with water or skim milk

2. Cut rabbits into serving pieces.
3. Stir together flour, salt and pepper.
4. Dredge meat in flour and brown in margarine with onions.
5. When meat is well browned, remove from skillet and place in a baking dish.
6. In a small bowl, dilute the mushroom soup with 1 can of water or skim milk.
7. Pour diluted soup over meat.
8. Bake at 350°F for about 1 hour or until meat is tender and no pinkness remains.

Rabbit Over Rice

1 rabbit
1 10-oz. can cream of mushroom soup
½ cup milk
¼ cup fresh mushrooms
½ green pepper, chopped
¼ cup onion, minced
Cooked rice

1. Place rabbit in crockpot and cover with water.
2. Cover and cook on HIGH until temperature reaches 140°F—about 1 hour. Then, continue on HIGH for 4 to 6 hours or turn to LOW for 8 to 10 hours.
3. When rabbit is well done, pull the meat from the bone and chop into bite-size pieces.
4. Place cooked meat, vegetables, soup, and milk in sauce pan or microwave-safe dish and cover.
5. Heat the meat mixture over low heat on the stove or in the microwave until hot and vegetables are tender.
6. Serve over cooked rice.

Roasted Rabbit

1 large or 2 small rabbits
Salt and pepper
Parsley
Butter or margarine
Basil (optional)

1. Sprinkle cavity of rabbit with salt, pepper, and parsley.
2. Place meat on a rack in a shallow baking pan.
3. Dot meat with butter or margarine, and sprinkle with parsley and basil.
4. Cover loosely with aluminum foil and bake at 325°F. for about 1 to 2 hours or until meat is well done. The internal temperature should reach at least 165°F., and there should be no pinkness in the meat.
5. Remove foil during last half hour to brown meat.

Rabbit Pot Pie

2 cups **cooked*** rabbit meat, diced
1 10-oz. bag frozen mixed vegetables
1 10-oz. can condensed cream of chicken or cream of celery soup
1 cup liquid—milk or broth from cooked rabbit
¼ teaspoon pepper

Topping

1 stick (½ cup) margarine, melted
1 cup self-rising flour (or 1 cup all-purpose flour, ½ teaspoon baking powder and ½ teaspoon salt)
1 cup milk

1. Preheat oven to 400°F.
2. Place cooked meat and vegetables in a greased 2-quart shallow baking dish.
3. Add soup, liquid and pepper. Stir well. Set aside.
4. In a small bowl, stir together melted margarine, flour and 1 cup milk until well-blended and smooth.
5. Pour topping mixture over meat/vegetable mixture.
6. Bake, uncovered, 40-45 minutes or until topping is golden brown. Let stand 10 minutes before serving.

**Time Saver:* Rabbit can be cooked in a crockpot ahead of time. When meat is done, pull from the bone and chop into bite-size pieces. Then, refrigerate meat for use within 1 to 2 days or freeze for later use.