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You and Your Wild Game

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You and Your Wild Game

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Mr. and Mrs. Hunter, WILD GAME is part of the American heritage of which we can be proud. We can be equally proud of the meat we dress and the meal we cook if we master the principles and practices outlined in the following pages.

Wild game hunting and handling is big business in the West. Each year many elk, moose, black bear, mountain sheep, antelope and deer are bagged. Thousands of ducks, geese, pheasants, wild turkeys, grouse, quail, sagehens and rabbits are hunter's prey. Are we using this meat to the best advantage?

Meat is an important item in our diet. Like domestic meat, game meat is rich in protein, minerals and vitamins. To the hunter's family, game can be an important meat supply to add variety, character and nutrition to meals the year around.

To get the most from game meat, the hunter has many concerns. He should try to choose an animal that looks healthy. He should dress it properly and then chill the dressed carcass immediately. Minimal aging followed by proper cutting and packaging are essential. The crimes committed against game meat by hunters who don't know how to handle it undoubtedly cause many people's dislike of wild meat.

The chef, too, shares the responsibility for getting the best from game meat. Marinades can be chosen to tenderize the meat and to enhance or disguise flavor. Curing, sausage making and drying are other popular methods for making game meat more palatable. Fat should be added to ground meat, roasts and steaks because they are very lean. There is always a best cooking method for each cut of game meat and condiments and seasonings are a real challenge to the culinary artist in developing choice tastes.



BIG GAME CARCASSES: *Summary of Handling Procedures*

1. Bleed by cutting the throat or sticking. Caution: Do not cut the throat when the head is to be mounted. See Figure 1, Point B, if head is to be mounted.
2. Eviscerate as soon as the animal is dead.
3. Hang to drain and wash inside with clean water. Put the carcass on logs or rocks if it cannot be hung.
4. In warm weather, when possible, it is strongly recommended that you take the carcass to a cooler the day of the kill.
5. If skinned, use cheesecloth or light cotton bags to keep the carcass clean, to protect the meat from insects, and to allow cooling.
6. Make sure the internal temperature of the meat is cooled to 40° F or below within 24 hours. This may require cooling facilities.
7. Limit aging times and follow the aging procedures outlined.
8. Trim fat and inedible parts from the carcass when it is cut.
9. Mix 15% pork or beef fat with ground game and 35% pork fat with fresh game sausage.
10. Wrap all cuts (fresh or cured) in good quality freezer paper and store at 0° F or colder.
11. Limit fresh game to eight months' frozen storage and seasoned or cured game to four months' storage.

BLEEDING

When animals have been shot in the ribs, internal bleeding into the chest cavity may be enough. Most other shots take additional bleeding. Some hunters stick the carcass by severing the large blood vessel leading to the heart (Figure 1, point B). If no trophy is desired, slashing the throat all the way to the bone will aid bleeding (Figure 1, point A). Proper bleeding improves keeping qualities and appearance of the meat.

DRESSING

A carefully dressed game animal is the hunter's pride. Two major rules to follow are: 1. Get all the innards (intestines, lungs, liver, heart) out as soon after the kill as possible and, 2. Get the carcass off the ground and, if possible, into the shade to cool as soon as dressing is completed.

Since time is vital to the quality of the meat, start by removing the innards quickly and completely. To dress, lay the animal on its back and block the carcass on both sides with rocks or logs to keep it from tipping over. Stand next to the front legs facing the tail. Start a knife slit in the hide in the center of the breastbone. Continue cutting the hide from the breast bone to the udder, in the case of a female, or to the penis opening, in the case of a male. Be careful not to cut the entrails. Some hunters prefer to insert their whole hand in the opening just below the breast bone as soon as a large enough cut is made. The knife is then grasped by the handle with the blade pointed upward. This procedure avoids puncture. Other hunters avoid entrail puncture by inserting two fingers (one on each side of the knife blade) in the slit next to the breastbone.

As the hide is opened the two fingers are used to push the entrails down and away from the knife. If the animal is a female remove the udder by cutting underneath. If the animal is a male cut down the side of the penis and remove the penis where it is attached to the hind legs. The scrotum and testicles can be cut off or, if the head is to be removed, and left at the site of the kill, the scrotum should be left attached to the hide for sex identification.

