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Game Foods

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Care of fish and game from field to table is featured in this bulletin. Included are pictures, charts, recipes, and ideas on handling a variety of fish and game. The information will be helpful to the novice and a worthwhile review for the expert. In either case, it is good conservation to care for fish and game properly and get full value from them. The ability to handle fish and game from field to table can give a sportsman a full measure of satisfaction and leave him with pleasant memories of hunting and fishing trips.

Big game animals are brought down under so many different situations that it is impractical to list hard and fast rules on field care that will always apply. There are basic rules, however, that are applicable under nearly all situations:

1. Be sure the animal is bled.
2. Eviscerate the animal at once.
3. Keep the meat clean.
4. Remove the skin as soon as practical.
5. Cool the meat and keep it cold.

Most big game animals are automatically bled when modern expanding-type bullets smash into the chest cavities or along the backbone. The bullet, with its shocking power, either severs or breaks major arteries and veins, which insures adequate bleeding. Head, neck, spine, and “gut” shots may not break major arteries. If in doubt, bleed the animal to be sure.

There are two good ways to bleed an animal: one, cut the jugular veins in the neck; and two, stick in the heart. See Figures 1 and 2 for instructions.

Care of deer

Eviscerate all big game animals at once. This starts the cooling process and makes animals lighter to handle.

The following procedure applies to a deer which you can drag out to transportation and finish skinning and dressing back in camp or at the cold storage locker. At this point, the hide is left on to keep the meat clean.

If terrain is favorable, place the animal on its back with the head slightly downhill. This will reduce the pressure of viscera against the stomach wall and make it easier to cut the skin and muscle without puncturing an intestine. Some experienced hunters cut the skin and stomach muscle at the same time, while others follow the instructions shown in Figures 3 and 4.
Figure 1. One way to cut jugular veins is to cut the throat deeply enough to sever them. They are located right next to the backbone behind the windpipe and esophagus. If blood does not come gushing in spurts from the jugular veins, the animal was bled by the bullet.

Figure 2. To stick in the heart, insert a long-bladed knife deep into the soft spot where the neck and breastbone meet. Rock the blade back and forth to cut the heart or the large blood vessels close to it. When these are cut, the blood will gush. Let the animal bleed as long as it will. If blood does not come, the animal was bled by the bullet.

Figure 3. The first step in removing viscera, heart, and lungs is to cut the hide from the beginning of ribs or to a spot commonly known as the solar plexis. To reduce cutting the hair in half, cut from flesh side out.

Figure 4. The second step in getting viscera out of the body cavity is to make an opening by cutting the thin belly muscle without puncturing the intestines or stomach. Make a small incision in front of the groin, insert your hand as shown in the picture, and cut the opening as big as you want or all the way to the rib cage. The next step is to roll the viscera out onto the ground. See Figure 5.

Figure 5. To roll viscera out on the ground, reach into the body cavity and start pulling them out. A pocket knife cradled in the palm of your hand is a safe and convenient tool to use in reaching into the body cavity to cut points of attachment. Once the stomach is out, reach inside and cut through the diaphragm to remove the lungs and heart. Reach forward to the base of the neck and cut the esophagus and windpipe loose. Grasp the heart and lungs and roll the mass, including the stomach and entrails, toward the rear of the animal. As you roll and pull, you will need to cut some points of attachment, the last one being the colon. See Figure 6 for one way of doing this.

Figure 6. Milk or slide the pellets aside and cut the colon off. Some pellets may be left inside, but for the short time they are left there, no harm will be done. The entire pelvic area can be kept clean by not cutting the pelvic or aitch bone at this stage in dressing the deer.
Figure 7. Cut the heart and liver free from the entrails. Put them in a good sized cloth sack—an old pillowcase works fine and is handy to carry back to camp. If a plastic bag is used, remove the heart and liver from it as soon as possible so they will cool out thoroughly.

Once all the viscera are out, turn the animal over and drain out excess blood. After the blood has drained thoroughly, the animal is ready to be moved. If the animal is to be dragged over loose soil or rolled downhill, sew up the cavity with a good shoestring or cord to keep dirt, leaves, and debris out.

Hang up the deer when you get back to camp. A stout crosspole supported on tree limbs can be used. Sometimes the limbs of the tree will be strong enough to support the deer. Even tripods can be used successfully.

While skinning and hanging the deer, do not touch the metatarsal glands. It is believed that secretions from these glands give off flavors and odors to the meat. The secretions can be spread by contact with your hands or knife. See Figure 8 for identification of the glands and ideas for their removal.

Another good way to skin deer is to start at the head. Hang the deer by the head or antlers, make the ventral cut
Figure 8. The metatarsal gland is located in the knee area on the inside of each hind leg. It is embedded in the skin and can be identified by an extra tuft of hair that is easily seen. Remove a patch of skin big enough to include the gland. If you touch the secretion with your knife or hands, wash and wipe thoroughly before proceeding.

Figure 9. Skin out the front legs while the rear of the deer is still barely supported off the ground. Start by sticking the point of the knife under the skin on the back side of the leg between the knee and the foot. Slit hide all the way down the leg and across to the breastbone or brisket to the ventral cut. Then skin the hide off the legs and the brisket. This makes it easier to remove the hide from the chest area after the deer is hanging.

Figure 10. Before hanging a deer, finish cutting the hide along the belly from the throat to the vent and down the backside of both front and hind legs. On the hind leg, slit the skin down the line made by the junction of the light underside hair and the darker outer hair and cut to the vent. Skin enough hide from the hind legs to expose the hocks for inserting the gambrel. Insert the gambrel in the hocks and barely raise the rear end of the deer off the ground. This will keep the skinned parts clean. Remove hind feet by disjoining the leg below the hock joint.

Figure 11. The next step in a clean job of skinning is to hoist the deer up until the tail is about chest high and easy to reach. Finish skinning out the hind legs down to the tail and flank. Hoist the animal off the ground completely and proceed...
with skinning. To do a neat job of removing the skin from the body, start at the stomach opening and separate hide from the sheetlike flank meat. Use a knife to get started and then work your fist between the meat and the hide as shown. Continue peeling the hide off until beyond the flank meat or about halfway around the belly to the back. Then cut hide loose from the tail and pull it all the way down to the withers. On some deer you may have to skin a bit while pulling the hide off. Continue skinning down to the head and around the neck. Remove the head by cutting the neck off at the last joint. It that is difficult, saw or chop the head off.

Figure 12. Regardless of the method used in skinning, finish cleaning out the body cavity by cutting open the chest and pelvis as shown in the picture. Cut through the brisket and the aitch bone with a saw or ax. Remove the rest of the windpipe, esophagus, bladder, and colon. Before removing the remainder of the colon, check to see if the bladder is full. If so, be especially careful while cutting it out. Use a cloth or paper towels to wipe or wash the blood out of the body cavity. If the animal has been "gut" shot, wash thoroughly with soda water and rinse well. The best time to wash is when animal heat is still present. (If you plan to hang the meat outside for two or three weeks, do not wash. It will keep better.)

Figure 13. The picture illustrates cutting off the front leg. Both the front and hind legs can be cut off. Note that the joint is located forward of the bulge in the knee. Cut from the back side. When the knife slips into the joint, break the joint the rest of the way by giving a quick snap against the normal bending angle. This principle holds true for both the front and hind legs.

Figure 14. This basic equipment can help you in the field. It is adequate for handling a deer and at the same time provides essential equipment to keep you from getting lost or spending a miserable night out. The equipment includes a small whetstone, knife and sheath, compass, ax, blank signal shell, pencil, waterproof match case, cord, pillowcase for heart and liver, and light block and tackle.
along the belly from groin to throat, and slit open the legs. Start skinning at the head and continue all the way down the neck and body to the tail.

After the deer has been skinned and trimmed and the legs have been removed, cover the carcass with a meat sack. Tie the end of the sack closed to keep out flies.

Difficult terrain

Some deer are killed in places where it is impractical or impossible to get the unskinned animal to camp or transportation. In this case, prepare to skin and quarter the animal in the field. One of the biggest problems is to keep the meat clean. Hanging the deer off the ground is a great aid to cleanliness. If that is not possible, attach the deer to a bush or rock on a steep hillside or, as a last resort, leave it on the ground. Skin the animal about the same way as described earlier. Let the carcass drip a bit, cut it into quarters, and put the meat in adequate meat sacks. The bundled quarters can be tied on packboards and carried out to camp or to transportation.

Camp equipment should include a block and tackle, gambrel, buckets, clean cloths or paper towels, tarpaulins, flashlights, a meat saw, deer bags, extra cord or rope, and nails. Hanging game in a good place with the right equipment is the secret of getting clean meat out of the woods.

