

DEER - - -

Fun To Hunt

Fun To Cook



PURPOSE OF THIS BOOKLET

To encourage you to practice the "Rules of the Game" in the field so necessary for wholesome, well-flavored venison.

For more details about care of deer in the field, camp, or at home, get from your library or bookstore one of the many excellent books on the subject.

YOU CAN FIND IT HERE

	Page
VENISON	
Field Care For Eating Enjoyment	1
Some "Rules of the Game" in Brief	2
Preparing for the Hunt.	2
Tagging Your Deer	2
Immediate Field Care	2
Bleeding	2
Drawing (Eviscerating)	4
Cleaning	5
Cooling	6
Transporting Your Deer	9
Camp or Home Care For Eating Enjoyment.	10
To Age Your Deer.	10
To Skin Your Deer	11
To Cut Up Your Deer	14
Good Cooking Helps The Flavor, But	16
Cuts of Venison	18
Cuts of Venison	18
Cookings Methods for the Various Cuts	19
Some Suggested Recipes.	22
Venison Pot roast with Vegetables	22
Venison Stew with Dumplings	22
To Make Dumpling Stew or Pot Roast	
In Your Pressure Cooker	23
Savory Venison Stew With Vegetables	23
Venison Stew With Sour Cream Sauce	24
Venison Meat Loaf	25
Curried Venison with	
Banana Sauce and Rice	25
Venison Swiss Steaks.	26
Venison Shish-KaBobs.	26
Mincemeat	27
Boiled Venison With Caper Sauce	27
Venison Soup.	28
Venison Pie	28
Venison Barbecue	29
Barbecued Cooked Venison	29
Deerburgers	29
Broiled Venison Steaks and Chops	30
Pan-Broiled Venison Steaks and Chops	30
References	31

Venison



FIELD CARE

for

EATING ENJOYMENT

Believe it or not, game cookery really starts in the field. Give game special attention immediately after killing, if you want top grade fare on your family's table. Bleed, draw, clean and cool large game immediately. Most of the strong disagreeable flavor in venison is due to inadequate bleeding, delay or carelessness in dressing, failure to cool promptly and thoroughly, or blood from a shot wound spreading along the membrane between the muscles. If you would have "cook" welcome you home from the hunt, present her high quality, wholesome game meat. Only from this kind of meat can she prepare tempting dishes for the family table.

Venison is among the most highly prized of all wild game. If properly dressed and cared for in the woods by the hunter, it is free from objectionable and so-called game flavors. Unpleasant experiences with venison on the table are usually due to lack of care before it reaches the kitchen.

Some "Rules of the Game" in Brief

1. Prepare for the hunt. Take the tools needed for proper care of game in the field . . . a hunting knife, a hand ax, small meat saw, butcher knife, 30 - 35 feet of 1/4 inch rope, some twine, several pieces of clean wiping cloths, paper towels, mosquito netting to protect meat from flies, block and tackle to hang your deer, and perhaps four muslin sacks, each large enough to hold a quarter of a deer . . . if that's the way you plan to bring him home.

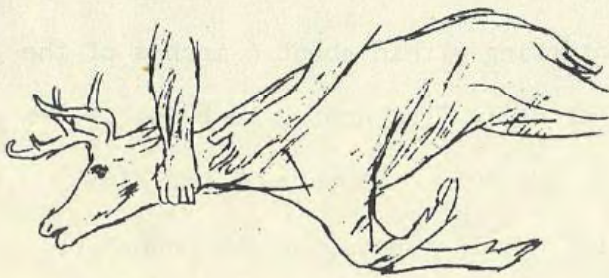
2. When you kill your deer, fasten your seal, or as some sportsmen express it, tag your deer. This tag protects you and gives you privileges as well.

Leave your tag on your deer carcass until the deer has been cooked, or stored at your domicile (home or camp) in a form identifiable as food rather than as wild game. As long as your tag stays with the deer carcass, it's all right to let a butcher or meat processor cut the carcass and wrap and freeze your venison. But do be sure that each package of your venison has your tag number on it.

3. Now that you've made the deer your legal property by tagging him, and are aware of your privileges, give him the following special care immediately:

1. Bleed him at once . . . for good tasty venison. Unless you shot your deer through the chest or unless he has been dead several minutes before finding him, bleed him this way: Swing the carcass around so that the neck and shoulders are lower than the rump. Stick deep with a knife at the base of the kneck where it joins the chest. (At the point of the

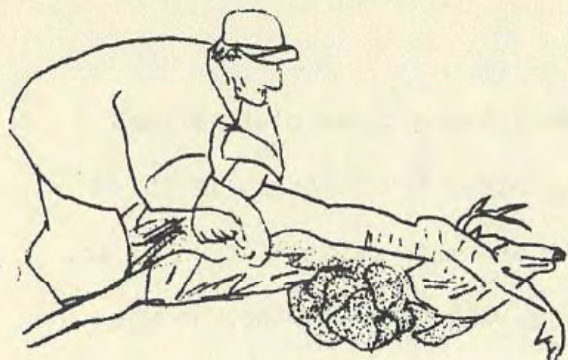
brisket) Cut forward towards the head. With head downhill, he will bleed freely. Keep open and free from clots. The more blood drained out, the better the meat will keep.



Some sportsmen say there's no use in cutting the deer's throat to bleed him, that only a little blood spills out by this method. They argue that your bullet has already bled the deer internally, and that his chest is full of blood by the time he's dead. These sportsmen advise you to get out all the blood and intestinal fluids the soonest minute possible. To do this, they skip the bleeding as described earlier, and draw (eviscerate) the deer at once.

While sportsmen may differ about how to bleed your deer, they all agree that bleeding at once is a must for good flavored, tasty venison.

2, Draw (eviscerate) your deer as soon as possible. Roll your deer over on its back, rump lower than shoulders, and spread the hind legs. Tie one hind foot to a tree if you are alone or have difficulty in keeping the deer in position. Starting within about 6 inches of the tail, make a cut along center line of belly from crotch to throat. Use your belt ax on the breast bone. Be careful to go through the hide first, then through the belly muscle. Avoid puncturing the paunch or intestines; hold them back with the back of your hand and guide the knife between your first two fingers, cutting edge up. Cut around the vent, loosen the organs in the pelvic cavity. Then turn your deer with head uphill. Reach into chest cavity and cut out the windpipe and gullet. With these in hand and a steady pull outward, cut free from carcass any part that tends to hold. Continuing in this manner, remove all internal organs to base of tail . . . lungs, paunch and intestines, vent and pelvic organs. Splitting the pelvic bone with an ax makes removal of the digestive tract and other organs easier.



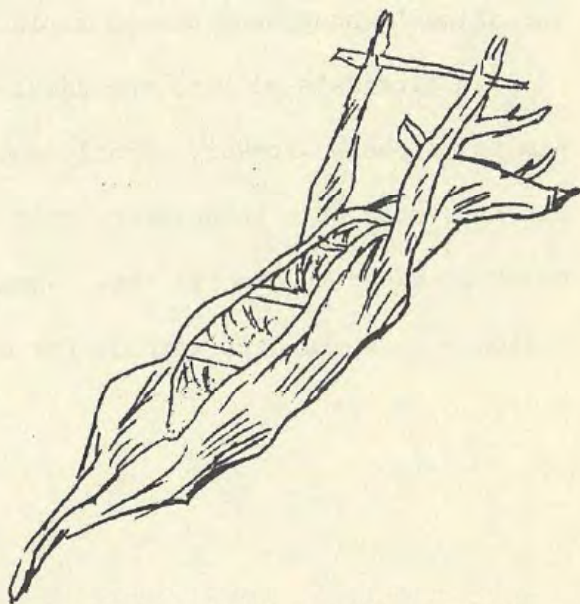
Take your time, and a few minutes extra, to make sure you have removed all of the lungs, every bit of the intestine, and all foreign material.

Remove the scent glands on the hind legs . . . just above the fetlocks near the atlas tendon . . . before they flavor the meat. Wash your hands free of all traces of scent.

Since hair taints meat, prevent its coming in contact with the exposed flesh. If you have handled the animals hair, wash your hands thoroughly before touching the meat.

3. Clean your deer thoroughly. Open the body cavity by spreading with some sticks. Drain off any blood. Wipe out well with a clean dry cloth or paper towels.

Some sportsmen insist that you not wash the cavity with water. Others advise flushing out blood and dung with clear water . . . that blood and dung remaining in the cavity promote bacterial growth.

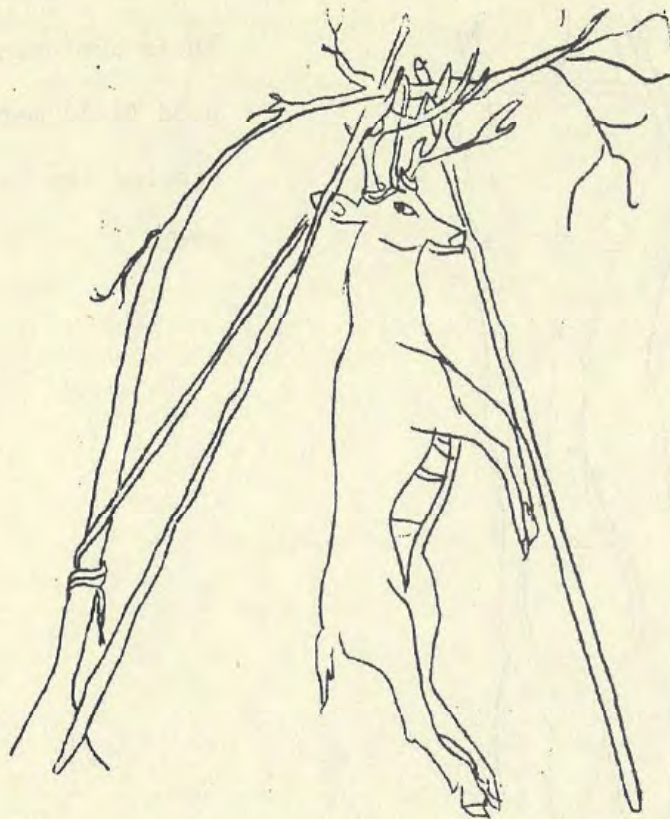


If you do need water to clean your deer, try a clean cloth dipped in water and wrung out as dry as possible. After trying this, if it is ~~necessary to flush the exposed~~ flesh with water to clean it then do so. In either instance wipe flesh absolutely dry with clean cloths, as wet meat spoils very quickly.

Dressing out your deer isn't a messy job unless the animal is shot up badly. If so, that's all the more reason for doing it promptly and carefully. To avoid loss from the bullet, take care of the carcass immediately. Separate the hide from the wound area, cut away all meat affected by the shot (all that is bloodshot) . . . take plenty, but save it. Put this meat in cold water with a little salt and let it stand overnight to draw out the blood . . . 1/4 pound of table salt to 1 gallon of cold water for 24 to 48 hours. Drain, dry, and grind this meat for deerburgers.

4. Cool out the carcass as quickly and thoroughly as possible, as the animal's body heat causes rapid spoilage.

In Florida's climate the ideal way to cool your deer is to rush him to a freezer-locker. Neatly shot and carefully skinned, he can cool out in a room at a temperature only a few degrees above freezing, then age under an experts watchful eye. When this ideal cannot be realized, follow good field care methods for cooling.