Next, cut around the anus and pull the large intestine into the body cavity. At this point in the dressing procedure the carcass can be tipped over and the entrails rolled out. Some cutting with the knife to loosen the entrails from the body wall will be necessary. Remove the liver and then cut through the thin diaphragm that separates the chest cavity from the entrails. Cut through the hide just in front of the breast bone (Figure 1, point B). Cut the windpipe and gullet and loosen them in the breastbone cavity. Now return to the cut in the diaphragm and pull lungs, heart, windpipe and gullet out of the carcass. If you plan to have the head mounted make sure that the cut (Figure 1, point B) is a small one. Better still, reach through the diaphragm hole up into the neck as far as you can and, working blind, cut loose the windpipe and gullet ahead of the lungs. Remove the chest contents. Set the heart and liver on a rock or clean log to drain and cool.



Figure 1. Bleed promptly. Cut throat at point A. Or if head is to be mounted for trophy, insert knife at point B cutting deeply until blood flows freely. In case of wound that bleeds freely or internally, bleeding may not be necessary.

Necks of animals, other than those which will be mounted, should be slit open, (Figure 1, point B to point A) and the gullet and windpipe should be removed. The breast bone and the pelvic bone should be split and propped open. They can be split with a knife if the hunter has had some experience. If the hunter is inexperienced it is best to use a saw for making these cuts.

Wipe the body cavity thoroughly with a clean cloth, or wash if water or snow is available. Prop the cavity open with sharpened sticks and hang the carcass until the cavity surface is thoroughly dry. Be sure there is good air circulation. Put the carcass on rocks or logs if it cannot be hung.

SKINNING

In warm weather, meat can sour when the hide is left on and body heat is not allowed to dissipate. On the other hand, meat can also be lost from drying and dirt when game is skinned. There are times when it is best not to skin the carcass until it is cut or taken to a cooler and other times when it is best to skin immediately after the kill.

One reason for skinning immediately is to save the hide. If a hunter wishes the whole hide for tanning, it is usually best to skin at the site of the kill to avoid hide damage. The same is true when a life-sized mount is anticipated. When a full shoulder mount is desired the cape is usually removed immediately after dressing the animal. Taxidermists request a cape with the hide removed behind the front legs and up over the back.

Another reason to skin the day of the kill is to allow faster chilling of the meat since the hide acts as insulation to keep in body heat. Slow chilling can result in bacterial growth which causes sour meat and undesirable flavors. When daytime temperatures are in the 70's or above and the night is free from frost, big game carcasses which do not need to be packed to a road should be skinned or taken directly to a cooler. It is fortunate that warm weather is seldom a problem in Wyoming's high country where pack trips are common, because keeping skinned meat clean while it is packed is almost an impossible task.

An alternative procedure to skinning even in warm weather consists of leaving the hide on elk, moose and large deer while the carcass is split down the back bone from neck to tail. The inside of the halves can be washed with clean cold water and left hanging in the shade. Every effort should be made to get the meat to a cooler as soon as possible because the possibility for sour meat still exists, particularly in gun-shot areas. The shorter the time skinned meat hangs in warm weather before it is transported to a cooler, the better.

When it is anticipated that skinning to save the hide or the meat before returning home will be necessary, equipment to do the job right should be available. A pulley and rope to hoist the eviscerated carcass makes complete removal of the hide easier and it helps keep the meat

clean. An axe or saw to split the carcass is needed. Game bags or white sheets to cover the skinned and washed quarters are recommended to help keep the meat clean. Do not use plastic for a cover unless it is used to shelter the meat from rain or snow and then only if all of the body heat is out of the animal. Finally, every precaution should be taken to keep the meat free from dust on the trip home.

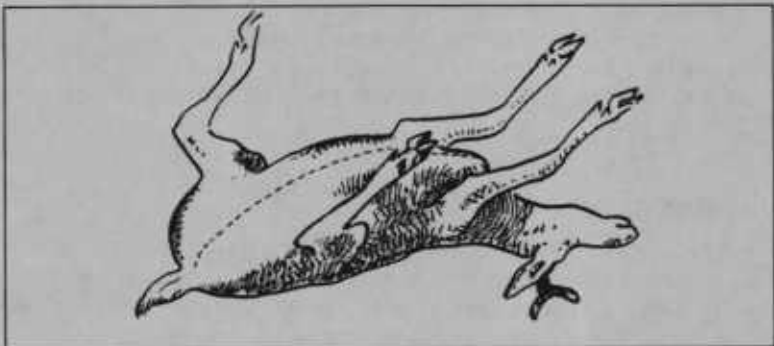


Figure 2. Insert the knife beneath the hide and belly muscle directly below the breastbone. Cut along the center line towards the tail.

