



WILD GAME IDEAS



or

RECIPIES FOR THOSE WHO DON'T LIKE WILD GAME

I never liked wild game until I figured out how to cook it. These are some of my recipes and ideas that have **WOW**ed friends over the years. I am not an exact measurer. The quantities I have supplied are approximate. I figure you can't ruin something as long as you don't get crazy.

CANADIAN GOOSE

Lemon-pepper seasoning
Honey
Apple juice
Lemon juice
Oil for browning
Vinegar and water for soaking

Soak breast overnight in vinegar and water in fridge. 1 cup vinegar 3 cups water.

(This will draw out the blood)

Put a few tablespoons of oil in bottom of pressure cooker and shake in lemon-pepper seasoning (about a heaped teaspoon)

Brown breast (moving it around to seal in juices)

Remove breast, put in rack and depending on you pressure cooker add water and

apple juice to bottom of rack (watch out for splattering- grease is hot)

Put breast back in and pour 1/8 cup lemon juice over breast, cover breast with

honey and sprinkle with more lemon-pepper seasoning.
Put pressure cooker back together. When it reaches a giggle cook for 15 to 20 minutes depending on size. (20 if it was a older large goose)
Cool down and remove.
Slice thinly and use a little juice from pot to keep meat moist.

You can substitute brown sugar and pineapple juice for a different sweet and sour flavor **Or** Italian Dressing, Italian seasonings and onion powder for Italian flavor.

VENISON

Removing as much fat, membrane and sinew as possible will reduce the "wild" taste. I usually parts out the hindquarters. A cookbook with a beef diagram will give you a close idea as to which parts are what. If you want hamburger go to grocery and have meat cutter give you beef fat trimmings. The ones from around the steaks are best. Grind up fat and mix with ground venison. 20 to 1 ratio is good. (10 pounds meat 2 pounds fat) I usually reground entire mixture to mix it better. If you want breakfast sausage get pork fat (usually salted..wash it off) and mix 3 to 1 ratio. You will have to find a seasoning to use as I used Winn Dixie and they are no more. Texas Pete for heat.

Tenderloins and roasts can be used for anything you would use beef for.

- Take a tenderloin (minus sinew) slice it thin (1/4 inch) and get a pack of Swiss steak mix and a can of diced tomatoes. In a crock pot layer it with each several times (about 5) add a cup of water and let simmer all day on low.
- Tenderloin done in a pressure cooker with McCormack meat marinade (my marinade of choice) and apple juice is great. About 20 minutes. Use juice in pot to make gravy.
- Soak in Italian dressing overnight and cook in pressure cooker with apple juice is good also, but I liked it best when after soaking to roll it in black pepper and drop into a deep fat fryer for about 10 minutes was better.

Note that I do not fry venison in frying pan much...makes it tougher. I will fry it if....

- Sliced thin 1/4 inch beaten with meat tenderizer mallet then coated

with steak and chop coating (chicken-fried) Brown and make white pepper gravy to go over it.

Well I think I have covered most of my favorite recipes for "people who don't like venison." This should keep anyone happy with new ideas on wild game. Use your imagination.

Remember...it's all in the cleaning. I never even "aged" the meat. Shot on Saturday, worked up on Sunday.

Any questions You can write me.

ENJOY

Sandy