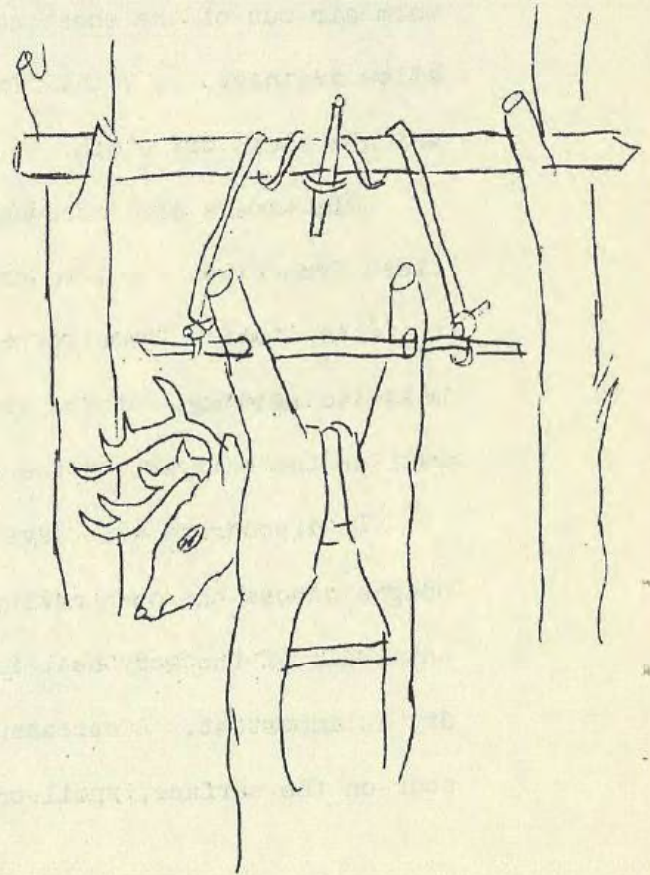
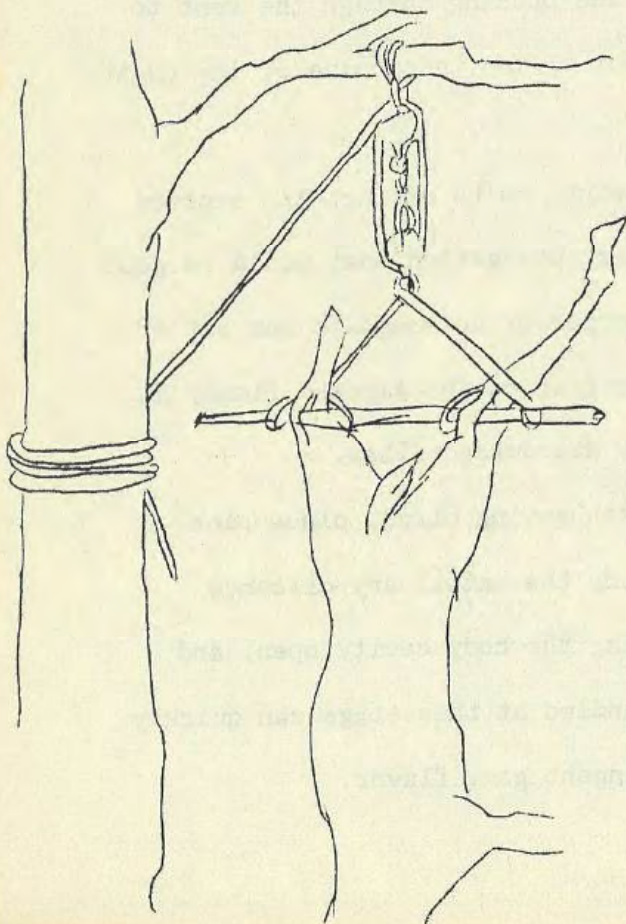
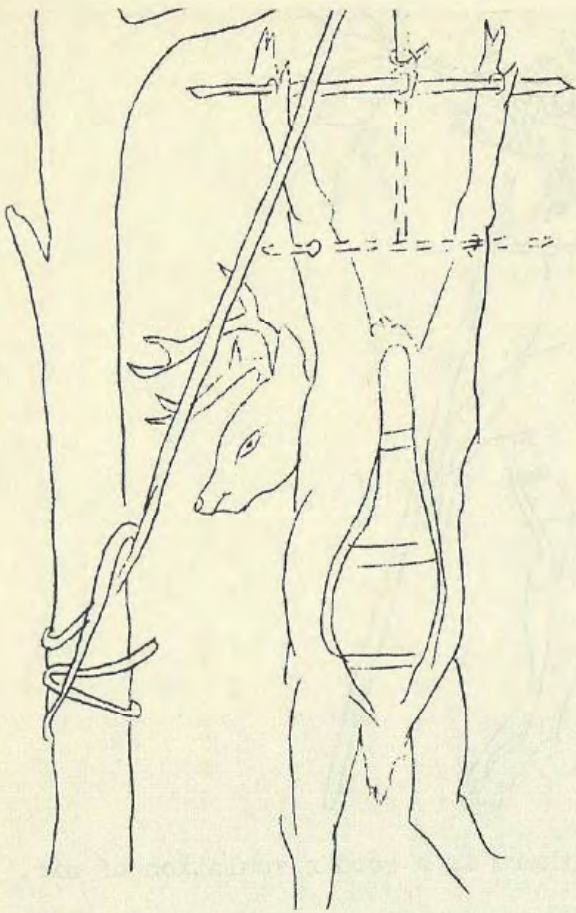


Hang the animal in a shade where there is a good circulation of air. Prop the flanks open with a stick 8 to 10 inches long, sharpened at both ends. Clear the opening where you stuck the deer for bleeding, to let warm air out of the chest cavity. Clear the opening through the vent to allow drainage . . . this is very important. Wipe the inside of the cavity with a clean dry cloth.

Old-timers used screened-in box contraptions to protect the exposed flesh from flies . . . an admirable sanitary precaution that would be good to follow today. Some sportsmen make a temporary screened-in box out of mosquito **netting**. Others sprinkle black pepper on the exposed flesh, as well as the hair around the open flesh, to discourage flies.

To discourage blue jays and other flesh eating birds, place pine boughs across the open cavity. Avoid moving the animal any distance until all of the body heat is gone. Keeping the body cavity open, and dry is important. A carcass carelessly handled at this stage can quickly sour on the surface, spoil or develop a pungent gamy flavor.

These sketches show other
good field methods for
hanging the carcass to
cool.



4. 4. Transport your deer with the greatest of care . . . to keep him clean and cool. After capturing such a highly prized trophy, please don't reheat him over your car radiator on the way home. The heat from the engine can start meat spoilage.

Your car trunk is a better place for your deer than draping him along the front fender near the engine. You may have to quarter him to get him in the trunk. Put each quarter in a muslin sack, or otherwise cover well to keep off dust. Leave the trunk partially open to keep the meat cool.

Camp or Home Care for Eating Enjoyment

Skinning, ageing, butchering, storage and cookery are stages of the "hunt" usually taken care of at camp or at home. You may continue with the steps in preparing your deer for the table. Or you may leave him in the hands of a professional butcher, or meat processor, or freezer locker plant. Whichever course you take, be sure that you observe the "rules of the game" about tagging your deer.

Professional know-how for skinning, ageing and butchering is your best insurance for elegant venison dishes for your family. Sanitation, skill in skinning, and in preventing hairs from coming in contact with the flesh are necessary at this point for flavorful wholesome meat.

TO AGE YOUR DEER:

Ageing the carcass properly is a requirement for maximum tenderness and flavor. In Florida's warm, changeable moist climate, ageing is a job for the meat plant. These plants are equipped to control both temperature and moisture. Some sportsmen advise ageing for 1 week or longer at 40° F., others advise 2 to 4 weeks at 35° F. As you can readily see, scientific ageing is hardly a "do-it-yourself operation" in Florida's climate.

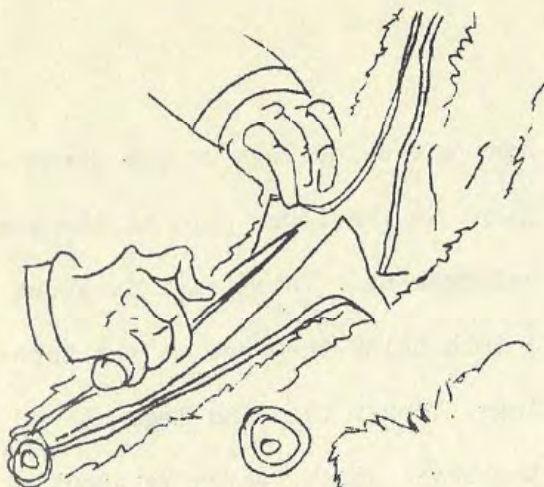


Fig. 1

Fig. 3

TO SKIN YOUR DEER:

Place the carcass on a clean floor. Open the skin over the back and down the back of (inside) each leg, as in figure 1. Skin out the hocks and remove the feet ~~when the cannon bone joints have been enlarged hocks.~~

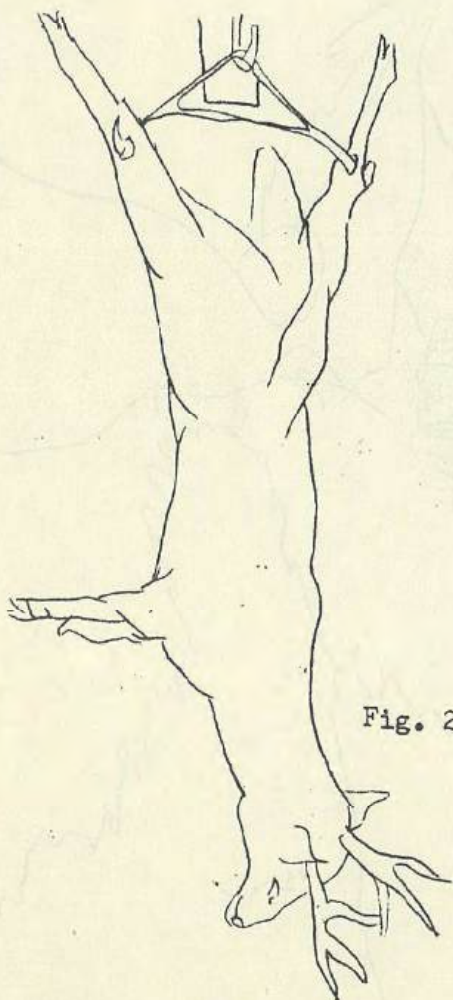


Fig. 2

Make an opening between the tendon at the rear of the hind legs as illustrated in figure 2, insert a gambrel and raise the carcass.

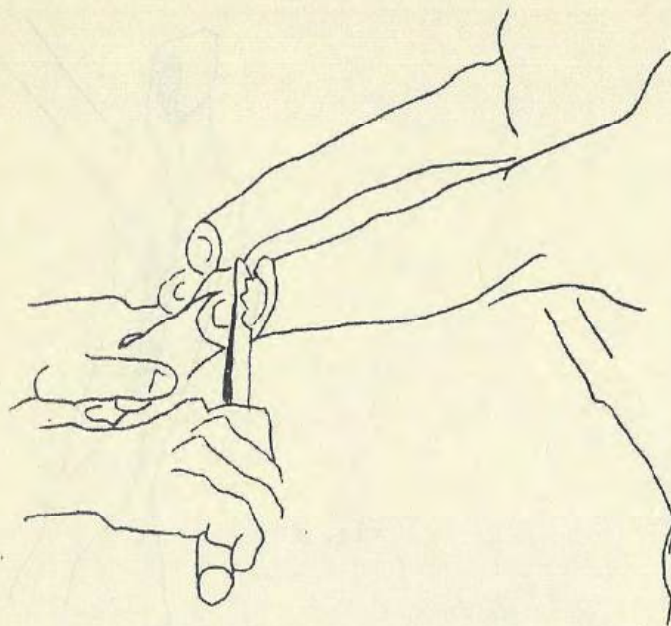


Fig. 4

Remove the forelegs at the break joint at the lower part of the knee enlargement. This joint is about 1 inch below the knee on the forelegs. Sever the hind legs at the break joint, which is about $1\frac{1}{2}$ inches below the hock.

Except when skinning the legs, you no longer need the knife. Open skin over the rear of the hock (hind legs) to the bung as in figure 5. Merely pull the hide down with one hand. With the tightly clenched fist of the other hand, force the hide down, and away from the carcass, (called fisting).

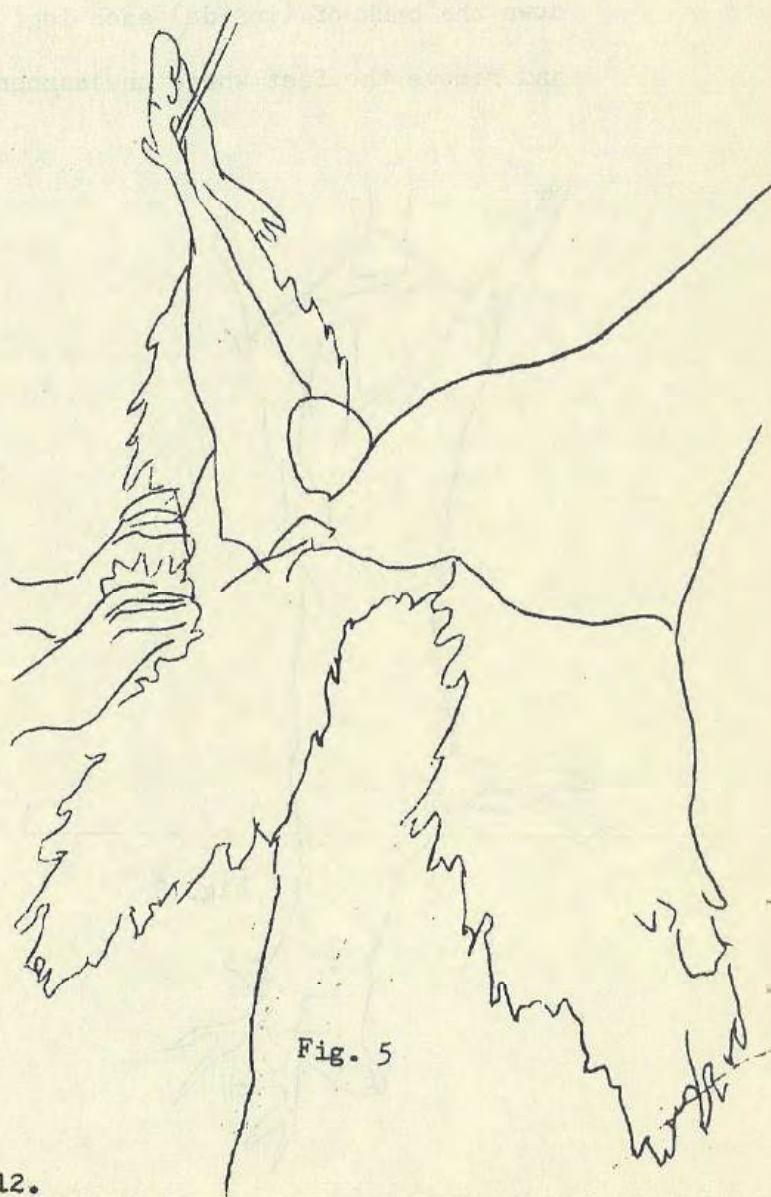
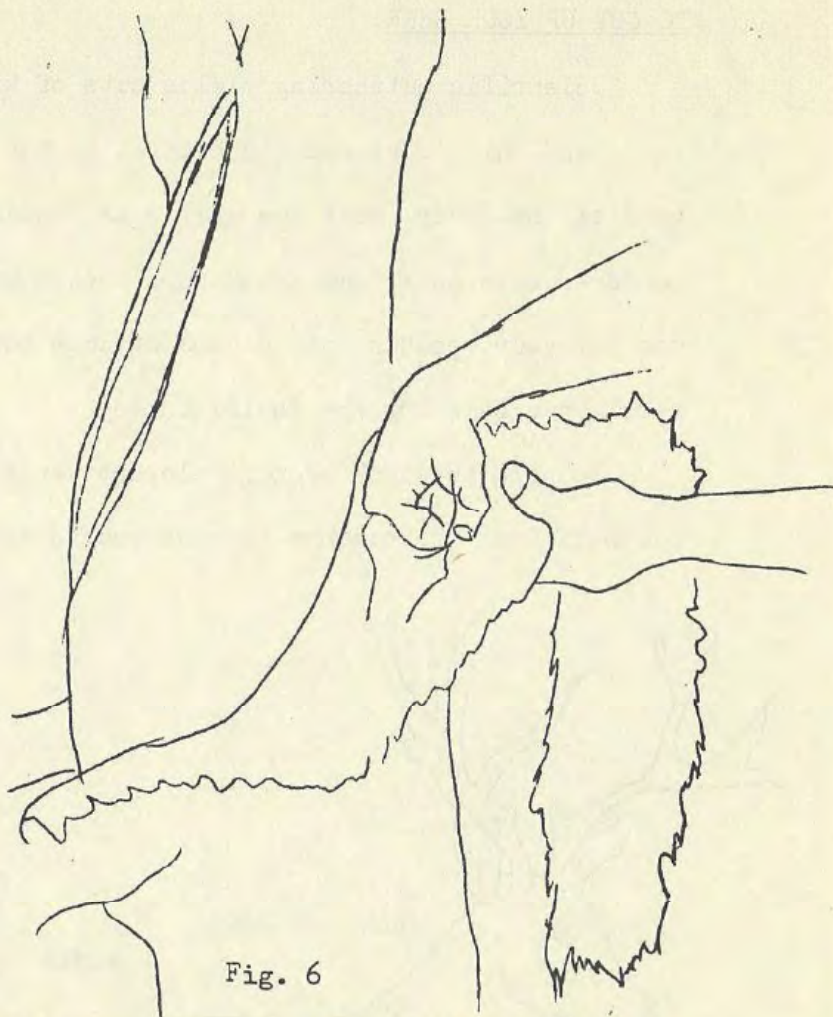