Deer meat needs to be cooled quickly and kept cold. To keep the carcass cold, hang it at night and keep the night chill in the meat during the day. There are several ways to do this. On early season hunts when the weather is warm, the first thing in the morning, place the meat in an earthen pit lined and covered by cold tarpaulins. If it is impractical to make a pit, hang the meat in a shady tree or a trick to protect it from warm sun and air. Another way to keep the meat cold is to wrap a cold canvas around it, lay it on the ground in the shade, and pile sleeping bags on top to keep the cold air in and the warm air out. The object is to keep the meat as cool as possible and avoid fluctuations in temperature.

For the backpacker who must quarter an animal in the field, meat sacks or bags are needed to keep the meat clean. Homemade sacks of light duck material, 3' by 4' in size, are suitable for both deer and elk. They can be used as ground cover while skinning an animal and as sacks for the quarters or skinned pieces of meat.

Elk

Eviscerating and dressing elk in the field is a bit different than handling deer because to their size, most elk are eviscerated, skinned, and quartered on the spot. You should have a block and tackle for hanging them up. With this, one man can handle an elk in the field and do a clean job of it, too.

Handling elk without a hoist

If you do not have hoisting gear, use the following method for field dressing and quartering an elk. First, combine the initial steps of skinning the animal with the process of eviscerating it. Start skinning by inserting the knife
under the throat skin; cut the hide on the ventral line all the way from the throat, over the brisket, and down to the groin. With a hatchet or saw, cut through the bone in the brisket (breastbone) and spread the rib cage to expose the heart and lungs. Follow the windpipe with your knife, and open the neck to expose it and the gullet.

Next, in preparation for later removal, skin around the vent and cut the groin down to the pelvic aitch bone. With a hatchet or saw, split the aitch bone and expose the lower colon. Lastly, cut the belly skin and muscle tissue to expose the stomach and entrails. The animal is now completely split and laid open. Eviscerating can be done by starting at either end of the animal. One way is to cut the esophagus and the windpipe loose and pull them out to start the heart, lungs, stomach, and entrails rolling backward toward the rear of the animal. The entire mass can be removed over the spreading hindquarters or out to one side. The last cuts to make will be to skin the colon loose from the pelvis cavity. Again, as with the deer, pick out the heart and liver, cut them free of the surrounding membrane, and put them in a cloth sack for cleanliness in transporting. A plastic bag can be used, but there is danger of improper cooling if the heart and liver are left in the bag too long.

Elk must be skinned very soon after being killed. Eviscerated or left overnight with the skin may spoil by morning. Try to skin an elk just before dark, stay with the animal until you have completely skinned it. If a skinned elk has to be left in the woods overnight, make an air space between it and the ground by rolling it over on some rocks or poles. Air circulation all around the elk will insure escape of body heat and a thorough chilling of the meat.

Once an elk is skinned out on the ground, the next job is to quarter it and get the meat ready for transportation. Startquartering by first spreading out the hide, extra canvas, and meat sacks to keep the meat clean. Next, split the carcass in half. Start by cutting the bone between the spreading hind legs. Continue to split the backbone all the way to the last vertebra in the neck. Use the spinal column as a guide in centering the cut. A sharp ax or hatchet is a suitable tool for this when the elk is lying on the ground.

Quarter the elk on the ground by cutting between the first and second ribs and severing the backbone. Put the quarters in large meat sacks. The protected meat is then ready for transporting back to camp or lockers for cooling and aging.

Either one or two ribs should be left on the hind quarter to help keep the folds of meat apart. This insures free circulation and prevents spoiling at point of contact.

Handling elk with block and tackle

The cleanest way to skin and quarter an elk in the field is to hang it on a block and tackle. Prepare the elk for eviscerating and skinning by cutting the hide from the chin to the vent, via neck and belly. Cut through the meat and bone of the brisket with a knife and meat saw or ax to expose the heart and lungs. Next, cut down through the meat of the groin to the pelvic aitch bone. Take an ax or saw and split the bone to expose the colon leading to the vent. While the elk is on the ground, skin around the vent and free it from attachment to the bony pelvic structure surrounding it.
To fasten the gambrel in the hocks, partially skin both hind legs out. See Figure 10 for example. Disjoint or saw off hind legs below the hock after the gambrel is holding the rear end of the elk slightly off the ground.

Hoist the elk about a third of the way off the ground. This will start the entrails rolling forward and prevent blood in the cavity from getting on the rear half of the elk. Skin the accessible areas, pull out and remove the vent and lower colon from the pelvic cavity, and roll out as much of the viscera as you can. Hoist the animal completely off the ground and remove the rest of the entrails, the heart, lungs, windpipe, and esophagus. Finish skinning and cut off the head.

Split the animal in half with a meat saw or ax. Start at the base of the tail bone on the solid part of the backbone that is exposed in the pelvic cavity. Use the spinal cord as a guide in centering the cut. Leave the last vertebra of the neck uncut in order to balance the halves before separating. If the halves are not balanced, they will tip off the gambrel onto the ground.

To avoid having meat fall off the gambrel, tie hock and gambrel together securely. Then proceed to cut the carcass into quarters. Cut between the first and second rib, and drop the front quarters into meat sacks. Leave the hind quarters and drop them into meat sacks. The meat is ready to be carried out of the woods.

**Antelope and Bear**

Because of warm weather, eviscerate, skin, and start drying the antelope carcass as soon as practical. Eviscerating starts the cooling process and dry meat does not spoil quickly. The animal can be dressed in the field like a deer. Hanging the antelope is best, but this is not always possible. Tripods, poles suspended from trucks, and the sides of pickup racks have been used to support antelope.

Take meat sacks or some extra canvas to use in keeping the meat clean. Get the meat to a cold storage plant as soon as practical. If it is too far to the locker plant, hang the meat outside overnight. The meat will be chilled by morning. Preserve the night chill by wrapping the meat in sacks, canvas, blankets, and sleeping bags the first thing in the morning. Store the meat in a hole in the ground or in the shade of a vehicle, trees, rocks, or tent.

Field dress a bear in the same way as you would deer, veal, or elk. Refresh your memory by checking the previous sections regarding deer. Avoid dragging bear if you plan to save the hide. Meat from a one- or two-year-old bear is delicious. Use your favorite pork recipes. Cook and prepare meat from older bears as you would meat from older sows and boars. Prepare the heart and liver in the usual manner.

The fall-killed bear will be fat. Rendered fat from around the intestines is excellent shortening for baking cakes and pastries. Body fat added to equal portions of beef tallow and mutton fat makes excellent shoe grease. Bear fat melts quickly and keeps leather products very soft and pliable.
General Care of Big Game Meat

If skinned animals or parts thereof must be left exposed in the field for a day, protect the meat against marauding birds or animals by hanging strips of tissue paper on it. Any good quality tissue paper will stick to a freshly skinned carcass. Tear the tissue into thin strips about a foot long and attach them in six or seven places on the carcass. Let them hang free. The slightest breeze will give movement to the tissue. The movement, even though slight, will keep magpies and ravens away for at least a day.

After dressing the animal, drag entrails at least 25 feet from the meat cache. Marauding birds and animals will usually concentrate on the entrails and leave the meat alone.

Due to seasonal weather, elk and deer meat may require different treatment in camp. Rocky Mountain elk are often shot in freezing weather, while deer may be bagged in warm weather in the early part of the season. To be at its best, elk meat should not be frozen while hanging in camp. Therefore, it might be advantageous to take both deer and elk to a cold storage locker—or even to keep the meat cold or to keep it from freezing.

Fluctuation in temperature causes moisture to form on the meat. Moisture hastens the formation of undesirable bacteria.

As a guide, age venison, bear, and antelope from three to seven days, and elk from one to three weeks before cutting up. Venison can be aged for a long time at 34° F, while three days in outside temperature could be enough for deer. Some connoisseurs of venison hardly age it at all. Meat from domestic animals is improved by aging. Aging permits the enzymes in the meat to tenderize it and improve the flavor.

Wash the heart and liver in cold water immediately. Drain until dry and keep cold. Food value is lost if liver is soaked for long periods of time.

Tongue, brains, and kidneys are good eating. Remove brains as quickly as possible and cool them. Wash tongue and kidneys, drain dry, and keep cold.

Cutting Big Game

Venison and antelope are best when boned out, all fat removed, and the meat isolated into proper pieces for steaks, roasts, sausages, meat jerky, and other special uses. Wrap and freeze family-sized sections of the loin, sirloin tip, and separated muscles of the round. To preserve moisture and flavor, wrap and freeze the family-sized pieces of steak meat whole and not until just before cooking to cut into steaks. When partially thawed, the steak is easier to cut into proper thickness with the average kitchen knife. For information on boning out a deer, ask your County Extension Agent for Extension Bulletin 819, "Boning Out Your Deer."