Skinned meat that cannot be aged in a cooler with controlled humidity should be processed as soon as possible to prevent excessive drying. Despite taking all precautions, skinning game before the trip home still results in additional trimming to remove dirt and dried areas when the meat is cut. More time in cutting and packaging and less meat for the table result when meat is skinned and transported or let hang.

Under ideal conditions where game can be dressed, washed and taken directly to a cooler the day of the kill, skinning at the cooler before game is hung in the cooler is recommended. Humidity in the cooler will keep the meat from drying out and removal of the hide will minimize odors and comply with state law which requires game hung in commercial coolers to be skinned. Skinning at a cooler the day of the kill is particularly adapted to antelope, which are often hunted early in the fall when the weather is warm and where locker plants are only a few hours away. Another excellent alternative for preserving antelope meat in warm weather is to skin and wash the freshly killed carcass and let it hang overnight. The carcass can then be sawed into pieces and placed in large picnic coolers containing ice. If dry ice is used, it should be wrapped in paper to protect the meat. Ice can be obtained from many locker plants before the hunt.

When can the hide be left on big game? Leave the hide on all species at all times if you can transport the carcass to a cooler the day of the kill. Leave it on if frost is expected that night and the carcass can be hung for cooling. Large elk and moose should be split to ensure cooling and facilitate handling. The hide protects the meat underneath

from contamination by dust, leaves, insects and hair as the carcass is being transported. Since meat underneath the hide contains very few spoilage bacteria immediately after the kill, the hide helps protect meat of a properly chilled carcass from bacteria.

The hide also prevents drying of the meat in Wyoming's low humidity and high winds. During hanging, the hide can act as insulation to keep properly chilled meat from getting too warm during the day. Using the hide as insulation against daytime heat is a practice of many who hunt the back country where meat often needs to be kept in camp for several days before it is packed out. If the hide is left on and the meat kept in the shade, the daytime temperature may rise but the hide will keep the internal meat temperature at a safe 40° F or lower. The hide can also act as insulation against extreme cold. Big game carcasses which chill to 32° F or freeze within 12 hours after the kill will be much tougher because the muscles contract more. In extremely cold weather, the hide often slows down the chilling or freezing process enough to prevent tough meat. In addition to cold, another sure way to product tough loin and rib steaks is to quarter the carcass before the 12-hour post-mortem period has elapsed. Cutting across a muscle allows it to contract more and this makes meat tougher.

What about flavor of the meat when the hide is left on? Research on antelope, deer and elk at the University of Wyoming has shown that flavor of meat is not influenced by the hide when carcasses are properly bled, dressed and chilled. This conclusion is based upon our study with antelope, deer and elk carcasses which were split down the middle. One side of each was skinned within a few hours after the kill; the other side of each carcass had the hide left on. Both the hide-on sides and the skinned sides from mature male and female animals were washed, trimmed and aged.

When the carcasses were cut, roasts from each side of each antelope deer and elk carcass were saved, roasted and served to expert panels. The expert panel members could not tell which roasts came from skinned sides and which roasts came from sides which had the hide left on. The metatarsal glands were left on both sides of the deer carcasses until the deer reached the meat laboratory. Therefore, removing these glands with the skin from one side while the carcasses were still warm had no affect on meat flavor.

The results were particularly surprising in the case of antelope. Therefore, several attempts were made to transfer the odor which is present on antelope hides to meat which had not been in contact with antelope hide. These attempts included use of paired beef roasts. One roast of each pair was wrapped in an antelope hide overnight. When the beef roasts wrapped in antelope hides were compared to those paired beef roasts which did not come in contact with the antelope hides, no differences in flavor of the cooked meat were detected. However, odor differences of the raw meat before it was cooked were easily detected.

The finding that the odor associated with antelope hide is not related to the odor or flavor of cooked antelope meat parallels findings with meat from domestic sheep and pigs. Research has shown that mutton flavor is not caused by wool. In addition, the odor of live boar pigs is not the objectionable odor in cooked boar meat. When the preceding research with domestic meat is considered, it is not surprising that flavor of game meat is not associated with odor of the hide.