Fig. 5

You may pull the skin downward along the back, but to avoid tearing the thick muscle covering the sides it is better to fist the skin. Working in this manner leaves the hide free of flesh and avoids puncturing holes with the knife.



Be careful to fold the skin away from the exposed flesh. This avoids tainting the meat with hairs.

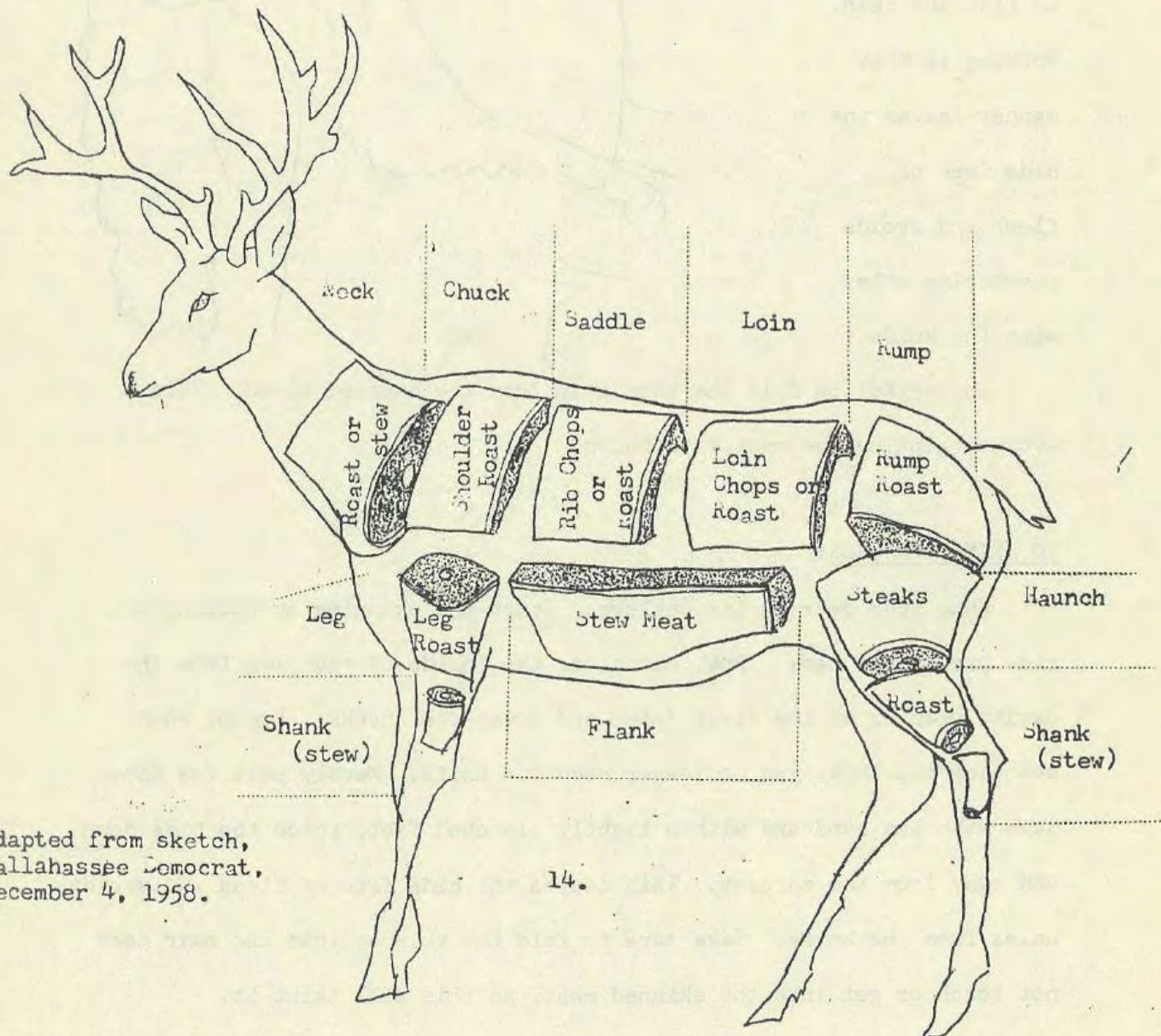
TO SKIN YOUR DEER:

Hang your deer by its antlers. Start the skinning by cutting the hide around the neck. Now, cut along the inside of each leg from the cavity opening to the first joint and sever the shanks. Except when skinning the legs, you no longer need the knife. Merely pull the hide down with one hand and with a tightly clenched fist, force the hide down and away from the carcass. This leaves the hide free of flesh and avoids holes from the knife. Take care to fold the skin so that the hair does not touch or get into the skinned meat, as this will taint it.

TO CUT UP YOUR DEER:

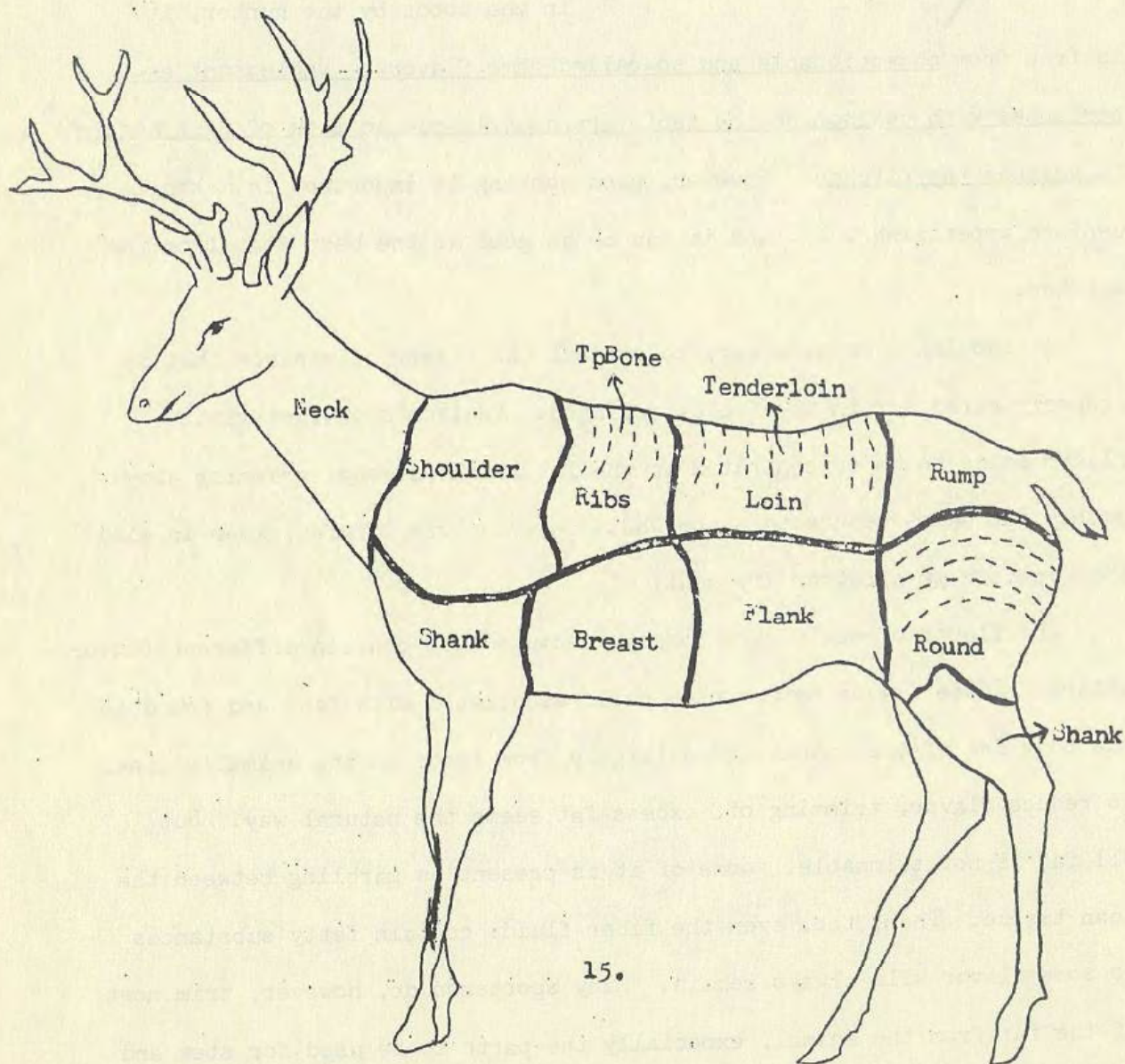
Scientific butchering yields cuts of kindred texture and tenderness . . . and this is especially helpful to the cook. For flavorsome eating, some of the dryer, more muscular cuts require moist heat cookery. The tenderer cuts make tempting dishes cooked by dry heat. Whether or not you cut your venison into pieces of like texture, tenderness can make or spoil your game for the family table.

To help the cook prepare elegant venison dishes for family feasting, you will want the butcher to make your deer look like this:



Adapted from sketch,
Tallahassee Democrat,
December 4, 1958.

For best eating, cut steaks at least three quarters of an inch thick. From the loin section of a 150 pound buck you should get about 20 sirloin steaks. This size animal should yield about 24 T-Bone steaks from the rib section. Use the top round for steaks, the bottom round for an excellent roast. Use the rump and shoulder for pot roasts; the neck, flank, breast and shanks for stew meat or for deerburger.



Good Cooking Improves the Flavor, But...



Venison is among the most highly prized of all wild game. If properly dressed and cared for in the woods by the hunter, it

is free from objectionable and so-called game flavors. Unpleasant experiences with venison on the table are usually due to lack of care before it reaches the kitchen. However, good cooking is important in making venison appetizing . . . and it can be as good as the best meat from the butcher.

It shouldn't be necessary to conceal the flavor of venison that is properly cared for in the field, and aged. Venison's characteristic flavor seems to be concentrated in the fat and if strong, trimming away excess fat helps reduce this somewhat. As you trim off fat, keep in mind that venison is a rather dry meat.

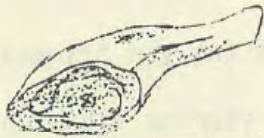
The flavor of meats vary largely because they contain different flavor esters. These flavor esters chemically associated with fats and found in the body fat of the animal, come largely from foods in the animal's diet. To reduce flavor, trimming off excess fat seems the natural way. But all fat is not trimmable. Some of it is present as marbling between the lean tissue. Then, too, even the fiber fluids contain fatty substances so some flavor will always remain. Many sportsmen do, however, trim most of the fat from the animal, especially the parts to be used for stew and ground meat. Any remaining fat contributed to moistness and texture as well as flavor of the meat.

When you cook your venison replace some of the fat you trimmed off in butchering. You may do this in several ways. Wrapping bacon on fat pork around venison when cooking by dry heat (roasting) helps replace fat and retain moisture. Some cooks prefer piercing the meat with a sharp, thin-bladed knife, and then stuffing bacon or salt pork into these slits. Others prefer placing a piece of cheesecloth or muslin, saturated in fat over the meat.