Elk can be boned and cut the same as a deer, or as veal or beef. "Let’s Cut Meat," PNW Extension Bulletin 51, provides information on ways of cutting veal or beef. You can use this as a guide in cutting up your elk.

If you do not want to cut up your own big game, take it to a locker plant. The usual method is to have the meat cut, wrapped, labeled, and frozen in family-sized portions. Another method is to have your butcher cut up the meat and put it in a box for you. You can...
then trim off the fat, remove connective tissue, pick off stray hair, and wrap the meat in family-sized portions just the way you want it.

Transmitting big game meat

If you transport game meat by automobile, wrap it loosely and place in a cool location. Meat sacks, pieces of canvas, and heavy wrapping paper are good for this purpose. To insure cleanliness and preservation during transportation, use care in wrapping and packing the meat.

You can carry a deer on top of your car if you have a ski rack or a luggage carrier. Wrap the meat thoroughly and travel when the air is cool. This may necessitate night traveling.

Big game tips

Skins of big game animals can be saved and used in several ways. Preserve them in the field by sprinkling salt on the flesh side of the skin. Fold the flesh side in and tie with a wire or strong cord to make a small bundle. Take the salted hide to a manufacturing plant or leather specialty firm and exchange it for items that interest you. Deer and elk skins can be tanned with the hair on or off. They can be used for decorations or robes. Tanning in the field is a difficult but some hunters have tried.

It is a good practice to sight in your rifle before the hunt. Assurance of a straight-shooting rifle gives confidence and personal satisfaction and aids in cleaner kills.

Keep blow flies off meat by using sacks, deer bags, or black pepper. Covering meat with sacks, deer bags is the best method of protection. In eastern Oregon a glaze forms on a freshly skinned carcass in a short time. While the glaze is forming, swish a branch or towel around the carcass to keep the flies off. The neck and along the backbone will take longest to dry. If you have to leave meat exposed, throw a liberal quantity of black pepper on the moist areas and place the carcass in direct sunlight.

Freshly laid blow fly eggs are not as bad as they look. When you find a cluster of bags, simply remove it with a knife or cloth. The meat is not contaminated and none of it needs to be cut off and thrown away.

Mold will form on most big game meats that are left to age in the garage, woodshed, or barn. Dampen a clean rag with vinegar to wipe the mold off. Mold is not harmful, but it indicates that the meat should be cut up and preserved for future use.

Fowl

In the field

If practical, disembowel and hang waterfowl and upland game quickly after shooting. This speeds up the cooling process and removes sources of off-flavors. If you do not eviscerate the fowl in the field, do so upon returning to the car or camp. You can pluck the birds later.

Birds which are carried all day in warm game pockets may become tainted by wounds or by partly digested food. They frequently lose their good flavor, especially the grass-eating ducks and geese.
If you are on a trip of several days' duration, you can make special arrangements with express companies for shipping your birds home. They can keep the birds cold and will deliver them in good condition. If it is impractical to ship fowl home, disemboweled game birds will keep for three or four days when kept cold.

**American coot or mudhen**

The American coot or gallinule, commonly known as mudhen, is good to eat when properly prepared. See recipes on page 27 and chart on page 30 for general directions. Vary recipes according to your taste.

An abundance of coots may damage farm crops, and in some areas they crowd out the more popular water fowl. It is good conservation to hunt and use coots. Your Oregon Game Commission Agent and County Extension Agent will know if there are concentrations of coots in your area.

**How to remove feathers**

Dry picking game birds is easiest right after the birds are killed. This is particularly true of old pheasant cocks. After the bird becomes cool and rigid, the skin is more apt to tear. However, birds can be plucked either warm or cold.

Feathers to be saved for pillows, blankets, and sleeping bags must be dry picked. Use only breast feathers from ducks and geese.

There are at least three good ways to remove feathers from ducks and geese. They are: (1) Dry pick, singe, and scrub; (2) partially dry pick and dip in paraffin; and (3) scald in hot water containing detergent.

In the dry pick, singe, and scrub method, cut the wings off, leave the head and feet on, and thoroughly pluck the duck as described in Figure 15. Dry picking leaves some fine down and feather filaments on the bird. Singe them off by rolling and passing the bird through a hot flame. Several types of flames can be used to singe birds: (1) A blowtorch flame is very good; (2) the flame from rubbing alcohol, a sootless fuel, is also good; (3) two or three tablespoons of rubbing alcohol into a metal jar lid before lighting; (3) the blue flame from a camp stove; and (4) flames from unprinted paper crumpled into a bucket.

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To prepare the bird for dipping in paraffin, remove the wing and tail feathers and partially pick the bird. Dip the bird in a bucket of melted paraffin or duck wax (available at most sporting goods stores). Then dip the bird in cold water to quickly solidify the wax. Repeat the dipping process until the bird is covered with a heavy coating of set wax. Then take a table knife or sturdy spoon and rip off slabs and strips of wax. The remaining feathers and down on the bird will stick in the wax and come off with it. The bird is then ready to be dressed.

A five-gallon container is large enough for dipping geese in paraffin. A smaller bucket is suitable for ducks. Although the initial cost of stocking suitable containers with enough wax to do a good job is high, the wax can be used over and over again. Simply strain out the feathers and down by heating the wax and pouring it through a cheesecloth or screen.
Figure 15. To pluck a duck, lay the bird down on its back in your left hand, grasp it over its wings and shoulders with the head outward. Beginning at the base of its neck, take as many feathers with the right hand as can be held between the thumb and side of the forefinger; pinch near the skin. While holding these feathers pinched tightly, roll the hand outward quickly and with vigor, moving all feathers from a small spot. Work away from your body toward the tip of the bird's neck until much of the neck is bare. Then reverse the position of the duck, placing the head and neck against your body. Continue by plucking row after row across the breast. After plucking the breast, turn the bird over and continue as previously described.

Some hunters prefer to remove feathers by scalding the birds in water containing detergent. Fill a suitable container with enough water to cover the duck or goose when it is submerged. Bring water to a boil and add about three tablespoonfuls of any washing detergent per gallon. Place the water in a safe and suitable place, such as the laundry tub. Immerse ducks and work up and down for about 45 seconds; for geese, about 90 seconds. A stick is handy for pushing the birds under the surfa. Remove the bird and immediately plunge it into a cold water bath to stop the scalding process. Use your fingers, thumbs, and hands to rub off the feathers. If the feathers do not come off easily, increase the immersion time a bit on the next duck; if the skin breaks, reduce immersion time. After removing all of the feathers, the last step before dressing is to cut off the head and the feet.

Pheasants, chukars, quail, and grouse can be plucked or skinned. Scalding is preferred by some avid hunters. When scalding, hold the bird by its feet and plunge it quickly into water heated to 150° F or slightly above. Repeat several times, or until feathers loosen easily. After draining, rub and pull off the feathers; the bird is now ready to be dressed.

How to dress

Make a slit in the skin to reach the craw, windpipe, and esophagus. They
are located about where the neck enters the body. Grasp the parts and pull them out. Remove the viscera by first cutting around the vent; then slit the abdominal cavity back far enough so you can reach the hard gizzard. Withdraw the gizzard and the surrounding entrails or viscera. The liver, heart, and gizzard can be picked out and used. They can be minced and added to gravy or used as regular giblets.

To clean the gizzard, cut through the skin to the white inner lining, or gizzard bag. Try to remove this bag without breaking it. This is especially difficult with waterfowl. If the bag breaks, scrape it from the outer gizzard skin with a sharp-edged spoon.

Wash the body cavity thoroughly, remove blood clots or feathers in shot holes, remove extraneous membrane.

Salmon

Keep fish cold or alive on a stringer or in live boxes or bags. Fish may be easy to care for in cold weather, but they need extra special care during warm weather. Salmon, until mature and spawning, need heavily in salt water. The food they have eaten may start disintegrating within half an hour after the fish are caught. It is excellent treatment to place ocean and bay caught salmon on ice immediately. Dress them as soon as you can — the sooner the better.

The scales on actively feeding and growing ocean salmon can be removed with the full force of water from a garden hose. Adjust the nozzle to secure maximum force, turn the faucet wide open, and direct the jet stream on the fish to lift the scales off. Start from the tail end and go forward to the head. Another way to remove scales is to scrape them off with a sturdy knife or the edge of a stout spoon. Make short strokes on the skin from the tail towards the head.

After salmon and steelhead trout enter fresh water, their scales stick tighter. Many fishermen leave the scales on the fish. If you want to remove the scales, pour scalding water on the skin and scrape off the loosened scales with a sturdy knife or spoon. Salmon and steelhead trout also can be skinned.