Objectionable flavors in properly chilled game meat are usually associated with fat. Trimming the fat when game is cut or cooked often eliminates these flavors. Trimming game fat also eliminates the greasy coating which is present in your mouth when the hard fat found on many big game animals is eaten lukewarm.

Hunters who have long distances to travel should not attempt to transport skin-on carcasses in warm weather because the meat often spoils enroute. Carcasses should be skinned, quartered and packed in dry ice for the trip home. An alternate procedure would be to leave the carcass at a processing plant for cutting, wrapping and freezing. The frozen meat is then packed in dry ice in insulated boxes. It may be taken home by the hunter or shipped to the hunter by the plant operator.

Many processors use 10 pounds of dry ice (as a general guide) to keep a cut-and-wrapped deer carcass frozen for 24 hours and 15 pounds for 36 hours. If the weather is cool and the hunter decides to transport the whole carcass, he should allow for good air circulation. Don't skin the carcass — the hide will protect the meat from dirt. Game should never be transported near engine heat. Even the trunk of a car, which is near the exhaust heat, can be a problem. Don't ever let the internal meat temperature of the carcass get above 40° F on the way home. If you plan to transport the entire carcass, invest in a meat thermometer before you leave. Some hunters like to show off the heads, others like to eat the meat. You can do both if you plan the care of your meat and trophies before the trip home.

In summary, skinning in the field depends on temperature and the ease with which the hunter can get game to a cooler. Game dressed, split and properly cooled in the back country need not be skinned. The meat will stay cleaner and there will be less waste when the carcass is cut. Leave the hide on all game unless the weather is warm. Hides do not transfer flavors to the meat. If you must leave the carcass in camp in warm weather, the carcass should be skinned, split and properly hung in the shade or, better still, skinned, hung overnight and placed in picnic coolers containing ice. If the meat is hung in the shade, don't let it hang too long. Bacteria will sour the meat causing off-flavors. The overall message is: avoid bacterial growth which occurs when the meat is not properly chilled and avoid dirt on the meat surface. The result will be more meat which tastes better.

AGING

Aging of meat — also called seasoning, ripening or conditioning — is defined as the practice of holding carcasses or cuts at temperatures from 34° to 37° F. Hunters seldom agree as to the length of time a big game carcass should be aged. However, there is very little disagreement among locker plant operators or meat scientists who agree that game should not be aged if shot during warm weather and not chilled rapidly. In warm weather, less toughening and hardening of the muscles due to rigor mortis occurs than when temperatures are below freezing.

The action of natural enzymes responsible for tenderness in the meat is also much faster in warm weather than in cold weather. Thus, carcasses from animals shot in warm weather should be cut as soon as possible after the meat is chilled. Animals severely stressed from running long distances or from being wounded and trailed several hours prior to the kill should not be aged because energy sources which normally are converted to lactic acid in the muscle are used up during stress.

Spoilage bacteria grow much faster if lactic acid is not present in meat. Therefore, meat from a stressed animal will often sour if the meat is aged. If gunshot areas are extensive, bacterial contamination from dirt and hair associated with gunshot, plus blood which is at the optimum pH for bacteria, also causes rapid souring of the meat. Carcasses which have been in camp for a week should not be aged further because aging has already occurred and bacterial growth is underway.

In addition to souring and possible health problems which can result from aging game when it is not recommended, there are other reasons for not aging game. Carcasses from animals under one year of age are already tender and need not be aged. Meat does not need to be aged if it is to be ground, cured or made into sausage because these processes tenderize meat. If meat is to be cooked by braising, pot roasting or stewing, it should not be aged because these moist heat cooking methods break down tissues and tenderize.

Ideal conditions for aging game seldom exist. However, under ideal conditions when an animal is harvested with minimum stress and minimum tissue damage due to gunshot, and when the carcass is transported to a 34° F cooler the day of the kill and skinned, we recommend aging antelope three days. Deer, sheep, goat, cow elk and cow moose should be aged seven days, and bull elk and bull moose 14 days at 34° F. These are maximum times and if any mold, slime or "off odors" develop, aging should be stopped and the carcass cut and frozen immediately.