Even though you do get a tough deer or one that has a strong flavor, you can prepare it in appetizing ways. To impart a different flavor use vegetable and fruit juices, spices and herbs to suit your taste.

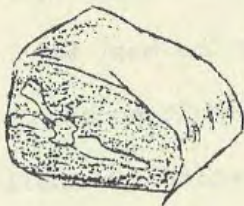
Aside from flavor, the fat of game is sometimes objectionable because it remains on the palate giving a "furry" effect. One reason for this is that game fat has a higher melting point than the fat of most of our domestic animals. Game should therefore be served very hot or very cold. This together with tart, spicy accompaniments, helps to remove this objectionable "furry" after-effect.

CUTS OF VENISON



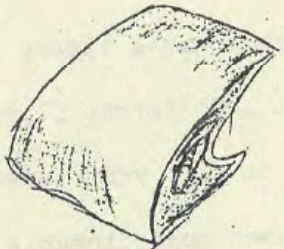
Hind and Fore Shank

Use these for soups, stews and ground for meat loaf and deerburgers.



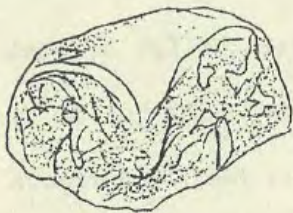
Round

The round is usually tender and makes good steaks. If tough, use it for swiss steaks. When the leg is small, it may be roasted, such as leg of lamb, all in one piece in an uncovered pan. Ground meat may also be made from the round to fry as meat patties or use in meat loaf.



Loin

This is the place to get sirloin and porterhouse steaks or choice roasts.

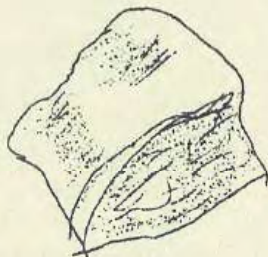


Shoulder or Chuck

This is very good for pot roasts or ground meat.

Rump

This is used for pot roast. If from a tender, young buck, it makes a very good uncovered oven roast.



Neck, Flank and Breast

The neck is tender after tendons are removed. Use it as stew or as ground meat, and, believe it or not, it makes good roasts. The flank and breast contain considerable meat. Grind these for deerburgers or use for soup or for a stew. They are too good to waste!

COOKING METHODS
FOR THE
VARIOUS CUTS

There are two general methods of cooking meat: Dry heat for tender cuts and moist heat for the less tender cuts. Meat recipes are all variations of one method or the other.

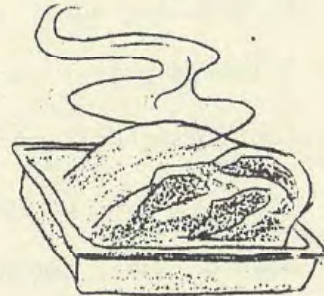
Dry Heat Methods (for tender cuts)

ROASTING (round, loin, shoulder)

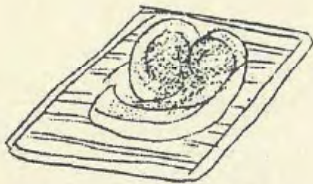
1. Season with salt and pepper.
2. Place on rack in uncovered pan, fat side up.
3. Do not add water - do not cover.
4. Extra fat may be added to venison. Bacon strips or beef suet may be laid across the top.
5. Roast in slow oven (300° - 350° F.) allowing 20 - 25 minutes per pound.

Turning the roast aids uniform cooking.

6. Serve hot or cold.



BROILING (steaks and chops)



1. Preheat the broiling oven.
2. Place steaks or chops on the broiling rack with top surface 3-inches below source of heat.
3. Broiler door should be open unless directions of range advise otherwise. Lower flame or heat if meat smokes or throws grease into flame.

4. Broil on one side until nicely browned and then turn to other side.
For a 1-inch steak, the time required will be 7 to 10 minutes for each side.
5. Season with salt and pepper, and butter and serve at once. (Try broiling in your fireplace or grill over a bed of glowing coals.)

PANBROILING - frying (steaks and chops)

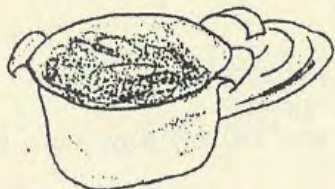
1. Heat a heavy frying pan until it is sizzling hot.
2. A little butter added to the pan improves the flavor . . . otherwise, rub the pan with a little suet or small amount of fat. Place the meat in the hot pan.
3. Brown both sides . . . turning only once.
4. For thick chops or steaks, reduce heat after browning to finish cooking clear through meat.



Moist Heat Methods (for less tender cuts)

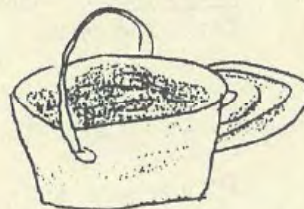
BRAISING (shoulder, neck, breast)

1. Season with salt and pepper, rub with flour.
2. Brown on all sides in hot fat.
3. Add a small quantity of water, (about one cup).
4. Cover closely.
5. Cook very slowly until tender. Turn the meat occasionally. Time, usually two or three hours.



STEWING (shoulder, shank, neck)

1. Cut meat into cubes about one inch in size.
 2. Season with salt and pepper, sprinkle with flour.
 3. Brown on all sides in hot fat.
 4. Cover with boiling water.
 5. Cover kettle tightly and cook very slowly until tender.
- Do not boil. Add vegetables just long enough before serving time that they will be tender.



SOME SUGGESTED RECIPES

Venison Pot Roast with Vegetables (Shoulder, rump, round)

3 - 4 pounds of venison
Salt, pepper, flour
5 whole carrots

5 whole potatoes
5 whole onions
Turnips and celery may also be added

1. Dredge meat with flour, salt and pepper, and brown in fat. Add some water and simmer the meat for two or three hours over very low heat.
2. When the meat is tender, add the vegetables and cook until vegetables are done.
3. Make a gravy of the liquid in the pan and pour over the meat and vegetables.

Venison Stew with Dumplings (shank, flank, neck)

1. Proceed as for Pot Roast with Vegetables.
2. Fifteen minutes before dish is ready to serve, drop in the dumplings on top of vegetables.
3. Cover and cook (without removing the cover) for 15 minutes. Serve immediately.
4. DUMPLINGS: Make dumplings by your own favorite recipe, or with your favorite mix.

To make Dumpling Stew or Pot Roast in your pressure saucepan:

If you are in a hurry, try Venison Stew and Venison Pot Roast (3 to 4 pounds) in your pressure saucepan. Consult a beef, lamb, or veal recipe or a beef pot roast recipe from your pressure cooker instruction booklet and use the pressure and times given. If you do not have an instruction booklet, try it the following way:

Venison Stew with Dumplings

1. Proceed with the dumpling stew recipe above, but brown the meat in the pressure saucepan. Then cook the meat at 10 pounds pressure for 20 minutes.
2. Reduce pressure to zero immediately. Add vegetables, and any other seasoning you wish, and cook at 10 pounds pressure for 5 minutes.
3. Let pressure go down normally. Drop your favorite dumpling batter from a spoon over the meat. Cook uncovered for 5 minutes.
4. Cover, steam for 5 minutes (without control on vent).

Venison Pot Roast

1. Proceed with the pot roast recipe above, but brown the meat in the pressure saucepan. Then cook the roast at 10 pounds pressure for 50 to 60 minutes.
2. Reduce pressure to zero immediately. Add vegetables and any other seasoning you wish.
3. Cook at 10 pounds pressure for 10 minutes. Reduce pressure immediately.

Savory Venison Stew with Vegetables (Vary these seasonings to suit your taste)

3 pounds venison shoulder
6 cloves, whole
6 peppercorns, whole
Ginger root
Stick of cinnamon
2 tablespoons parsley,
leaves or flakes
 $\frac{1}{2}$ cup celery leaves
 $\frac{3}{4}$ cup bay leaves,
crumpled
1 teaspoon salt

$\frac{1}{2}$ clove garlic, minced
5 medium potatoes
5 small onions
 $\frac{1}{2}$ cup celery, diced
5 carrots, whole or split in
half lengthwise
Flour
Butter
1 12-ounce package frozen peas
3 tablespoons lemon juice or
vinegar
1 tablespoon parsley, chopped

1. Cut venison shoulder into half-inch cubes. Cover with water. Add seasonings of choice: Perhaps some peppercorns, ginger root, parsley and celery leaves, and several crumpled bay leaves, and salt.
2. Simmer gently for 25 minutes. Remove seasonings. Salt to taste.
3. Add garlic, potatoes, onions, celery, and carrots.
4. Cover and continue to cook over a low heat about 40 minutes or until the vegetables are tender.
5. Pour off the stock. For every cup of stock, blend 1 tablespoon of flour blended with 1 tablespoon of butter. Add stock and gradually, stirring constantly until mixture is thin and smooth. Add this to stock and cook until thickened.
6. Add a 12-ounce package of frozen peas and cook 5 minutes.
7. Add 3 tablespoons of lemon juice or vinegar, 1 tablespoon of chopped parsley.
8. Pour the gravy over the hot cooked meat and vegetables and serve at once.

Venison Stew with Sour Cream Sauce

$\frac{1}{2}$ cup onion, diced	2 cloves, whole
$\frac{1}{4}$ cup of butter or margarine	1 garlic clove, minced
2 pounds venison shoulder, cut in half-inch cubes	Salt and pepper
1 cup tomato juice	*1 cup sour cream
1 cup consomme, canned or made with bouillon cubes	Flour
	Butter, margarine or water

1. Melt butter or margarine in heavy saucepan. Add onion and cook gently until it becomes transparent or slightly yellow.
2. Add cubed venison. Brown lightly over moderate heat.
3. Add tomato juice (or about 1 cup of tomato paste if preferred), consomme, cloves, garlic, and salt and pepper to taste.
4. Simmer gently over low heat for 30 - 45 minutes, or until meat is tender.
5. Thicken sauce by gradually adding a mixture of flour and cold water. Allow to simmer gently for about 5 minutes.
6. Add sour cream and allow mixture to again become hot (but not boil). Serve piping hot.

*Substitute 1 cup of milk. Add 1 - 2 tablespoons lemon juice or vinegar after thickening the sauce.

Venison Meat Loaf
(neck, shank, flank, shoulder)

1 pound ground venison	1/2 tablespoon chopped onion
1/2 pound ground pork	1 1/2 teaspoons salt
1 egg	1 cup milk
1/2 cup dried bread crumbs	

1. Beat the egg, add milk and bread crumbs. Mix thoroughly with the meat and seasoning.
2. Put in a greased pan and bake in medium oven (350° F.) for 1 hour.
3. Tomato or catsup and green pepper may be added if additional seasoning is desired.
4. The meat loaf may be made with all venison, but the addition of pork makes a more tender loaf.

Curried Venison with
Banana Sauce and Rice
(Vary the ingredients to suit your taste)

2 cups unpeeled, sliced cooking apples	1 cup evaporated milk, undiluted (or cream)
1/2 cup onion, grated	5 tablespoons vinegar
1/2 cup butter or margarine	3/4 to 1 1/2 cups canned consommé, diluted (or stock)
4 - 6 tablespoons flour	4 cups cooked venison, diced
1/8 teaspoon pepper	1 cup mushrooms
1 - 2 tablespoons grated orange rind	2 cups ripe bananas, diced
1 teaspoon salt	1/4 cup margarine or butter
1 - 2 tablespoons curry powder	2 to 2 1/2 cups cooked rice

1. Melt butter or margarine in heavy frying pan over moderate heat. Add diced apples and grated onion. Cook slowly until apples are tender.
2. Mix flour, pepper, orange rind, salt and curry. Add gradually to apples stirring carefully.
3. Add evaporated milk (or cream) vinegar and consommé. Simmer gently until thick and creamy.
4. Add venison and mushrooms. Heat (but do not boil).
5. Melt butter, add diced bananas and cook gently for 5 minutes. Mix into cooked rice. Serve as a side dish.
6. Serve with side dishes of fresh, frozen or canned coconut, boiled peanuts, relishes, chutney, and a tossed salad.

Venison Swiss Steak (tough steaks)

- | | |
|--------------------------|------------------------------|
| 1 1/2 pounds round steak | 1 cup tomatoes |
| 3 large onions | 2 tablespoons Worcestershire |
| 1 medium stalk celery | sauce, salt and pepper |

1. Steak should be about 1 1/2 inches thick. Dredge with flour and season with salt and pepper, then brown in fat. When brown on both sides add the other ingredients.
2. Cover tightly and cook in medium oven (350° F.) or over low heat on top of the stove until tender, (about 1 1/4 hours).
3. Remove meat to platter and make a gravy from drippings in the pan. Serve with baked potatoes.

Venison Shish-KaBobs

(Vary the seasonings and other ingredients to suit your taste)

- 2 pounds tender venison
cut into 1 1/2 inch cubes
Marinade mixture:
1 1/2 cups vinegar or lemon
juice
1/4 cup salad oil
1/4 cup onion, grated
1 teaspoon chili powder
1 teaspoon curry powder
3 tablespoons brown sugar
1 garlic clove, minced
1 tablespoon salt

- Other Shish-KaBob Bites.. ..
2 to 3 onions, raw, cut in wedges
2 to 3 tomatoes, fresh, cut in wedges
1 pound tenderized ham, cut in cubes
6 or 8 bacon slices, cut in 1 to
1 1/2 inch pieces ..