Salmon and steelhead trout can be eviscerated in a number of ways. One way is to open the abdomen from the vent to the base of the tongue. Cut the pectoral fins loose from the gills; then pinch, tear, or cut the gills loose from the base of the neck; pull them out of

and hang the bird in a cool place to keep dry. Most dressed birds can be hung from the upper racks in the refrigerator. Insert a nail through the muscle on the neck, stick the neck and nail between rack wires, and turn the nail sideways to hook onto the wires. The birds also can be hung by their legs.

When cooking waterfowl, you can increase the number of servings per bird by using dressing. Actually, a great quantity of meat is not needed per serving if the flavor of the fowl is in the gravy and dressing.

After filling the bird with dressing, close the opening by sewing or lacing together with skewer pins and thread. If you do not have regular skewer pins, use eight-penny box nails on the smaller birds.
the cavity along with the attached entrails. In this process, the head is left on. Slit the kidney (blood line along backbone) and scrape the dark-looking tissue away. A sturdy spoon is an ideal scraping tool and saves wear and tear on your thumbnail. After washing the fish, hang it up to drain or wrap it in waxed paper for short storage in the refrigerator.

During the heat of a summer day, keep warm water game fish alive or put them in an ice chest, cooler, or grass-filled creel. Special live boxes and bags are excellent for keeping fish alive. Fish stringers that hold fish by the jaws provide another good way to keep fish alive. As a last resort, keep fish in dry grass or comparable material. Wet the surface occasionally to speed up evaporation and cooling. See the following pages for ways to skin or fillet your catch.

**Trout**

Trout caught during warm weather should be cleaned immediately and kept cool. Two ways to clean trout are illustrated and described in Figure 16. After eviscerating, wipe the trout dry and cradle them with grass in the creel. Trout in the creel should not touch each other. In warm weather, trout keep better when they are wiped dry than when washed. Wash the trout after you get them to refrigeration. Evaporation is a cooling process, so keep the trout cool by barely wetting the top layer of grass. Do this several times during the heat of the day. A combination of moisture and warmth in fish sets up an ideal condition for spoilage. Reduce both moisture and warmth the best way you can.

Soak and wash the filleted and skinned warm water game fish in cold salt-saturated water. The salt dissolves blood, removes off-flavors, and cuts any fish slime present. Soak for about one-half hour, rinse, and dry. Use the fish while they are fresh or freeze them for the future.

If you have to keep fish in camp a day or two in midsummer without ice, wrap cool fish in several sheets of newspaper (the more the better) and bury in a cool spot. As wrap the fish in cold canvas and blankets to keep the coolness in and the warmth out. The best time to do this is in the early morning after the fish have been chilled by the night air.

Upon arriving home, immediately wash the fish, drain, and salt lightly before placing in the refrigerator. Serve as soon as possible or freeze for future use. Fish lose much of their quality if stored for a long time. They should never be refrigerated in water, but they can be satisfactorily frozen in ice. Use a glazed crock or glass jar of several gallons capacity for home storage of brine-cured fish. Wooden barrels, pails, or porous pottery crocks...
To clean a trout, (1) insert point of knifeblade at vent and cut the skin and stomach flesh up to base of gills. Next, (2) depress tongue, stick knifeblade under it and cut upward to loosen the tongue from the lower jaw. (3) Pinch the gills, with tongue attached, loose from neck; pull the pectoral fins and entrails free. (4) Remove kidney tissue along backbone with thumbnail or spoon.

Another way to clean a trout of average size quickly and easily is to insert point of knifeblade at vent and cut skin and stomach flesh up to base of gills. Then sever the backbone at the base of the head, as shown in photo 5. Pull and tear out the pectoral fins and entrails. Finish as previously described. If you use this method on the streamside, avoid cleaning near-legal sized trout, as it makes the trout less than legal size.
can be used, but they are not as satisfactory since evaporation is more rapid than in nonporous containers. If you leave porous containers unattended for a few days in warm weather, diminishing brine can expose the fish to the air. Spoilage results.

You can prepare a saturated salt solution for brine preservation in two ways. You can use 4 cups of salt to each 6 quarts of water, heat to 170° F, and cool thoroughly before pouring over the fish. An easier method is to salt the fish itself. First, put a layer of finely ground or dairy salt in the bottom of the crock. Then add a layer of fish, then add salt, then fish, alternating until the crock is nearly full. Add a final layer of salt on top. Place a clean rock or a metal weight on top of the crock to keep the contents submerged. If the liquid has not covered the fish in a few days, add as little water as possible for this purpose; agitate the brine so it mixes thoroughly with the added water. Pour off the brine after several days and repeat the salting process. Keep a surplus of salt on the fish—more than the water will dissolve.

Care for salted fish regularly. Keep it in a cool place, such as an unheated basement or a cool vegetable storage locker. You cannot keep salted meats or fish in storage temperatures above 60° F. Before eating salted fish, soak them in cold water from 12 to 24 hours. You may need to experiment to find how much leaching is necessary. Salted fish can be boiled or used in casseroles, dishes.

**Smoked Fish**

If you plan to smoke your fish immediately, put them in a brine solution from 5 to 12 hours, depending on the thickness of the pieces. If you plan to smoke the fish later, place in a salt solution made with 2 cups of salt to each 6 quarts of water. Salt a quantity of fish at once and then prepare limited amounts of this quantity for smoking. To prepare for smoking, place the fish in:

A fillet is the flesh, free of skin and bone, that comes off each side of a fish's backbone. The skin and belly flesh are removed on largemouth bass, bluegill, smallmouth bass, big bluegills, and perch. If the fish has undesirable flavor, it probably would be found in the belly flesh. It is customary with salmon, steelhead, and large trout to leave the rib bones and belly flesh on the halved fish.

Pictures on the opposite page show steps in filleting a largemouth bass. The same quick and easy method can be used on any of the larger freshwater fish, as well as on ocean perch, sea bass, and greenling. This is only one of several methods. The main idea is to remove the desirable flesh quickly and easily, with the least possible waste.

As pictured, (1) start at the top of the head and insert a sharp, pointed knife until it touches the backbone. Cut down the back using the backbone spines as guides. Let the point of the knife ride along the backbone until just past the rib cage. (2) Stick the knife past backbone and cut out the vent on the belly side of the fish, tilting knife edge slightly to follow backbone while cutting to tail. The skin may be left attached at the tail and it will anchor the half fish, making it easier to separate the flesh from the skin. (3) To cut the ribs off close to the spine, turn knife blade over, place hand on fish to hold firmly, then using heel of knife draw toward the head, cutting the ribs loose from the backbone. (4) Cut the half of split fish loose or merely follow through and cut loose at base of head by cutting upward with knife. (5) Remove ribs by slicing knife just under the rib bones. A small amount of meat will web the ribs and be wasted. However, the belly meat often is thrown away to preserve quality flesh of the fillet. (6) Lay skin side down. Place close to the edge of board so knife handle blade sticks over the edge and the blade can be laid almost flat. Start at the tail. Slide knife blade between skin and the meat. Hold skin with hand, fingers, or, for those with less experience, pliers. Remove the other side of the fish, following the same steps.
Figure 17. How to fillet a fish

1. Cut the fish at the base of the tail.
2. Cut along the backbone to the front of the fish.
3. Cut down the sides of the fish, following the natural curvature of the fish's body.
4. Remove the backbone and any remaining bones.
5. The fillets are now ready for cooking.

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Figure 18. How to skin a catfish

One way to skin a catfish is to (1) hold the catfish in one hand, grasping its two spines firmly. Insert knife behind the head and cut just under the skin and down past the dorsal fin to the tail. Cut on both sides of the dorsal fin and spine, then just under the flesh from the top down past the gills. (2) Use the pliers and grab the points of the cut skin at the top of the head and pull down the back. This is aid in pulling off the skin in the next step. (3) Hold the fish and break its neck. This makes a popping sound as the air sacs break. (4) When the neck is broken properly two little handholds remain on the skeleton and are necessary for easy catfish cleaning. (5) Grasp these two handholds. Anchor on the board the hand holding the head and pull the flesh and entrails out of the skin. Remove the fins as described for cleaning bluegills. Put fish into salted water, rinse, and prepare as described for bluegills. (6) Finished catfish and bluegill. Recipes for pan-frying and deep-fat frying catfish are on page 28.

