

# WILD GAME RECIPES

HELPING YOU PUT KNOWLEDGE TO WORK

If you have a hunter in your family, you may be looking for some ways to use the meat that is brought home. On the next two pages, you'll find a few of our popular wild game recipes.

Our complete recipe booklet, *From Field to Table*, is available for \$5 from U of I Extension offices in Southern Illinois. The booklet includes 42 wild game recipes, a section on marinades, and safety information. To find an office near you, visit [www.extension.uiuc.edu](http://www.extension.uiuc.edu).

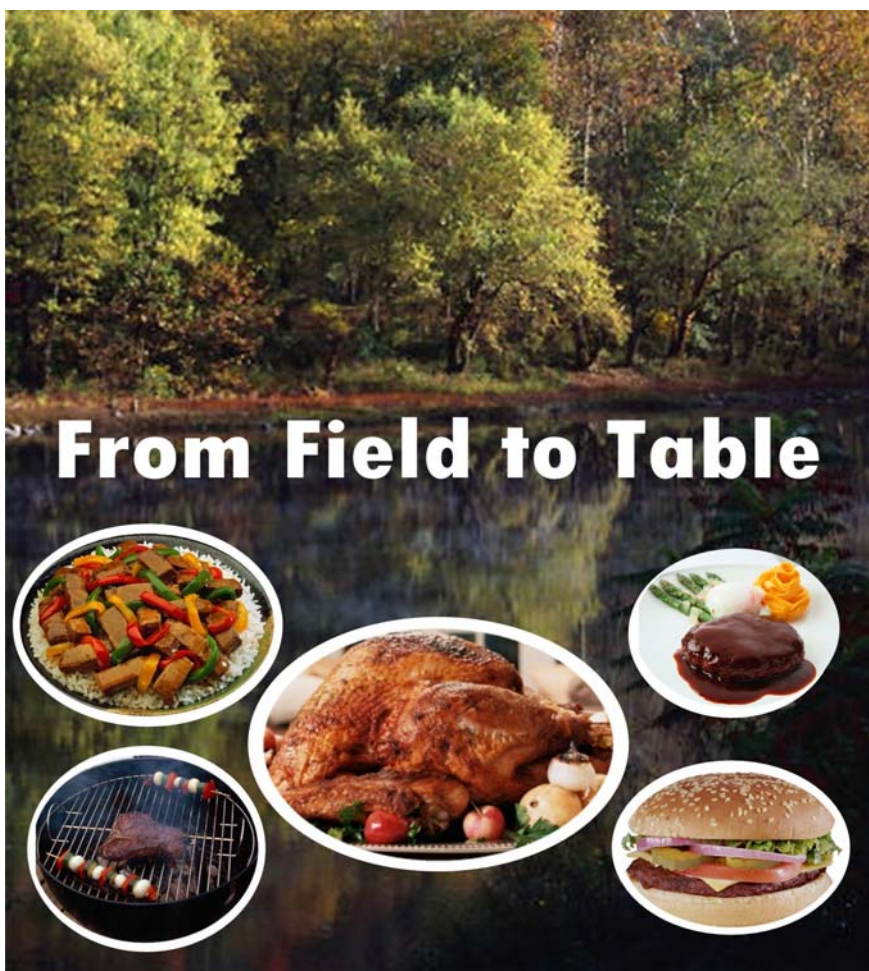
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## From Field to Table



## 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

### *Directions*

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.
4. Sprinkle cheese on top and cover with lid.
5. Microwave 1 minute or until cheese melts.

## Frugal Fillets

*Makes 8 servings*

- 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 8 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 Stroganoff

*Serves 6*

- 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
- Egg noodles or wild rice, cooked—enough for 6 servings

### *Directions*

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.



## Rabbit Pot Pie

*Serves 6*

- 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

### *Directions*

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.

## BBQ Squirrel

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

### *Directions*

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.



## Pineapple 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 16-oz. can crushed pineapple
- 1 tablespoon cornstarch

### *Directions*

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.
8. When meat is thoroughly cooked, remove ducks from pan and quarter. Set aside.
9. Drain pineapple juice into a saucepan.
10. Bring pineapple juice to a boil and add cornstarch, stirring constantly to a medium-thick consistency.
11. Remove from heat and stir in crushed pineapple pieces.
12. Pour pineapple sauce over ducks and serve with wild rice.