Hunters who age game at home without controlled temperature and humidity should leave the hide on during aging to protect against drying and dirt. State laws which require game to be skinned in commercial coolers do not apply. Aging periods should be shorter than those listed and hunters should remember the times when no aging is

recommended. They should also remember that aging must be done in a clean, cool, well-ventillated place that is free from odors like gas, oil and paint that are absorbed by the meat.

Individuals who cut and wrap their own game may want to process the entire carcass, except for the loin and rib, as soon as the carcass is chilled. The loin and rib, which usually furnish steaks and roasts to be cooked by dry heat, can then be aged longer. Aging should cease any time deterioration due to microbial growth or odor is detected. Sour meat from excessive aging can be a health hazard and the flavor of the meat, if eaten, will always be objectionable.

In summary, many practical considerations must determine whether to age or not to age game meat. Among these are the temperature at the time of the kill, chilling rate, aging temperature, age and sex of animal, use to be made of the meat, method of cooking, cooler space and labor available if the game is to be processed commercially.

CUTTING ELK AND MOOSE CARCASSES

Specific places where cuts are made are illustrated in Figure 3. The cutting method for one side of the carcass is as follows:

1. Separate the hindquarter from the forequarter (line A to B) by cutting in front of the last rib and cutting through the vertebrae with a saw.
2. Remove the neck from the shoulder (line C to D) and bone it for ground meat.
3. Separate the chuck and brisket from the rib and plate between the 5th and 6th ribs (line E to F). The brisket is then removed from the chuck (line G to H) by cutting just above the elbow joint on a line parallel with the top of the chuck. Armbone and bladebone pot roasts are made and trimmed. Portions of the chuck not suitable for roasts and the entire foreshank and brisket are boned for ground meat.
4. Separate the rib from the plate (line I to J) by cutting one inch below the scapula (blade bone on the thick end of the rib and one inch away from the loin eye muscle on the small end of the rib. The rib is cut into steaks and one standing rib roast. Steaks and roasts are trimmed of fat. The plate is boned and trimmed of inedible areas and fat. The lean is used for ground meat.
5. Remove the flank from the hindquarter by cutting underneath the scrotal or udder fat and then following the natural curve of the round and continuing from point K to J. The flank is made into ground meat after it is trimmed of inedible areas and fat.
6. Cut the loin from the round about one-half inch forward of the pelvic bone (line L to K). The loin and round are made into closely-trimmed roasts and steaks.

Many locker plants do a good job of cutting and wrapping for the freezer. It is important to tell the butcher what cuts you want and the number in your family. Some butchers will make boneless cuts if requested. Making boneless cuts is usually more expensive but it often results in higher quality cuts which are easier to carve.

If you cut the carcass yourself, be sure you have a clean, roomy, well-ventilated place to work as well as a sharp knife and a saw. Trim off all discolored or bloody parts and fat as you come to them.

To save freezer space and to eliminate much sawing of bones, the entire carcass can be made into boneless roasts and steaks after the basic cuts (pages 12-13) are made. Remember to separate entire muscles and to keep the knife close to the bone. Cut across the grain when making roasts and steaks. Boneless cuts are often preferred because they require less storage space, bloodshot is easier to remove, they are easier to wrap and to carve, and there is less shipping cost when the meat is shipped.