To skin bluegills, crappies, yellow perch, etc., lay fish on a board. (1) Secure it with one hand and stick the point of the knife through the skin behind the neck. Cut skin down to the tail on each side of the top (dorsal) fin. Turn over and cut from vent back to the tail on both sides of the anal fin. These steps loosen the fins and skin for easy pulling. (2) Cut the skin behind the gills,
Figure 19. How to skin a perch

as pictured. It doesn’t matter if the cut is a little deeper than the skin. (3) Using the left hand, put thumb in the gill of the fish and rip off skin by pulling toward you. Do the other side the same way. (4) Sever the backbone at the base of the head, then slice knife through backbone from dorsal side. This cuts the head loose. Try to avoid cutting away good meat. Pick up the fish and pull head, entrails, and fins away from the edible portion of the fish. (5) Lay the fish down and hook the index finger of the left hand over the back in front of the tail to hold. Using pliers, firmly grasp the base of the dorsal fin, and rip it out by pulling toward the head end of the fish. Turn the fish over and rip out the anal fin. Remove tail before placing fish in cold, salted water.
salted fish in fresh water for 24 hours. Then wash the pieces in three to four changes of water, dry carefully, and place in a smokehouse where the temperature is maintained at 60 to 90°F. If the fish becomes too warm, moisture will show on its surface and souring may result. As soon as surface moisture appears, open the smokehouse door to admit air and increase evaporation.

Smoke the fish over nonresinous wood, such as alder, ash, oak, maple, vine maple, or applewood; smoke the fish from three to five days, depending on the thickness of the pieces and how long the smoked product is to be kept. The salt cures the fish. Smoking reduces moisture content and adds flavor. Keep the temperatures low so the meat is not cooked. Salmon that has been smoked slowly for five days will keep for several months in a dry place. Clean fish in prime condition are the best ones to use for smoking. Unless the fish is cured thoroughly, keep in refrigeration—a common practice with kippered salmon, bacon, and other mildly smoked products.

**Kippered fish**

Kippered, unlike smoked, fish are cooked quickly with heat and flavored with smoke. They have little keeping quality and should be used within three days after smoking unless they are kept in cold storage. To kipper fish, use salmon brined as directed; choose fat, thick pieces and cut into fillets not more than half a pound in weight. Heat them at 130°F for 10 to 15 hours. Fish to be kippered cannot be hung in the smokehouse, as the flesh will break when tender. Spread the fish on trays of woven wire. Most kippered fish are dyed with an orange analine dye for uniformity of color. The dye adds nothing to the flavor, however, and is not recommended for private use, but it does explain why home cured products do not look like those on the market.

Freezing Fish and Game

Fish and game meat can be frozen in the home freezer or quick frozen. Quick freezing (freezing at around thirty degrees below zero) is the best method because smaller frozen cells are formed in the meat. The smaller cells do less damage to the meat tissue, and the meat does not become as soft when thawed.

The freezing and storage temperature of a home freezer should be around zero degrees Fahrenheit. At this temperature, or a bit colder, fish and game will freeze satisfactorily. If you freeze large quantities of food in your home freezer, spread the packages thinly and avoid stacks that would freeze very slowly.

To preserve by freezing, all air must be excluded from contact with the product. Double wrap the meat with moisture-vapor proof paper or use airtight polyethylene bags.

Storage life of adequately wrapped game meat is 6 to 9 months, and for fish 3 to 4 months. Fish frozen in water and completely covered can last a year. Check state game laws for regulations.
regarding the period of time it is legal to hold stored game; plan to use the meat before this period expires.

To insure getting the meat you want from the freezer, clearly label and date each package. Also mark the total weight or number of servings on the package.

**Big game**

Freeze deer and elk meat in whole chunks to preserve moisture and flavor. Make the chunks big enough to serve your family or expected company.

Bonied deer and elk loins, parts of the round, and parts of the shoulder are ideal cuts to freeze whole. They make excellent steaks. Try freezing a whole chunk of venison round steak and cutting it into 1/8" by 1/8" thick steaks just before freezing. The steaks will be juicy and firm, just like fresh meat.

Freeze ground venison in portions that will be most convenient for your family. Stew meat can be packaged in family-sized quantities before freezing; plan to use within three months.

Double wrap deer bologna, jerky, and specially prepared venison meat, and freeze the same as you would fresh meat.

**Fish**

Fish should be frozen according to the way you plan to cook them. Small salmon or steelhead and other large trout can be saved for baking by freezing whole. Wet the fish and tightly wrap in two layers of locker paper or use an airtight polyethylene bag. They can be even coated in ice by repeated dipping and freezing.

Whole frying-sized trout, skinned warm water game fish, fillets of sea fishes, frog legs, and crayfish tails keep very well when frozen in ice. Dry pack enough for a meal in a heavily waxed container or tin can, label it, and put it in the freezer. The fish freeze faster in the dry pack. After the fish are frozen solid—at least by the next day—add enough cold water to cover the contents by at least 1 inch of ice.

Chunks and fillets of moderate-sized salmon and steelhead trout can be cooked in several ways and keep well when frozen in ice. Wrap a tight layer of plastic film around the piece of fish, put in labeled waxed carton or tin can and place in the freezer. After the fish has frozen solid, add enough cold water to cover it by at least 1/2 inch. Upon thawing, they are ready for cooking. The plastic film keeps in juices and prevents water soaking.

Chunks and fillets also can be frozen in double wrapped locker paper and airtight polyethylene bags.

The thawed chunks or sections of salmon and steelhead trout can be filleted, baked, broiled, or cut up into steaks.

Freezing chunks or sections of fish is an excellent way to store them for use as steaks. Plan to cut the piece into steaks while partially thawed. The chunk will be firm and permit cutting of uniform steaks with the ordinary kitchen knife.
Game Cookery

Since this information is intended as a guide to the thrifty use of game meat, no attempt will be made to include the many possible methods of preparing it. A few basic recipes are offered, and it is suggested that you experiment to find what best pleases your family. (See chart on page 30.)

The basic procedures in cooking meat use either dry heat or moist heat. In roasting, broiling, and panbroiling, dry heat is used. In braising or cooking in water, moist heat is used. For tender cuts of game use dry heat; for tougher meats, use moist heat.

No doubt at times you will cook game according to the method that seems most practical. Small ducks suitable for roasting, for instance, naturally will have little liquor for gravy base unless you add water.

Big game

Venison steaks. Fry venison steaks much as you would beef steaks. Preferably, use butter for cooking if you fry venison steaks, but you can use bacon drippings or other fat. Cook until medium well done, as rare venison steaks are not recommended unless they are from an unusually Prime animal. Cut round steaks thin and fry in hot pan.

Braised venison and elk. To braise venison or elk, select a large piece. Wash and wipe carefully; if additional flavor is desired, insert slivers of garlic, 1 cup of brown sugar over the meat and broil for 5 minutes, having meat at least 5 inches from heat. Switch to oven heat, selecting 300° F. Add a cup of water to meat, cover, and continue cooking until tender, allowing about 40 minutes per pound of meat. Baste frequently, adding more water if necessary. Use stock for gravy.

Camper's style venison. Dice venison meat into 1-inch cubes, allowing 1 pound per person. Remove fat. Dust with flour, salt, and pepper. Brown in melted butter or other fat in a hot pan, using a heavy frying pan. After meat is well browned, add 2 cups of hot water, 1 small can of mushrooms, 1 medium onion, 1 can of lima or butter beans, and 4 or 5 medium-sized carrots, diced. Cover and simmer slowly for about 2 hours, or until the meat is tender. Thicken for gravy if necessary. If you want thick gravy, thin the stock with whole milk about 10 minutes before removing from the stove, then add flour thickening.

Antelope. Cook antelope meat in the same general method as other big game. Braising or broiling produces a better flavor than other cooking methods, unless special sauces are used. Mint sauce is especially delicious with antelope steaks or roasts. Barbecued antelope with an oil garlic sauce is superb. If fried, antelope should be well done. A braised antelope roast that has been smoked a day before cooking can be an unusual treat. Many locker storage plants have smoking rooms.

Barbecued meats. Many cuts of game meat, such as deer, elk, or antelope ribs, are well suited to barbecuing,
either at camp or at home. Allow 5 or 6 ribs to the piece. Cut meaty pieces, such as steaks, no more than 1½ inches thick. In camp, place the meat on a forked stick or spit and broil over hot coals 20 to 25 minutes. At home, place directly under a flame and broil at 500°F. While it is broiling, brush liberally with oil-garlic sauce, using either a brush or a cheesecloth ball fastened to the end of a stick.

Oil garlic sauce. This sauce is recommended for various barbecued meats. To 1 pint cooking oil add 1 tablespoon salt, 1 teaspoon black pepper, 1 tablespoon Worchester sauce or beef extract, 3 cloves of garlic, minced. Place in a closed container and shake vigorously to blend.