1. Combine marinade mixture. Add venison and set in refrigerator for several hours.
2. Slip venison cubes onto skewers alternating with onion and tomato wedges, ham cubes, bacon, etc.
3. Broil in oven or over charcoal grill, turning so as to brown on all sides.
4. Eat these morsels while piping hot.

Mincemeat
(any ground venison)

2 pounds cooked venison	3/4 pound chopped suet or butter
chopped in food grinder	1/2 teaspoon cloves
4 pounds chopped apples	1 teaspoon mace
2 pounds raisins	1/2 teaspoon nutmeg
4 cups either brown or	1 1/2 teaspoons cinnamon
white sugar	

1. Use apple juice, or other fruit juices or water with 1/2 cup vinegar to cover mixture. The sweetened fruit juices reduce the amount of sugar required.
2. Cook very slowly until the fruits are tender (about 1 hour).
3. This will keep indefinitely if put in fruit jars.

Boiled Venison
with
Caper Sauce

(Vary the seasonings to suit your taste)

3 - 4 pounds shoulder of venison	Caper Sauce
3 bay leaves, crumpled	Stock
3/4 cup onion, diced	Flour
Half lemon, sliced	Lemon juice
1/4 cup parsley, snipped (or parsley flakes)	Orange juice
1/2 top celery tops	3 Tablespoon capers (optional)

1. Place venison shoulder in large heavy vessel. Cover with cold (or boiling) salted water. Add seasonings as desired.
2. Simmer slowly over low heat for 2 to 3 hours or until venison is tender.
3. Make a sauce of 1 - 2 tablespoons flour per cup of stock. First combine the flour with 1/2 to 3/4 cup of cold milk, then add hot stock to this mixture, stirring until thin and smooth. Pour this into hot stock, and simmer gently until it thickens. Add capers and lemon juice and onion juice to suit taste.
4. Slice venison. Serve with capersauce, and accompany with sweet - sour pickles.

Venison Soup
(shank, flank, neck)

2 - 3 pounds venison	2 tablespoons salt
1½ quarts cold water	2 medium potatoes, cubed
5 - 6 carrots, cubed	2 - 3 onions, cubed
1 bunch celery, cubed	1/2 teaspoon savory (herbs)
2 cups tomatoes	1 bay leaf

1. Soak meat in salted cold water for several hours.
2. Simmer slowly for 2 hours skimming occasionally.
3. Let broth stand overnight.
4. Next day remove the congealed fat, add vegetables and cook 1½ - 2 hours slowly.

Venison Pie
(shoulder, flank, shank, neck)

1. Use equal parts of diced vegetables and cooked meat. Add seasonings. (Here is the dish for your favorite seasoning . . . thyme, bay leaf, savory, according to your taste)
2. Cover with left-over gravy which has been thinned with water. (If there is not enough gravy, a boullion cube may be dissolved in water and thickened to make the gravy. The vegetables may be **cooked** on the surface burner and the liquid in which they were cooked may be used in the gravy)
3. If fresh vegetables are combined with the meat, bake in covered casserole at 350° F. for 45 minutes.
4. If cooked vegetables are used as suggested above, combine them with the meat mixture **just** before adding the pie topping.
5. Just before serving time remove the lid, cover mixture with mashed potato, or your favorite pastry or biscuit.
6. Brown in a hot oven or 400° F.

Venison Barbecue (steaks, chops)

Brown 3 pounds of venison in frying pan with slices of salt pork or other fat. Mix following ingredients in saucepan:

- | | |
|----------------------|--------------------------------|
| 1 cup catsup | 1/3 cup beef steak sauce |
| 1 tablespoon salt | 2 tablespoons tarragon vinegar |
| 3 slices lemon | (may be omitted) |
| 1 onion, sliced thin | 1 tablespoon chili powder |

1. Bring mixture to a boil . . . stir to avoid burning.
2. Cover venison with the sauce and roast in moderate oven (350°F) for 1½ - 2 hours . . . turning occasionally.

Barbecued Cooked Venison

- | | |
|--|-------------------------|
| 3 cups cooked venison, diced | 1 teaspoon dry mustard |
| Barbecue Sauce: | 1 teaspoon chili powder |
| ½ cup vinegar or lemon juice | 2 tablespoons sugar |
| 2 cups tomato juice | 1 teaspoon salt |
| 1 cup onion, finely chopped | |
| 1 cup celery leaves and stalks, finely chopped | |

1. Combine vinegar and tomato juice.
2. Add finely chopped onion and celery, mustard, sugar, chili, and salt.
3. Simmer gently for 10 - 15 minutes.
4. Add venison and simmer for 5 minutes. Serve piping hot.

Deerburgers

- | | |
|------------------------------|----------------------------------|
| 2 pounds ground lean venison | 1 cup of bread crumbs moistened |
| ¼ pound ground lean pork | in ¼ cup milk |
| | Minced onion and other seasoning |
| | of choice |

1. Mix well and fry over moderate heat like hamburgers.
2. Serve as you would hamburgers.

*Broiled Venison Steaks and Chops
(Round, Loin, Rib)

4 steaks or chops, $\frac{1}{2}$ to 1
inch thick

Cooking oil or other fat

Salt and pepper

1 or 2 lemons, if desired (to squeeze
on meat before turning and also
when served)

Butter or margarine

1. Turn oven regulator to "broil."
2. Rub broiler rack lightly with cooking oil or other fat.
3. Arrange meat on broiler rack. Place broiler rack so that meat is 2 - 3 inches from the heat.
4. Steaks or chops of 1 inch or less should be 2 inches from the heat; thicker steaks and chops 3 inches from the heat.
5. When browned as desired on top side, add salt and pepper and turn meat. (Meat should be about half done when browned and ready for turning.)
6. Broil until meat is desired brown. Season with salt, pepper, and squeeze of lemon juice if desired.
7. Add a pat of butter or margarine and serve immediately.

*The time required for broiling depends upon stage of doneness desired and the size of the steak or chop. A 1-inch deer sirloin steak will need 15 - 20 minutes to reach the medium done stage. Many people prefer their venison steaks medium or well done rather than rare. With the longer cooking period any unusual aroma tends to disappear.

Pan-Broiled Venison Steaks and Chops
(Round, Loin, Rib)

4 steaks or chops cut

$\frac{1}{2}$ to 1 inch thick

Cooking oil or other fat

Salt and pepper

Butter

French dressing which has little
or no sugar

1. Rub large heavy frying pan with very small amount of fat . . . not enough to run when melted.
2. When pan is heated, add steaks or chops. Do not add water. Do not cover the pan.
3. Allow to cook 15 to 20 minutes, turning occasionally. Do not over-cook. If any fat accumulates while cooking, drain it off.
4. When done to desired stage, season with salt, pepper, and butter. Serve immediately.

Compiled by:

and

Bonnie B. McDonald
Assistant Economist in
Food Conservation

Susan R. Christian
Nutritionist and Farm and Home
Development Specialist

with grateful acknowledgement to the following as sources of ideas
and inspiration

1. Venison, Bulletin 253, Agricultural Extension and Department of
Conservation, Michigan.
2. Venison - Its Care and Cooking, Bulletin 200,
Agricultural Extension Service, Utah.
3. Game Cookery Starts In The Field,
Lendal H. Kotschevar, House Beautiful. November 1957.
4. Handling Your Big Game Kill, M5241,
Forest Service, U.S.D.A.
5. Preparation of Wild Game, Cir. M1034,
Montana State College.
6. Venison On The Menu. Misc. Paper No. 283,
Colorado A. and M. College.
7. Venison On The Menu, Bulletin 499-5,
Experiment Station, Colorado State University.
8. Dressing and Cooking Venison, Cir. 300,
Pennsylvania State University.
9. Handling and Cooking of Wild Game.
The University of Wyoming.

Distributed by:

State Home Demonstration Office
Florida State University
Tallahassee, Florida

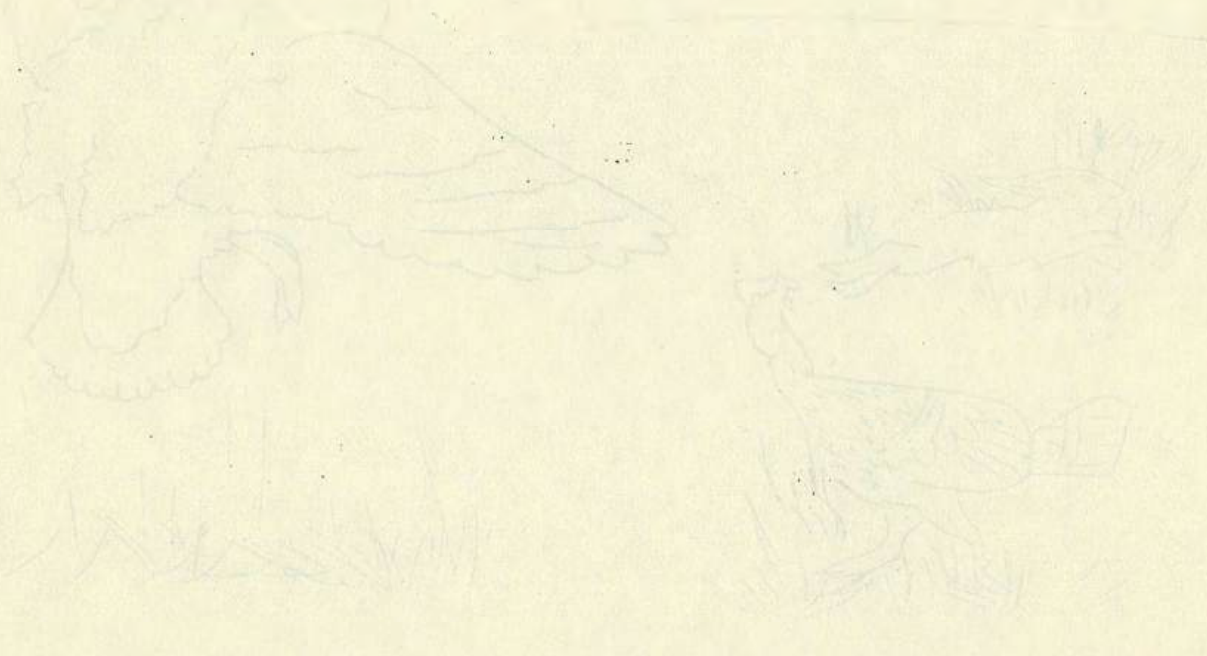
October 1959 nl

Small Game

PURPOSE OF THIS LEAFLET

1. To point out the practices necessary for safeguarding the wholesomeness of game meat.
2. To create an awareness of the importance of these practices to flavor, texture, cookery and eating enjoyment.

For more details about how to care for game, get from your library or bookstore some of the excellent books available.

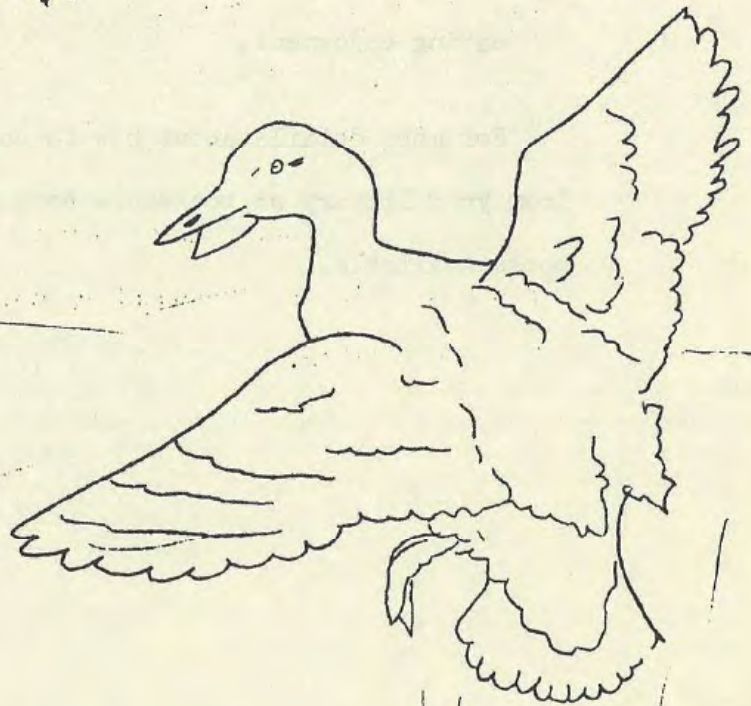
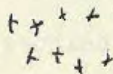
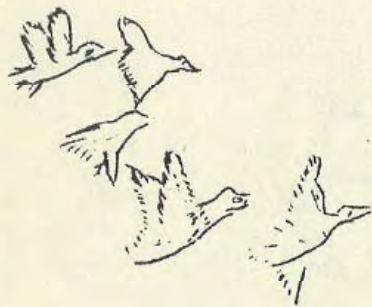


SMALL GAME -----

Wild Ducks

Wild Turkey and Quail

Squirrel, Opossum and Rabbit

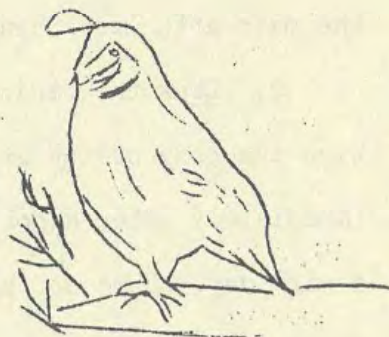


YOU CAN FIND IT HERE

	Page
Small Game Birds	1
Wild Ducks, Geese and Turkey, Quail and Coot	
The *Rules of the Game in Brief	2
Game Birds (Upland, Migratory, Waterfowl)	
Other factors that enhance eating enjoyment	3
Wild Duck	5
Cantonese Duck	5
Roast Duck	6
Broiled Barbecued Duck	7
Hungarian Roast Duck	7
Smothered Duck	8
Wild Goose	9
Roast Goose with Apricots	9
Irish Roast Goose	11
Boiled Goose	11
Wild Turkey	12
Roast Wild Turkey	12
Quail	14
Gourmet Roast Quail	14
Brunch Quail	15
Quail with Green Grapes	15
Braised Quail	16
Coot, "Flusterer," or Mud Hen	17
Oven Barbecued Coot	17
Roast Coot	18
Braised Coot Breasts	18

	Page
Small Game Animals	19
Squirrel, Opossum, and Rabbit	
The 'Rules of the Game' in Brief	20
Squirrel	21
Fricassed Squirrel	21
Brunswick Stew No. 1.	22
Brunswick Stew No. 2.	22
Roast Squirrel	23
Squirrel Pie	24
Opossum	24
Roast Opossum	24
Opossum with Tomato Sauce	25
Roasted Opossum with Sweet Potatoes	25
Rabbit	26
Braised Rabbit	26
Baked Stuffed Rabbit with Carrots	27
References	28

SMALL GAME BIRDS



Wild ducks, geese, and turkey
quail and coot or "flusterer"

For Eating Enjoyment

Believe it or not, game cookery really starts in the field. Give game special attention immediately if you want top grade fare on your family's table. Disagreeable off-flavors develop rapidly if you put off proper care of your kill in the field. This makes the difference between meat that is fit to eat and meat that is fitting fare for the garbage can.