Tenderloin camp cutlets. After a deer, antelope, or elk has been split or quartered, the meaty portion against the backbone, called the tenderloin, can be removed without cutting into the carcass. Allow ½ pound per person. Rub the meat with onion or garlic. Slice into cutlet about 1 inch thick, rub with bacon drippings, butter, or other shortening, and skewer on a green branch. Broil slowly over a bed of hot coals, season with salt and pepper, and when done insert between slices of buttered bread or toast.

Fried heart. Dice one heart into pieces not more than ½ inch thick. Place ½ cup flour in a paper bag, add diced meat, some salt and pepper, and shake well. Fry in 2 tablespoons hot bacon grease until well seared, add 2 cups hot water, 1 tablespoon osmio, and cook slowly, uncovered for 30 minutes. Fresh can also be sliced and fried.

Breaded brain. To facilitate the removal of the outer membrane of the brain, salt lightly, store overnight, and dip in hot water. Membrane will peel off easily. Then dip brains in beaten egg, roll in cracker crumbs, and fry in bacon drippings. Season with salt and pepper. Another way to cook brains is to chop them finely, add to chopped onion tops or chives and beaten eggs, and scramble.

Fried kidney. Wash deer or elk kidney thoroughly, slice, and fry in hot bacon grease.

Smoked tongue. Boil tongue in salt water, and when cool peel off the tough covering. Or salt for a day, cook, and peel, then smoke over a hardwood fire for 2 nights. Serve sliced as a luncheon dish.

Sliced tongue Creole style. Slice a cooked tongue into ¼-inch cuts, add a No. 2½ can of tomatoes, 2 large onions minced, 3 stalks of green celery, and a cup of warm water. Simmer slowly and season to taste after the vegetables are tender.

Fried heart. Dice one heart into pieces not more than ½ inch thick. Place ½ cup flour in a paper bag, add diced meat, some salt and pepper, and shake well. Fry in 2 tablespoons hot bacon grease until well seared, add 2 cups hot water, 1 tablespoon osmio, and cook slowly, uncovered for 30 minutes. Fresh can also be sliced and fried.

Jerky, oven method. The simplest way to make jerky is in the oven, but the oven cooks the meat and some people feel it does not have the proper smoked flavor. Traditional jerky is preserved entirely by drying in a smokehouse. For the oven method, remove all fat from 3 pounds of venison or beef and slice the meat very thin. Add a small amount of liquid smoke to one side, then salt both sides generously. Place the strips layer upon layer in a large crock or bowl, and lightly pepper each layer as stacked. Allow to stand at least 6 hours or overnight. To dry, remove oven racks and stretch strips of meat across racks, allowing pieces of meat to touch but not overlap. Allow enough uncovered space on racks for good oven circulation. Place the upper rack at least 4 inches from the top of the oven and the lower one at least 4 inches from the bottom. Set the oven at 150°F and dry the meat for about 11 hours. Jerky will keep in-
definitely if well dried and stored in an airtight container. If a more moist product is desired, refrigerate or freeze the jerky.

**True venison jerky.** Cut lean venison into pieces about 1 to 1\(\frac{1}{2}\) inches thick and about 4 to 6 inches long. Any cuts can be used, but tender cuts make the best jerky. Loin, round, and flank are recommended. Prepare a brine of 1 1/2 cups salt to 1 gallon water in a granite or stone crock. Add meat. Weight with a plate so all pieces are under the brine and allow to stand for at least 12 hours. Drain well, place on trays in smoker. Dry and flavor with warm—not hot—smoke for 5 to 15 days, depending on the size of pieces to be dried. When completely dry, store in airtight containers. Jerky should keep indefinitely.

**Waterfowl**

As previously mentioned, game species are not all suited to the same cooking methods. General suggestions are given in the chart on page 30. Flavor, size, degree of tenderness, and other factors must be considered. Teals, for example, usually are roasted whole, but many ducks or buffleheads are better if split and then fried or stewed.

**Braised waterfowl.** Wipe bird dry both inside and out. Cut off excess fat, which is loosely attached to the abdominal cavity. Fill in dressing. Sew up opening or tie together with skewers and thread in place in oven in uncovered roaster, adding 1 1/2 cup of warm water per bird. If you want gravy stock, cook at 350° F for at least 30 minutes, then reduce heat to 300° F, basting often until birds are done.

Small waterfowl of tender texture are more tasty if roasted in an open utensil. Cook a large bird, such as a Canadian goose—especially if it does not appear tender—in a covered roaster for 2 to 3 hours. To brown the skin, remove the lid a short time at the end of cooking. Stock for gravy cooks away quicker in an open than in a closed roaster. Excessive cooking can destroy the delicate differences of flavor of various species of waterfowl.

**Duck dressing.** To 5 cups dry white-bread, biscuits, or cracker crumbs add a stalk of finely minced celery, 1 cup bacon drippings or other shortening, 1 well-beaten egg, 1 1/2 tablespoons thyme, salt and pepper to taste. Add sufficient milk to make a soft mixture. If too much milk is used the dressing will not be light and fluffy. This is enough dressing for 1 small mallard, 1½ pintails, or 3 teals.

**Wild duck gravy.** Remove birds from roaster, skin off fat, add water. Milk is rarely used for duck gravy, but is recommended for upland game birds. Thicken as desired with flour thickening and add boiled and minced giblets. Season to taste.

**Stewed buffleheads or other small waterfowl.** Split 2 buffleheads or spoonbills in half along backbone and breast with a heavy knife or cleaver. Place them in a paper bag with 1 cup of flour and shake vigorously. Heat 1 cup fat drippings or other shortening in thick iron griddle or Dutch oven, and brown pieces for about 5 minutes. Add sufficient boiling water to cover bottom of the pan to about 1/2 inch, season with 1 teaspoon oregano, salt and pepper. Cover with a tight lid and simmer about 1 1/2 hours. Watch liquid and add more water as it boils away. If stock is too thin when cooked birds are removed, thicken with flour. These birds usually are plump and well-meated, and one-half bird usually makes 1 serving.
Wild goose hunter style. Stuff a goose with poultry dressing and place in roaster with 2 cups warm water, 2 tablespoons thyme, 1 teaspoon salt, ¼ teaspoon pepper. Cover, and bake at 275°F, allowing at least 30 minutes per pound of goose before stuffing. Baste frequently. Test with knife for doneness, or test thigh joint. If it moves easily the bird is done. Before removing from oven increase heat to 400°F and brown. Skim off fat and discard. Add cooked and minced giblets to liquor and thicken as desired for gravy.

Waterfowl mulligan. Disjoint two large or four small ducks that seem too tough to roast. Place in heavy kettle or Dutch oven with the following diced vegetables: 2 large onions, or 2 cloves of garlic; 3 large carrots; ½ bunch of celery, including the tops; 2 large potatoes; 1 can tomatoes; 1 can corn. Cover with water and cook about 2 hours, stirring frequently to prevent scorching. Add 1 teaspoon Worcestershire sauce and salt and pepper to taste just before serving. Serves 6.

The same recipe should be used for tough cuts of venison or elk meat. Meat should be diced and browned before water is added.

For camp cookery, dried vegetables can be used but they should be soaked about 12 hours before being cooked.

Coot stew. Skin, split, and wash 2 birds. Brown quickly in butter in Dutch oven, 1 pound of potatoes, 2 carrots, 3 large stalks of celery, 1 small onion—all cut in large pieces. Add 1 tablespoon beef or prepared gravy extract and 2 cups hot water. Cook slow for 2 hours. If necessary, remove birds and vegetables to thicken gravy. Makes 5 big servings.

Coot savory. Split, disjoint, and brown two coots in Dutch oven or heavy skillet. Add 2 cups of hot water, 1 tablespoon oregano, salt and pepper to taste, and simmer slowly for 2 hours.

Upland game

Roast grouse. Brush 2 grouse with bacon drippings and season with salt and pepper. Lay ¼ pound of bacon strips across breast and place in shallow roaster or broiler pan. Bake at 300°F for 1½ hours. Slice and disjoint before serving.

Potted quail or Hungarian partridge. Split 4 quail or partridges, dust in flour, and pan-fry in butter or other fat. Place in roaster with 1 cup of hot water, 1 teaspoon salt, and pepper to taste. Cover and cook at 300°F for 30 minutes, or until liquid is quite reduced. Add 1 pint of milk and allow to reach a slow boil for 10 minutes. Remove birds and thicken gravy if necessary. Serves 4 to 6 people.

Pheasants and other upland birds in casserole. Many of the upland birds, such as Chinese or ring-necked pheasants and sage grouse, do much running. As the tendons and muscles in their legs are numerous and tough. You can remove tendons, but this is tedious. Cut bird in small pieces, place in a casserole, add about 1 cup of water, salt, pepper, and a dash of paprika. Cover and simmer for about 1 hour. Add 1 small can of mushrooms (or 1 package dried mushrooms), a small lump of butter, and sufficient milk to cover the meat. Simmer for another hour. If the liquor on the birds is thin, add flour thickening to desired consistency. You can add diced potatoes, carrots, cauliflower, or celery if you so desire.

Game for breakfast (quail, pheasant, or rabbit). Wild game meat is a delicious breakfast treat and can be
prepared quickly. Use either quail, pheasants, or rabbits, choosing tender pieces, such as pheasant breast or rabbit backstrap. Allow ½ pound of meat per person. Dice into small pieces and brown in butter or other cooking fat in a heavy frying pan. Fry quickly, adding sufficient additional fat to keep meat from burning. Add a few tablespoons of warm water, reduce heat, and allow to simmer while white sauce is being prepared. This method extracts some of the meat juices to blend with the sauce. Pour sauce over the meat, mix thoroughly, season to taste, serve on slices of buttered toast.

The less choice pieces of this game can be used in casseroles or stews.

Fish

Pan-fried. The fishermen's favorite method of cooking flounder and sea perch fillets, salmon and steelhead steaks and fillets, trout, and catfish is to pan-fry them. Place 1 cup of flour and ½ cup of cornmeal in a shallow pan, and add 1 teaspoon salt and 1 teaspoon paprika. Roll 8 or 10 average sized trout (8 to 10 inches), or their equivalent of pan fish or fillets, in the mixture. Heat a liberal amount of butter, preferably in an iron frying pan. Be careful not to burn the fat. Brown one side of the fish for about 5 minutes, then turn and brown the other side about 5 minutes, and serve hot. Larger fish or pieces take longer to cook but do not overcook them. Serves 4 to 6 people.

Deep-fat frying. Combine and mix thoroughly 1 cup flour, ½ teaspoon sugar, ½ teaspoon salt, 1 egg, 1 cup ice water, 2 tablespoons melted fat or salad oil. Dry fillets or chunks of fish on absorbent towels. Dip into batter and fry in deep, hot fat at 375°F until golden brown. Drain on absorbent paper. It takes about 3 minutes to cook a fillet from a 12-inch fish, and only 1 or 2 minutes to cook small strips or pieces. Deep-fat frying is especially recommended for ling cod, sea perch, rock fish, flounder, and greenling.

Baked salmon or steelhead fillets. Because baking salmon or steelhead is easy and foolproof, this method is recommended for a fisherman who wants to prepare and serve his own catch. Salt and pepper both sides of fish fillet, and place it skin side down in a greased baking dish. Spread a small amount of French dressing over the fish, and bake uncovered in a 400°F oven about 20 minutes; shorten cooking time for small fillet.

Braised salmon, steelhead, or large trout. Braising is especially recommended for fish that are fat, such as salmon. You can leave the skin on or you can remove it and fillet the fish. Cut into ½-pound portions and place about 3 inches under a broiler. Brush several times with butter or other fat while cooking, and season with salt and pepper. For the ordinary fillet, 1 inch thick, cook 8 to 10 minutes, turning once. Flesh color will not change. Do not overcook. Fish is done when it flakes easily when broken with a fork.

Baked salmon superb. This method, commonly used in the Northwest, brings out the best flavor in fat salmon. Use whole fish or a large piece. These directions call for a 20-pound salmon, but you can prepare almost any size fish by making appropriate changes (large pieces of salmon can be used).

Three or four hours before starting to cook the fish, start a hot fire in a trench in gravel or sandy soil. Make the trench long enough for the whole fish and deep enough to heat the ground.
to a depth of at least a foot. To prepare the fish for cooking, brush with olive oil inside and out. Salt and pepper liberally and then wrap the entire fish in at least three layers, preferably seven, of heavy parchment paper. Butcher paper is satisfactory. Avoid waxed meat wrap.

Remove about 6 inches of the hot sand or gravel from the bottom of the trench and place the wrapped fish in the trench. Quickly cover the salmon with the hot sand or gravel and rebuild the fire over the fish. Keep the fire going for 6 to 8 hours for a 20-pound salmon. Use care in removing the fish as the paper will be weakened. Slit the paper open and serve.

You can prepare smaller salmon, steelhead, large trout, or pieces of fish similarly at home in the oven. You can use aluminum foil, but butcher paper has been used satisfactorily for years. Use the “drugstore” type wrap to completely seal the fish so it cooks in its own moisture. If you use butcher paper, allow oven temperature to go no higher than 275° F to keep the paper from burning. At that temperature bake a 2-pound fish about 3 hours, a 10-pound fish from 4 to 5 hours.

Baked whole trout. Salt generously inside and out. Brush with fat, place on a shallow pan, bake about 30 minutes at 375° F. Baked whole trout are extra good, with a string. For a string, if you like, take a 2-pound fish and 4 cloves of bread on a 2 tablespoon chopped onions, 1 cup chopped celery, 1 teaspoon salt, 1 cup melted fat, and hot water to moisten. Mix and toss gently. Stuff the fish, insert toothpicks, and lace with string. Wrap fins and tail in brown wrapping paper to keep them from burning. Brush fish with fat or cover with bacon strips. Bake in shallow pan 35 to 40 minutes at about 400° F.

Boiled or poached fish. Bring to a boil enough water to cover the piece of fish to be poached. Add about 1 tablespoon of salt per quart of water, and if desired, a few cloves, bay leaves, and a sliced onion. Simmer the fish gently, a large piece for 20 to 30 minutes, trout and other small fish (1/2 to 1 pound) for 12 minutes. Carefully remove to a hot platter, lift off skin if desired, garnish with lemon wedges and parsley, and serve with boiled, peeled potatoes. Or pour over the fish and potatoes a generous amount of thin white sauce to which has been added chopped chives on the tops of small green onions.

Fried frog legs. To prepare frog legs (both front and hind are edible), roll them in lightly seasoned flour, fry in butter or other shortening until golden brown, turning as needed. Turn heat low, cover 5 to 10 minutes until meat separates easily from the bones. The bull frog is classified as a game fish in Oregon. A regular fishing license is required to fish for it, and the present bag limit is 12 per day. Any hook, plug, piece of rag, big flies, or cork with hooks can be used as lures, or the frog can be taken with spears or gigs.

Kippered salmon en casserole. Flake 3/4 pound of kippered salmon and mix with 1 pound cold, sliced, cooked potatoes, 1 can golden bantam corn, or equal amount of cooked lima beans. Place in casserole, add 1 pint rich milk, salt and pepper, and cook 1 hour at 300° F. Garnish with paprika before serving.

Sunday night kippered salmon. Cut kippered salmon into individual servings and use as a main dish for a Sunday night supper, accompanied by potato chips, pimiento-stuffed olives, artichoke hearts, or asparagus tips.
## Game and Fish Preparation Chart

<table>
<thead>
<tr>
<th>Species</th>
<th>When to dress</th>
<th>How</th>
<th>Preparation for locker storage</th>
<th>Preparation for cooking</th>
<th>How to cook</th>
<th>Seasoning</th>
<th>Dressing</th>
<th>Type of utensil</th>
<th>Cooking time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Big Game</strong></td>
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<tr>
<td>Deer, black-tailed, white-tailed, and mule</td>
<td>At once</td>
<td>Same as above</td>
<td>Wash and package. Wrap twice in locker paper. Label. Allow 3/4 lb. per person.</td>
<td>Thaw, Cut steaks 1/2 to 1 1/2 thick.</td>
<td>Same as above</td>
<td>Same as above</td>
<td>Same as above</td>
<td>Same as above</td>
<td>Same as above</td>
</tr>
<tr>
<td>Elk</td>
<td>At once</td>
<td>Same as above</td>
<td>Skin when shot. Quarter to remove from woods. Wash and package as above.</td>
<td>Thaw, Cut calves and neck 1 1/2 thick.</td>
<td>Same as above</td>
<td>Same as above</td>
<td>Same as above</td>
<td>Same as above</td>
<td>Same as above</td>
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<tr>
<td>Waterfowl</td>
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<tr>
<td>All geese (except Black Brant and Snow geese)</td>
<td>Within 3 hours after kill</td>
<td>Cut open at throat. Remove wind and food pipes. Disembowel. Salt body cavity lightly.</td>
<td>Pluck, singe, wash thoroughly and just before storing and wrap twice in locker paper.</td>
<td>Thaw</td>
<td>Roast</td>
<td>Salt, pepper and thyme</td>
<td>Especially desirable with cold fowl</td>
<td>Dutch oven, or covered frying pan. Uncover to brown.</td>
<td>350° for 1 1/2 to 3 hours 275° for 4 to 5 hours</td>
</tr>
<tr>
<td>Black Brant...</td>
<td>Clean quickly. Feeds on sea grasses, which ferment rapidly.</td>
<td>Cut open at throat. Remove wind and food pipes. Disembowel. Salt body cavity lightly.</td>
<td>Pluck, singe, wash thoroughly and just before storing and wrap twice in locker paper.</td>
<td>Thaw</td>
<td>Roast</td>
<td>Salt, pepper and thyme</td>
<td>Dressing especially desirable with cold roast.</td>
<td>Covered roaster, uncover to brown.</td>
<td>275° for 2 to 4 hours 350° for 1 1/2 to 2 hours</td>
</tr>
<tr>
<td>Snow Geese...</td>
<td>Same as above</td>
<td>Same as above</td>
<td>Same as above</td>
<td>Thaw and disjoint</td>
<td>Stew in casseroles. Never roast unless fat and grain-fed.</td>
<td>Salt, pepper, thyme, oregano</td>
<td>No</td>
<td>Dutch oven, deep fryer or casseroles</td>
<td>300° for 2 to 3 hours</td>
</tr>
</tbody>
</table>