Use these prized meats in family meals just as you would domestic meats. For thrifty, tasty menus add vegetable dishes and fruits from your garden and freezer.

Because of its higher melting point, the fat in game remains on the palate giving a "furry" effect. To help avoid this, serve game either very hot or very cold. Include in your menu tart fruits, either with the main course, or best, as dessert . . . to remove this "furry" after-effect.

THE 'RULES OF THE GAME'

IN BRIEF

Game Birds, (Upland, Migratory, Waterfowl)

1. Bleed the birds by sticking a sharp knife down the throat to sever the main arteries. Hang the birds head down until bleeding stops.

2. Draw the birds immediately after killing to reduce the gamy-flavor. Wipe the body cavity with a clean cloth or paper towels. Drawing birds immediately after shooting becomes doubly important in a warm climate or on a warm day. Game not properly handled can sour on the surface, spoil, or develop a pungent, gamy flavor.

3. Dry-pluck while birds are still warm. This avoids skin tears. Simply grasp a few feathers at a time and pull in the direction they grow. Pluck out pin feathers with tweezers. Or singe them with a lighted twisted newspaper or grocery bag, holding the flame far enough away to avoid burning the bird's skin.

You can dry pluck birds after they're cold, but it's more difficult. See directions for wax-plucking given below.

4. Cool the birds, in a portable ice box, if the weather is warm, and keep them cool all the way home. If the weather is sufficiently cold, cool the birds by merely hanging them so that air can circulate around them. (Never pack warm birds down together, nor pile them one upon the other in the corner of the car trunk.)

To Pluck Cold Birds:

Most hunters prefer leaving the feathers on the birds until they get home. They argue that the feathers protect the flesh against bruises and dirt. Perhaps this is sound reasoning. However, plucking is more tedious

after the birds are cold. There's also greater danger of tearing the skin. To dry-pluck, follow steps in item 3 above.

If you find dry-plucking too tedious after the birds are cold, try the wax-pluck method. This is one way to do it, but it's more troublesome than dry-plucking while yet warm. Remove large feathers, those that come out in big handfuls . . . the heavy back, tail and wing feathers . . . and cut off the wings at the first joint. Have the birds well chilled but not frozen. Melt the paraffin over boiling water using about 2 pounds of paraffin for 4 ducks if you use a deep, narrow container. The more large feathers you have on the birds, the more paraffin you will need. So make sure that you have enough paraffin to thoroughly cover the bird. Dip the bird completely, feathers and all, into the melted . . . but not hot . . . paraffin.

Plunge the paraffin covered bird into ice water until the paraffin hardens. Peel off the paraffin, feathers and all, but scraping with a knife. Save this paraffin for further use by melting it down and draining it from the feathers.

To Age Birds:

Most people agree that ducks and other game birds are best if they are allowed to hang for at least 48 hours at a temperature above freezing, (35° - 45°) before cooking them. Aging must be done under refrigeration. At this age, with bleeding, drawing, etc., done, the open body cavity can easily become contaminated.

Other Factors That Enhance Eating Enjoyment

Because of the active, vigorous life they lead, game birds generally aren't as fat as our well-fed domestic birds. Their muscles are also tougher, dryer, and perhaps less palatable. Therefore, most recipes for game usually call for an addition of some fat and moisture in cooking.

To supply needed fat rub game generously with bacon drippings before cooking, then baste frequently with juices and fat in the cooking pan. Or place bacon strips over your game and tie in place with string. Another way is to saturate a piece of cheesecloth or muslin in fat, and place this over your game before cooking. Moist heat cooking such as braising and stewing are popular cooking methods, especially for older birds. Basting with water or consomme to which some fat and lemon juice, vinegar or pickle juice has been added is another way to supply needed moisture. Young game birds are usually sufficiently moist and tender to broil successfully.

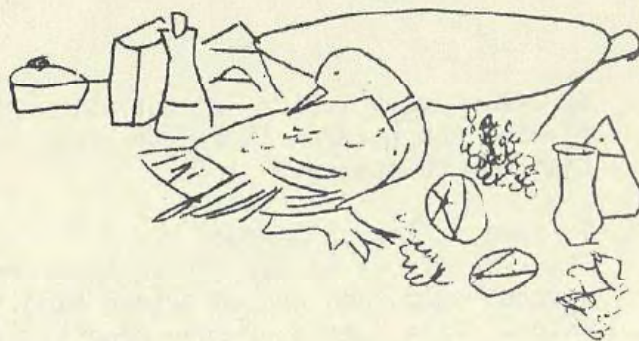
Quite frequently you have some young and some old game, some tender and some tough, to prepare at the same time. In this case, it is probably better to overcook the young game in order to have the tough ones edible.

Meats vary in flavor because of the different flavor esters they contain. Ducks and geese coming from the wild rich marshes of Canada or Minnesota possess an unmatched flavor. The same birds coming from the salt sea marshes taken on the flavor of the marine life on which they feed.

If your family enjoys the wild flavor of game, the cooking task is quite simple. Enjoyable eating for all, however, usually calls for reducing or masking the gamy flavor.

To mask these flavors use a high seasoning of herbs; or tart fruits, fruit juices, vinegar, buttermilk, or sour milk, or cream in marinades and sauces; or use both tart fruits and herbs in dressings, stuffings and the like.

Wild Duck



This bird's flavorful dark meat is considered a delicacy on all continents. Most people agree that duck is best when cooked rare. Cooked to the proper degree of rareness, the rich red juice follows the trail of the carving knife. If you are one who 'runs for cover' at the suggestion that you cook your ducks rare, then cook them longer. But do be careful not to overcook and toughen your prize birds.

Wild ducks that fly in from the sea marshes are likely to have a fishy flavor. To reduce this flavor, cook them rare and serve them piping hot.

Many cooks prefer roasting duck without a stuffing. Instead, they fill the cavity with lemon or tart apple wedges, onion slices, celery tops, parsley springs and the like, then discard these before serving.

Cantonese Duck
Makes 4 servings

Temperature: 350°

Cooking time: 15 minutes per
pound or 1 to
1½ hours

2 wild ducks, 2-2½ pounds (dressed weight)
Garlic Salt and pepper
4 sprigs parsley
1 lemon, halved
6 slices bacon
½ cup grapefruit or lime juice

¼ cup dry mustard
2 tablespoons soy sauce (optional)
½ cup canned apricots (or stewed dried ones, mashed to pulp)
1 tablespoon grated orange peel
¼ cup butter or margarine, melted

1. Sprinkle ducks inside and out with salt and pepper. Place 2 sprigs parsley and $\frac{1}{2}$ lemon in cavity of each. Cover with bacon strips and fasten with string.
2. To make Cantonese Sauce:
Stir grapefruit or lime juice into dry mustard. Add soy cauce, apricot pulp, and grated orange rind. Heat in double boiler over hot water. If a degree of sweetness is desired, add orange marmalade, chopped candied fruits, or a dash of sugar.
3. Place ducks, breasts up, on a baking pan in a preheated oven at 350 degrees for 15 minutes per pound, or for 1 to 1 $\frac{1}{2}$ hours. Baste frequently with melted butter or margarine and once with Cantonese Sauce.
4. Remove lemon, parsley from cavity and discard. Carve ducks, and serve with remaining Cantonese Sauce.

Roast Duck

2 servings

Temperature: 325°F.

Cooking time: About 45 minutes

1 duck (1 $\frac{1}{2}$ lbs.)	Bacon slices or bacon drippings
2 cups tart apples, quartered	2 teaspoons salt
1 sliced onion	$\frac{1}{4}$ teaspoon pepper
2 whole cloves	1 cup orange juice
Some celery leaves	$\frac{1}{2}$ cup melted butter

1. Clean duck and wash thoroughly, unless bird is already dressed for the oven.
2. Fill the duck with peeled quartered apple, onion, cloves and celery leaves. Sew up and tie in shape.
3. Rub generously with bacon drippings. Add salt and pepper. Or cover with strips of bacon.
4. Roast uncovered in a moderately slow oven (325°F.) allowing 15 to 20 minutes per pound. Roast until the breast is firm, yet yields a rich, red juice when pierced with a cooking fork or sharp pointed knife.
5. If desired, baste every 10 minutes with mixture of 1 cup orange juice and $\frac{1}{2}$ cup melted butter. Basting is not required, however, at this low temperature.

Broiler Barbecued Duck
4 servings

Cooking temperature: Broil

Cooking time: $\frac{1}{2}$ hour

2 large duck breasts
Bacon drippings or other fat
2 tablespoons lemon juice
1 tablespoon worcestershire sauce

1 teaspoon tomato catsup
1 teaspoon butter
 $\frac{1}{2}$ teaspoon paprika

1. Cut breasts from 2 large ducks. Rub generously with bacon drippings or other fat.
2. Turn duck. Continue broiling and basting until duck is done. (Approximately 15 minutes). When done, the breasts should be firm, yet yield a rich, red juice when pricked.

Variation: Broil as above. Omit the barbecue sauce. Baste with mixture of butter or margarine and orange juice.

Hungarian Roast Duck
Makes 4 servings

Temperature: 350° F.

Time: 1 to 1 $\frac{1}{4}$ hours

2 wild ducks, 2 to 2 $\frac{1}{2}$ pounds
(dressed weight)
Garlic salt and pepper
2 tablespoons paprika
2 tart apples, quartered
2 onions, quartered

6 slices bacon
 $\frac{1}{4}$ cup butter or margarine, melted
3 cups sauerkraut
4 juniper berries, crushed or
capers (optional)
2 teaspoons caraway seeds (optional)
2 slices cooked bacon, crumbled

1. Sprinkle ducks inside and out with salt, pepper, and paprika. Place apple and onion quarters in cavity of each. Cover breasts with bacon and fasten with string.
2. Place ducks, breasts up, in baking pan. Roast in preheated 350° oven 1 to 1 $\frac{1}{4}$ hours, or 15 minutes per pound, basting frequently with melted butter or margarine.
3. Combine sauerkraut, juniper berries or capers, caraway seeds and bacon in shallow casserole. Mix well. Place in oven 20 minutes before ducks are done.
4. Discard apple and onion quarters, remove string. Carve ducks, arrange duck slices on sauerkraut. Serve piping hot.

Smothered Duck
2 - 4 servings

Temperature: 325° F. in oven
Top of Range: Low heat

Cooking time: 1½ hours

1 duck
1 teaspoon salt
¼ teaspoon pepper

½ cup flour
½ cup fat
1 cup milk

1. Cut clean duck into 6 to 7 pieces.
2. Season with salt and pepper and roll in flour.
3. Fry duck slowly in hot fat until brown on both sides, about 30 minutes, turning only once.
4. Add the milk, cover tightly and simmer slowly for 1 hour or until tender. (Or bake in slow oven, 325°F.)

Wild Goose



Young geese are prized delicacies. Compared with their rich, dark meat, our domestic poultry seems flavorless. Wild geese are leaner than their domestic cousins, and for this reason, addition of fat or moisture in cooking is a common practice. Nevertheless, young geese are considered gourmet food.

Some of the old birds reach the age of 25 . . . and sometimes up to 70 years. Naturally these old birds are tough, and you'll be lucky if you make them tender enough to eat. You can identify these old birds by their coarse plumage, few pinfeathers and their very large wing spurs.

Roast Goose with Apricots

Makes 6 to 8 servings

Temperature: 325° F.