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### Game and Fish Preparation Chart—Continued

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</thead>
<tbody>
<tr>
<td><strong>Upland Game</strong></td>
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<tr>
<td>Chinese or Ring-necked pheasant</td>
<td>Soon as practical</td>
<td>Disembowel</td>
<td>Scald or pluck, singe and wrap</td>
<td>Thaw, disjoint for frying or fricasee</td>
<td>Large, roast. Young, fry. Old, fricassee</td>
<td>Salt, pepper</td>
<td>No</td>
<td>Open pan, heavy skillet or deep fryer</td>
<td>Roast 1½ hours at 350° or brown in hot fat, then cook slowly.</td>
</tr>
<tr>
<td>Hungarian partridge, Chuckar</td>
<td>Soon as practical</td>
<td>Disembowel</td>
<td>Skin, wash and wrap</td>
<td>Thaw, disjoint for frying or fricassee</td>
<td>Fry or casseole. Roast for individual serving</td>
<td>Salt, pepper, paprika &amp; herbs</td>
<td>Sage stuffing for roast</td>
<td>Heavy iron or aluminum skillet, deep fryer or broiler</td>
<td>Fry 1 to 1½ hours at 300°. Casserole 1 to 1½ hours.</td>
</tr>
<tr>
<td>Quail</td>
<td>Same as above</td>
<td>Same as above</td>
<td>Same as above</td>
<td>Same as above</td>
<td>Same as above</td>
<td>Salt, pepper</td>
<td>No</td>
<td>Iron or aluminum skillet, deep fryer or broiler</td>
<td>10 to 20 minutes, brown quickly and reduce heat. Broil 10 minutes at 450°</td>
</tr>
<tr>
<td>Grouse</td>
<td>At time of kill</td>
<td>Same as above</td>
<td>Skin or pluck and wrap</td>
<td>Thaw</td>
<td>Young, roast or fry; or casserole</td>
<td>Salt, pepper</td>
<td>No</td>
<td>Heavy iron or aluminum frying pan or broiler</td>
<td>Fry 30 minutes. Roast 1½ hours. Casserole 1½ hours.</td>
</tr>
<tr>
<td>Sage grouse</td>
<td>Same as above</td>
<td>Same as above</td>
<td>Same as above</td>
<td>Same as above</td>
<td>Same as above</td>
<td>Salt, pepper</td>
<td>No</td>
<td>Heavy iron or aluminum frying pan or Dutch oven</td>
<td>30 minutes to 1½ hours, depending upon age</td>
</tr>
<tr>
<td>Brush rabbits</td>
<td>At once, especially if badly shot</td>
<td>Skin, eviscerate, and wash</td>
<td>Disjoint and wrap</td>
<td>Thaw</td>
<td>Young, fry; or stew</td>
<td>Salt, pepper</td>
<td>No</td>
<td>Deep fryer, casserole, or frying pan</td>
<td>30 minutes to 1½ hours, depending upon age</td>
</tr>
<tr>
<td><strong>Fish</strong></td>
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<tr>
<td>Chinook and Silver salmon</td>
<td>As soon as practical</td>
<td>Eviscerate</td>
<td>Roll in 1 to 2 lb pieces, wrap twice in heavy locker paper or place in tight receptacle and add cold water later.</td>
<td>Make, broil, fry, or boil. Roll in cracker meal or graham flour for frying.</td>
<td>Salt, pepper. Add 3 bay leaves, 5 small chilies per pound for boiling.</td>
<td>No</td>
<td>Broil over charcoal or under gas or electricity. Fry in heavy pan.</td>
<td>Broil 8-12 minutes at 400°. Fry 8-12 minutes. Broil 8-12 minutes. Broil with spices 15-30 minutes, slowly.</td>
<td></td>
</tr>
<tr>
<td>Species</td>
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<tr>
<td>Sockeye salmon ..........</td>
<td>As soon as practical</td>
<td>Remove scales, eviscerate</td>
<td>Leave whole or cut in half for baking</td>
<td>Thaw</td>
<td>Bake</td>
<td>Salt, pepper or bake in creole sauce</td>
<td>Yes</td>
<td>Covered roaster</td>
<td>Bake 50 to 85 minutes slowly</td>
</tr>
<tr>
<td>Pink or Chum salmon ....</td>
<td>Same as above</td>
<td>Same as above</td>
<td>Fillets or chunks</td>
<td>Thaw</td>
<td>Boil or broil</td>
<td>Salt, pepper</td>
<td>Yes</td>
<td>Deep boiling kettle</td>
<td>Boll 8 to 15 minutes</td>
</tr>
<tr>
<td>Steelhead trout ..........</td>
<td>Same as above</td>
<td>Eviscerate</td>
<td>Same as above or leave whole</td>
<td>Thaw</td>
<td>Bake, boil, or broil</td>
<td>Use creole sauce for baking or pickling</td>
<td>Yes</td>
<td>Roaster, broiler, kettle or frying pan</td>
<td>Bake, 11 hours Boll 5-10 minutes Boll 12-20 minutes</td>
</tr>
<tr>
<td>Any large trout ..........</td>
<td>Same as above</td>
<td>Same as above</td>
<td>For roasts, whole; fillet for baking or broiling.</td>
<td>Thaw</td>
<td>Bake, boil, or broil</td>
<td>Use creole sauce for baking or pickling</td>
<td>No</td>
<td>Gas or electric broiler, baking pan</td>
<td>Boll 5-10 minutes Bake 1 hour or less based on size Boll 10-15 minutes</td>
</tr>
<tr>
<td>Pacific Surf smelt .......</td>
<td>10-15 hours after catching</td>
<td>Eviscerate</td>
<td>Whole</td>
<td>Thaw</td>
<td>Bake or fry</td>
<td>Salt, pepper</td>
<td>No</td>
<td>Heavy frying pan or uncovered baking pan</td>
<td>Fry 15 minutes Bake 30 minutes</td>
</tr>
<tr>
<td>Columbia River smelt .....</td>
<td>Same as above</td>
<td>Same as above</td>
<td>Fillet, skin, and eviscerate</td>
<td>Thaw</td>
<td>Bake or fry; leave in weak salt brine 3 hours before using. (1 T salt to 1 cup water)</td>
<td>Salt, pepper</td>
<td>No</td>
<td>Same as above Same as above</td>
<td></td>
</tr>
<tr>
<td>Flat fishes (sole, flounder, etc.) . . .</td>
<td>Same as above</td>
<td>Fillet, skin, and eviscerate</td>
<td>Skinless fillets</td>
<td>Thaw</td>
<td>Fry</td>
<td>Salt, pepper</td>
<td>No</td>
<td>Heavy frying pan</td>
<td>15 minutes or less</td>
</tr>
<tr>
<td>Cod .......................</td>
<td>Same as above</td>
<td>Same as above</td>
<td>Fillet</td>
<td>Thaw</td>
<td>Boil</td>
<td>Salt, pepper, nutmeg</td>
<td>No</td>
<td>Deep kettle</td>
<td>15 minutes</td>
</tr>
<tr>
<td>Warm water game fish ....</td>
<td>Soon as practical</td>
<td>Skin on fillet</td>
<td>Wash in hot water; drain</td>
<td>Thaw</td>
<td>Fry</td>
<td>Salt, pepper</td>
<td>No</td>
<td>Heavy frying pan</td>
<td>5-15 minutes</td>
</tr>
<tr>
<td>Frogs .....................</td>
<td>Soon as practical</td>
<td>Eviscerate</td>
<td>Wash in salt water; drain</td>
<td>Thaw</td>
<td>Fry</td>
<td>Salt, pepper</td>
<td>No</td>
<td>Heavy frying pan</td>
<td>15-20 minutes, depending on age</td>
</tr>
</tbody>
</table>