Time: 20 to 25 minutes per
pound, or until tender

1 young wild goose, 6 - 8
pounds (dressed weight)
Juice of 1 lemon
Salt and pepper
 $\frac{1}{4}$ cup butter or margarine
 $\frac{1}{4}$ cup chopped onion
1 cup chopped tart apple

1 cup chopped dried apricots
3 cups soft bread crumbs (made
from day old bread)
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
4 - 6 slices of bacon, melted
bacon fat or canned consomme

1. Sprinkle goose inside and out with lemon juice, salt and pepper.
2. Melt butter or margarine in a large saucepan. Add onion and cook until tender. Stir in apple, apricots, bread crumbs, salt and pepper.
3. Spoon stuffing lightly into cavity. Close opening with skewers and string.
4. Cover breast with bacon slices and cheesecloth soaked in melted bacon fat.
5. Place goose, breast up, on rack in roasting pan. Roast in preheated 325° oven 20 to 25 minutes per pound, or until tender, basting frequently with bacon fat and drippings in pan, or with canned consomme.

If goose does not seem tender, pour 1 cup of water into pan and cover last hour of cooking.

6. Remove cheesecloth, skewers and string.

Variations:

1. When the goose is done, remove from pan. Add a bit of water or stock. Skim the fat off the top. Add one quart of well drained sauerkraut and cook 10 minutes.
2. Pile the sauerkraut around the goose before placing in oven. This gives sauerkraut that is rich with goose drippings, but very acceptable to those who like rich sauerkraut dishes.

Irish Roast Goose With Potato Stuffing
3 - 10 servings

Temperature: 375° F.

Time: About 3 hours

1 goose
1 teaspoon salt
 $\frac{1}{4}$ teaspoon pepper

Stuffing

10 medium potatoes, riced
1 tablespoon fat
1 cup chopped onions

$\frac{1}{2}$ cup chopped celery
4 slices bread, crumbled
 $\frac{1}{4}$ lb. ground salt pork
2 eggs beaten
1 teaspoon poultry seasoning
1 teaspoon salt
 $\frac{1}{4}$ teaspoon pepper

1. Clean and dry goose. Rub cavity and outside with salt and pepper mixture.
2. Stuffing: Save potato water for basting the goose. Rice potatoes. Put fat in skillet and partially cook onions and celery, but do not brown. Add to potatoes, bread, salt pork, poultry seasoning, salt and pepper.
3. Stuff goose with potato stuffing and sew up. (Any good poultry stuffing may be substituted.)
4. Roast goose in moderate oven (375°F.) about 3 hours, or longer if preferred well done, basting from time to time with potato water.

*Boiled Goose
Makes 6 servings

Temperature: Low

Time: 3 hours

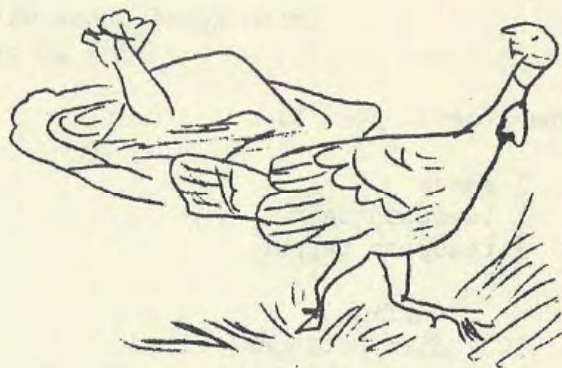
1 goose
1 large onion or
2 garlic cloves

2 - 3 chili peppers
Fat
 $\frac{1}{2}$ to 1 cup coarsely cut olives
Salt and pepper

1. Clean and cut up goose. Place in a large kettle and cover with water.
2. Add onion and chili peppers to the cooking water.
3. Cook until tender. (About 15 to 20 minutes per pound).
4. When tender, pan fry in hot fat until brown. Season to taste.
5. A good addition to the gravy is chopped olives.

*Isabel Lord, Everybody's Cook Book, Harcourt Brace and Co., N.Y.

Wild Turkey



This noble native bird is a rapidly decreasing figure. Yet in early Colonial days, he was more plentiful than domestic poultry. It is no wonder then, that this sly, alert bird rarely relaxes his guard for he knows he is highly prized by hunters. Roasting seems to be the favorite way to cook wild turkey. Roast it in about the same way you would a domestic bird.

Roast Wild Turkey Makes 8 to 10 servings

Temperature: 325°F.

Time: 20 to 25 minutes per
pound, or until tender

1 wild turkey, 8 - 10 pounds,
dressed weight
Salt and pepper
 $\frac{1}{2}$ lb. bulk sausage
1 cup chopped onion
1 cup chopped celery
1 teaspoon salt
 $\frac{1}{4}$ teaspoon pepper

$\frac{1}{8}$ teaspoon crushed thyme
5 juniper berries, crushed
(optional)
 $\frac{1}{4}$ cup chopped parsley
1 cup cooked or canned chest-
nuts, chopped, or raw peanuts
8 cups bread crumbs (made
from day old bread)
4 - 6 slices bacon
Melted bacon fat

1. Sprinkle turkey inside and out with salt and pepper.
2. Cook sausage in skillet until well done. Add onion and celery. Cook until vegetables are tender. Add seasonings and bread crumbs. Mix well.
3. Spoon stuffing lightly into neck and body cavities. Close openings with skewers and string. Cover breast with bacon slices and cheese

cloth soaked in melted bacon fat. Pull legs upward, wild turkey fashion and tie together with string. Turn wings under.

4. Place turkey breast up on rack in roasting pan. Roast in pre-heated 325° F. oven 20 to 25 minutes per pound or until tender. Baste often with bacon fat and drippings in pan.

Quail



A quail weighs only $5\frac{1}{2}$ to 6 ounces. In the Southeastern part of the United States, he is frequently called a Partridge. His delicately flavored white meat, highly prized by gourmets, commands a premium price in restaurants. The meat tends to be dry, and needs a covering of bacon as well as frequent basting when cooking. The flavor is best when sauteed, broiled or baked. Do enhance this delicately flavored meat with mild rather than strong seasonings. According to some, quail should be cooked rare.

Gourmet Roast Quail Makes 4 servings

Temperature: 350° F.

Time: 20 - 25 minutes

4 quails
Salt and pepper
Tarragon leaves
Sweet basil or
Marjoram

$\frac{1}{4}$ pound of butter or margarine
8 slices bacon
- - - -
 $\frac{1}{4}$ pound butter or margarine
 $\frac{1}{2}$ cup water or consomme

1. Rub quail inside and out with salt and pepper.
2. Place a pinch of herb seasoning and a tablespoon of butter or margarine inside each cavity.
3. Wrap the birds with strips of bacon.
4. Roast at 350° F., basting frequently with $\frac{1}{4}$ pound of butter or margarine melted in $\frac{1}{2}$ cup of water or consomme.

Watch carefully the cooking time. This small bird can dry out quickly.

Brunch Quail
Makes 4 servings

Temperature: Low heat

Time: 20 minutes or until tender

4 quails
Salt, pepper, flour
 $\frac{1}{4}$ cup butter
 $\frac{1}{2}$ cup water

6 small mushrooms, sliced
2 tablespoons chipped parsley
4 buttered toast slices or
trenchers.*

1. Sprinkle quail inside and out with salt, pepper and flour.
2. Melt butter in a skillet; add quails and brown on all sides. Add water and mushrooms. Cover and cook over low heat 10 minutes.
3. Add parsley, cover and cook 10 minutes longer, or until tender.
4. Serve on buttered toast with mushroom sauce in pan.

Quail with Green Grapes
Makes 4 servings

Temperature: Low heat

Time: 15 - 25 minutes or until
tender

4 quails
Salt, pepper, flour
 $\frac{1}{4}$ cup butter
 $\frac{1}{2}$ cup water

$\frac{1}{2}$ cup seedless, or seeded
(tart) green grapes
2 tablespoons chopped peanuts,
or other nuts
1 tablespoon lemon juice
4 buttered toast slices

1. Sprinkle quails inside and out with salt, pepper and flour.
2. Melt butter in skillet; add quails and brown on all sides. Add water, cover and cook over low heat 15 minutes, or until tender.
3. Add grapes and cook 3 minutes longer. Stir in nuts and lemon juice.
4. Serve quail on buttered toast slices with sauce in pan.

*To make trenchers, cut French bread into 2-inch slices, or soft or hard rolls into halves, selecting bread or rolls slightly larger in size than a quail. Scoop center from each to make cup to hold bird. Butter and toast lightly.

Braised Quail
Makes 4 servings

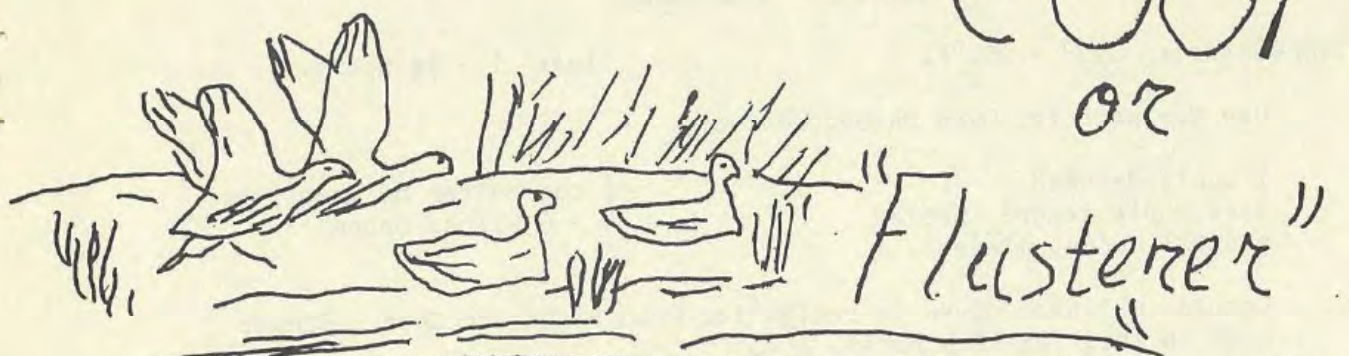
Temperature: Low heat

Time: 30 minutes, or until
tender

4 quails
Salt, pepper, flour
 $\frac{1}{4}$ cup bacon drippings
 $\frac{1}{2}$ cup milk

1 can condensed cream of
celery soup
 $\frac{1}{2}$ cup chopped onion
 $\frac{1}{4}$ teaspoon of caraway seeds,
or other seasoning as
desired.

1. Sprinkle quails inside and out with salt, pepper and flour.
2. Heat bacon fat in skillet. Add quails, and brown on all sides. Add milk, soup, onion, and caraway seeds.
3. Bring to simmer. Cover and simmer gently over low heat 20-25 minutes, or until tender, basting frequently with sauce in pan.
4. Remove quails to serving dish. Serve sauce in side dish.



The Coot, Mud Hen, or "Flusterer" lives in shallow ponds where cattail and tall grasses grow. He gets his nickname "Flusterer" from his manner of travel over the water . . . literally fluttering along over the surface with his wings and feet. He feasts largely on plants, however, he eats aquatic life too.

Ducklike in shape and plumage, this bird weighs about 2 pounds.

Oven Barbecued Coot Makes 2 - 3 servings

Temperature: 325° - 350°F.

Time: 45 - 60 minutes.

1 coot (dressed)
Marinade with mixture of:
3/4 cup lime or lemon juice
3/4 cup water or stock
1 medium onion, sliced
1 celery stalk, or celery tops
1 bay leaf
1 teaspoon parsley flakes

Barbecue Sauce:
1/4 cup butter or margarine
1 small chopped onion
1/4 cup catsup
3/4 cup tomato juice
Salt and pepper

1. Combine all ingredients on left (excepting coot). Allow to simmer 5 - 10 minutes. Cool.
2. Pour mixture over coot and place in refrigerator for 24 to 48 hours.
3. Meanwhile, combine barbecue sauce.
4. When ready to cook the bird, remove from marinade, dip in barbecue sauce, and place in baking pan or casserole. Pour remaining sauce over the bird. Cover.
5. Bake at 325° to 350°F. turning occasionally.

Roast Coot
Makes 2 - 3 Servings

Temperature: 325° - 350°F.

Time: 1 - 1½ hours.

Use Marinade for Oven Barbecued Coot.

1 coot, dressed
Tart apple wedges, peeled
½ small onion, minced.

¼ cut butter or margarine
4 - 6 slices bacon

1. Combine marinade given in recipe for Oven Barbecued Coot. Simmer bird in this for 10 minutes. Cool.
2. Refrigerate 4 - 6 hours, or overnight.
3. Stuff with apple and onion. Place bacon strips over bird. Roast at 325° - 350°F. until done.
4. Remove and discard stuffing before serving.

Braised Coot Breasts
Makes 4 servings

Temperature: Low to moderate heat.

Time: ½ - 1 hour.

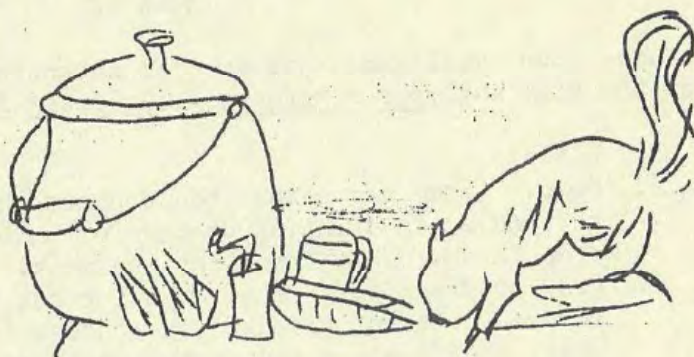
4 breasts of coot
2 tablespoons cooking oil or
other fat
¼ cup lemon or lime juice

Salt and pepper
Flour

1. Heat fat in heavy frying pan over low or moderate heat.
2. Brush breasts with lemon juice. (Save remainder to use later). Rub with salt and pepper. Roll in flour. Cook over moderate or low heat until browned lightly.
3. Add remaining lemon juice and a small amount of water (about ½ cup) or tomato juice (1 cup), cover, and simmer gently until done.

Small Game Animals

Squirrel



Opossum

Rabbit



For eating enjoyment, field care of these small animals is just as important as for any other game. Present them to the cook in a clean; sanitary, attractive condition, and she'll welcome you home from the hunt with a joyful jig instead of a frown.

THE 'RULES OF THE GAME'

IN BRIEF

Give your small game this special attention in the field immediately after the kill and your reward is deliciously flavored meat.

1. Bleed.
2. Skin. (Some argue that the opossum should be scalded and scraped). In skinning be careful that hairs do not touch the open flesh.. This can taint the meat.
3. Draw or dress out. When dressing out the rabbit and opossum, remove the scent glands. The opossum's scent glands are found under the forelegs and in the small of the back. The rabbit's scent glands are under the front legs where they join the body and on either side of the spine. Do avoid cutting these glands, and do avoid hairs coming in contact with the meat. Both can taint the meat.

Be extra cautious when dressing cottontail rabbits because of the possibility of tularemia (rabbit fever). Avoid 'sick-looking' rabbits. View with suspicion those that arise slowly in front of you or the dog. Most human cases of tularemia have been contracted through cuts or other injuries on the hands. Therefore, it is wise to use rubber gloves when cleaning rabbits.

Occasionally, you may notice curious warty or horny growths on the skins of rabbits, mostly on the legs and head and maybe on other parts of the body. These growths cause no damage. You may feel safe in eating these rabbits.

4. Clean thoroughly by wiping cavity with clean, dry cloths or paper towels.
5. Cool in a portable ice box or refrigerator is possible. If the weather is sufficiently cold, you may cool these small animals by hanging them in the open air.
6. Transport them homeward in the open air, rather than piled on top of one another in your car trunk. Better yet, transport them in a portable icebox or refrigerator.
7. When you reach home refrigerate these small prizes at least one day before cooking. Or freeze them, and cook them for later feasts.

Squirrel

Squirrel meat makes a truly tasty meal. The flesh is medium red in color, tender and has a pleasing flavor. The slight gamy taste present in most game meats is almost absent in squirrel. No soaking is necessary, and only the oldest and toughest animals require parboiling or marinating for tenderness.

Fricassee Squirrel 4 servings

Temperature: Low heat

Cooking time: $3\frac{1}{2}$ hours

1 squirrel
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{3}$ teaspoon pepper
 $\frac{1}{2}$ cup flour

3 slices bacon
1 tablespoon sliced onion
 $\frac{1}{2}$ teaspoons lemon juice
 $\frac{1}{3}$ cup broth

1. Disjoint and cut squirrel into 6 or 7 pieces.
2. Rub pieces with salt and pepper. Roll in flour.
3. Pan fry with chopped bacon for 30 minutes.
4. Add onion, lemon juice, broth and cover tightly. Cook slowly for 3 hours.

Variation: Add 1 tablespoon paprika, $\frac{1}{2}$ teaspoon cayenne, 1 sliced sour apple, and 2 cups broth instead of bacon, and lemon juice called for in foregoing recipe.

Brunswick Stew No. 1

4 - 5 servings

Temperature: Low heat

Cooking time: 3 hours

1 squirrel
2 quarts boiling water
1 cup corn
1 cup lima beans
2 potatoes

$\frac{1}{2}$ onion
 $1\frac{1}{2}$ teaspoons salt
 $\frac{1}{2}$ teaspoon pepper
 $1\frac{1}{2}$ teaspoons sugar
 $\frac{1}{2}$ cup butter
2 cup tomatoes

1. Clean squirrel and cut into 6 - 7 pieces. Place in kettle or saucepan.
2. Add water. Cover and simmer for 2 hours. Add corn, lima beans, potatoes, onion, tomatoes, sugar, salt and pepper; simmer for one hour. Add butter during last 10 - 15 minutes of cooking.

Brunswick Stew No. 2

3 squirrels, cut in serving pieces
3 quarts water
 $\frac{1}{4}$ cup diced bacon
 $\frac{1}{4}$ teaspoon cayenne
2 teaspoons salt
 $\frac{1}{4}$ teaspoon black pepper

1 cup chopped onion
2 1-lb. 3 oz. cans tomatoes,
drained
2 cups diced potatoes
2 cups lima beans, fresh or
frozen
2 cups corn, fresh or frozen

1. Place squirrel pieces in a large kettle. Add water. Bring slowly to simmer; and simmer gently $1\frac{1}{2}$ to 2 hours, or until squirrel is tender, skimming surface occasionally.
2. Remove meat from bones and return to liquid. Add bacon, cayenne, salt, pepper, onion, tomatoes, potatoes and lima beans.
3. Cook one hour. Add corn and continue to cook 10 minutes.
4. Spoon into soup plates and serve with corn bread and cole slaw. Makes 6 to 8 servings.

Roast Squirrel
4 servings

Temperature: 350° F.

Cooking time: 1½ hours

1 squirrel
1½ teaspoons salt
¼ teaspoon pepper
1½ teaspoons lemon juice or
tarragon vinegar
1 cup bread crumbs

¼ cup cream
1 cup mushrooms
1 teaspoon onion juice
1 tablespoon melted fat
2 cups brown meat broth

1. Clean squirrel thoroughly. Rub with a mixture of 1 teaspoon salt and 1/3 teaspoon pepper, then with lemon juice or tarragon vinegar.
2. Soak bread crumbs in the cream to moisten them. Add mushrooms (chopped). remainder of salt, pepper and onion juice.
3. Stuff squirrel with this mixture, sew and truss as for a fowl.
4. Brush with melted fat and place in a dripping pan. Partly cover with the broth diluted with a cup of boiling water.
5. Roast 1½ hours in a moderate oven uncovered (350° F.)
6. When the squirrel is well done, remove from pan. A gravy may be made from the liquid in the pan.

Squirrel Pie
6 - 8 servings

Temperature: 350° F.

Cooking time: 1 3/4 hours

1 squirrel
3 tablespoons flour
½ tablespoon minced parsley
1 teaspoon pepper
½ cup fresh cut mushrooms
2 cups stock or milk

Biscuits from mix or as below
2 cups flour
4 teaspoons baking powder
½ teaspoon salt
¼ cup fat
2/3 cup milk

1. Disjoint and cut squirrel into 2 or 3 pieces. Cover with water and cook for one hour.
2. Remove meat from bones in large pieces.
3. Add flour, parsley, salt, pepper and mushrooms to the stock. Cook until it thickens (5 to 10 minutes).
4. Add the meat and mix well. Pour into baking dish.
5. Make the biscuits by sifting the flour, baking powder and salt together. Cut in the fat and add the milk. Stir until all dry ingredients are moistened. Roll only enough to make it fit the baking dish. Place dough on meat baking dish. Bake in moderate oven (350° F.) until dough is golden brown. (30 to 40 minutes).

Broiled Squirrel
4 servings

Temperature: Broil

Cooking time: 40 minutes

1 squirrel
1 teaspoon salt

1/8 teaspoon pepper
1/2 tablespoon fat

1. Clean squirrel. Rub with salt and pepper.
2. Brush with fat and place on a broiling rack.
3. Broil 40 minutes basting every 10 minutes with drippings.

Opossum

Opossum meat is rather light, fine-grained and tender. Soaking is not necessary. Aging for 24 hours in your refrigerator improves the flavor. Excess fat should be removed, but is it not necessary to remove all fat because it does not have an objectionable flavor or odor.

Be sure that the scent glands in the small of the back and also inside each foreleg have been removed.

Roast Opossum
6 to 8 servings

Temperature: 350° F.

Cooking time: 2½ hours

1 opossum
1 tablespoon salt
1/2 teaspoon pepper
6 - 8 slices bacon
1 quart water

Stuffing
1 tablespoon fat
1 large chopped onion
1 cup bread crumbs
1/4 teaspoon worcestershire
sauce
1 hard cooked egg
1/4 cup water

1. Rub cleaned opossum with salt and pepper.
2. Put fat in skillet and cook onion it it until transparent. Add bread crumbs, worcestershire sauce, egg, salt and water. Mix thoroughly and stuff opossum lightly.
3. Truss it as you would a fowl.
4. Place in roasting pan. Lay bacon across back. Pour 1 quart of water. into pan.
5. Roast in moderate oven uncovered 350° F. until tender (about 2½ hours).
6. Baste every 15 minutes.

Opossum with Tomato Sauce
6 - 7 servings

Temperature: Low heat

Cooking time: 2 hours

1 opossum
1 tablespoon salt
½ teaspoon pepper
¼ cup fat

2 cups tomato catsup
½ cup water
1 teaspoon worcestershire sauce

1. Disjoint and cut an opossum into 6 or 7 pieces. Place in a deep pan and cover with water.
2. Add the salt, pepper and onion to the cooking water and simmer gently for 1½ hours or until tender.
3. Melt fat in a thick skillet and brown meat on one side. Turn and immediately pour the catsup and water over the meat. Add the worcestershire sauce. Simmer 30 minutes.

Roasted Opossum with Sweet Potatoes
Makes 6 - 8 servings

Temperature: Low heat (Simmer); 350°F. oven Cooking time: 1 - 2 hours

1 opossum
Salt and pepper

1 pod red pepper
1 sweet potato per person

1. Simmer opossum until partially done, changing the stock a couple of times according to age and amount of wild taste. Add a piece of red pepper in the final simmer.
2. Place opossum in roaster. Add small amount of water. Sprinkle opossum with flour and baste with fat as necessary. (Usually fat on opossum is sufficient).
3. Surround by small sweet potatoes and bake until opossum and potatoes are browned.

Rabbit

Rabbits weight from 2 to 3 pounds; hares from 4 to 12 pounds. Young, tender rabbits have light meat and can be cooked like young, tender chicken. Larger darkmeated ones (hares) are better when braised or stewed.

Cooking rabbit well done is a wise precaution against tualremia (rabbit fever). (See page 20).

Braised Rabbit Makes 2 - 3 servings

Temperature: Moderate for frying,
Low for braising

Cooking time: 1 to 1½ hours

1 young rabbit, 2 - 2½ pounds,
cut in serving pieces
Salt and pepper
Flour
¼ cup cooking oil or other fat

¼ cup hot water
2 tablespoons flour
2 cups milk

1. Sprinkle rabbit with salt and pepper. Roll in flour.
2. Heat fat or oil in a heavy frying pan and brown the rabbit slowly, turning occasionally to brown on all sides.
3. Add hot water and cover pan tightly. Reduce heat and simmer slowly until meat is tender, about 1 hour, adding a little more water if needed.
4. Uncover and cook 5 minutes longer to recrisp surface.
5. Remove fat from pan and pour back 2 tablespoonfuls. Stir in the 2 tablespoons flour, and cook until mixture bubbles.
6. Add milk slowly, stirring constantly.
7. Cook until thick, stirring occasionally. Add salt and pepper if needed.

Baked Stuffed Rabbit with Carrots
Makes 4 - 6 servings

Temperature: 350° F.

Cooking time: 1 - 2 hours

Stuffing

1 rabbit, about 4 pounds size
4 large carrots, quartered
Bacon
1 - 2 cups hot water

3 or 4 average potatoes
2 tablespoons butter or margarine
1 teaspoon salt
 $\frac{1}{2}$ teaspoon pepper
1 teaspoon poultry seasoning
1 cup finely chopped celery

1. For dressing, mash potatoes to make a pint. Add butter, salt, pepper, poultry seasoning and celery. Fill body of rabbit with this stuffing and sew it up.
2. Place rabbit on rack of baking pan with legs folded under body and skewered in this position. Place quartered carrots beside it on the rack. Lay bacon over the back to keep rabbit from drying out. Fasten these in place with toothpicks.
3. Bake in preheated 350° oven. After first 10 minutes pour a cup of hot water over rabbit. Continue cooking until tender, adding water as necessary.
4. Remove bacon and let the rabbit brown before taking from oven.

Prepared by:

Susan R. Christian
Nutritionist, Farm and Home
Development Specialist

and

Bonnie B. McDonald
Nutritionist and Assistant
Economist in Food Conservation

With grateful acknowledgements to the following as sources for ideas, inspiration, sketches, and recipes.

1. The Hunter Returns with the Kill, Lydia Foln-Hansen.
Extension Service, Alaska.
2. Game Cookery, Ruth Dawson,
Extension Service, North Dakota.
3. Good Eating From Woods and Fields,
Extension Service and Department of Conservation, Michigan.
4. Wild Ducks and Geese - Field to Kitchen Care.
Clyde Pierce and Jessop E. Low,
Extension Service, Utah.
5. "Sure as Shooting, There'll be a Feast."
Jeanne Voltz, Miami Herald, October 27, 1957.
6. A Guide To Game Cookery.
U. S. Brewers Foundation, Inc.
7. Game Cookery Starts in the Field, Lendal Kotschevar,
House Beautiful, November 1957.
8. Handling and Cooking of Wild Game,
Agricultural Extension Service, Wyoming.

Florida Agricultural Extension Service, Cooperative Work in Agriculture and Home Economics, University of Florida, Florida State University and United States Department of Agricultural Cooperating, Dr. Marshall O. Watkins, Director. In furtherance of Act of Congress, May 8 and June 30, 1914.

Distributed by: State Home Demonstration Office
Florida State University
Tallahassee, Florida

Recut January 29, 1960 nl