CUTTING DEER, ANTELOPE, SHEEP AND GOAT CARCASSES

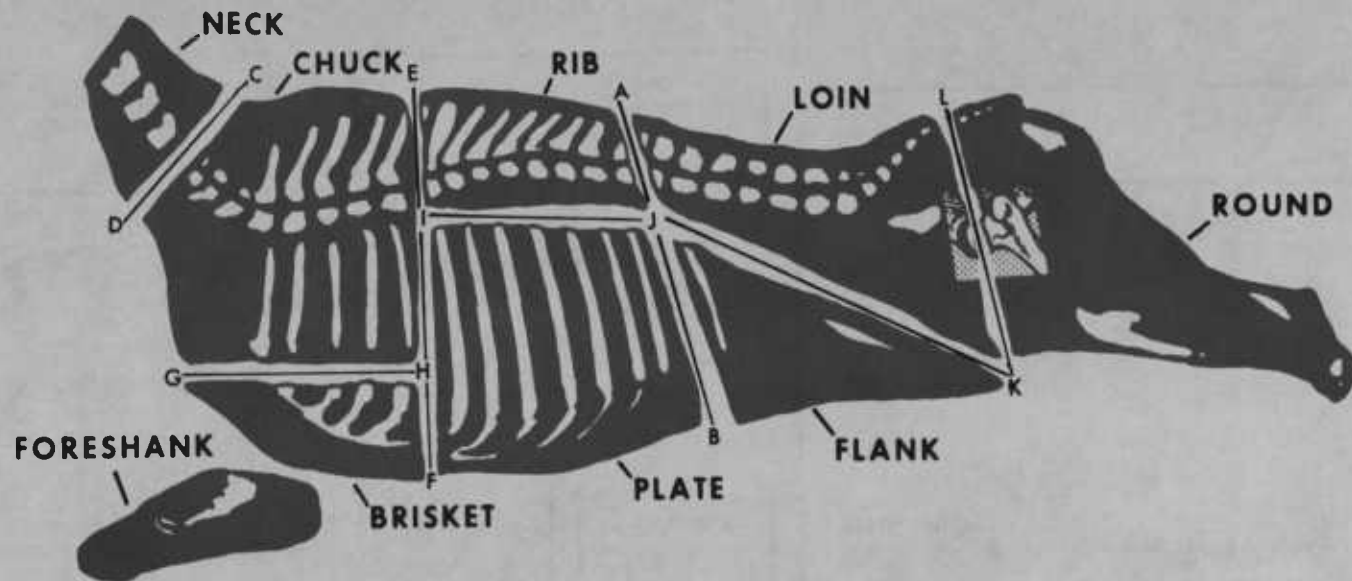
The specific places where cuts are made are illustrated in Figure 4. The cutting method for one side of the carcass is as follows:

1. Remove the neck from the shoulder and bone it for ground meat (A to B).
2. Separate the shoulder from the rib between the 5th and 6th ribs (C to D). The brisket and foreshank are removed just above the elbow joint (E to D). Arm and blade roasts are cut and trimmed. Portions of the shoulder not suitable for roasts and the entire fore-shank and brisket are boned for ground meat.
3. Cut the leg from the loin leaving one lumbar vertebrae on the leg (F to G). Sirloin steaks and bone-in leg roasts are made. The hind shank and trimmings not acceptable for cuts are boned.
4. Separate the rib and breast from the flank and loin by cutting between the 12th and 13th ribs (H to I). The rib is separated from the breast by a ½-inch ventral cut to the blade bone on a line parallel to the back (J to K). The flank is removed from the short loin by cutting next to the tenderloin (K to L). The flank and breast are boned for ground meat. The rib and loin are cut into steaks.
5. Make boneless cuts as described under the cutting instructions for elk and moose carcasses.

Figure 3. RETAIL CUTS OF ELK AND MOOSE

... where they come from and how to cook them.

 <p>Chuck Short Ribs</p>  <p>Arm Pot-Roast or Steak</p>  <p>Boneless Roast</p>  <p>Blade Roast or Steak</p>  <p>Stew</p>  <p>Ground Game</p> <p>NECK & CHUCK</p> <p>Braise, Cook in Liquid</p>	 <p>Rib Roast</p>  <p>Rib Steak</p>  <p>Rib Steak, Boneless</p> <p>RIB</p> <p>Roast, Broil, Panbroil, Ponfry</p>	 <p>Top Loin Steak</p>  <p>T-Bone Steak</p>  <p>Boneless Top Loin Steak</p>  <p>Sirloin Steak</p>  <p>Boneless Sirloin Steak</p>  <p>Tenderloin Steak or Roast</p> <p>LOIN</p> <p>Roast, Broil, Ponbroil, Ponfry</p>	 <p>Round Steak</p>  <p>Heel of Round</p>  <p>Rolled Rump</p>  <p>Round Roast</p>  <p>Ground Game</p> <p>ROUND</p> <p>Braise, Cook in Liquid</p>
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**FORE SHANK**

Broise,
Cook in Liquid



Stew
or
Ground
Game

BRISKET

Broise,
Cook in Liquid



Fresh Brisket
or
Ground
Game

PLATE

Broise, Cook in Liquid



Short Ribs

Ground Game

**FLANK**

Braise, Cook in Liquid



Flank Steak

Ground Game

**TIP**

Braise



Tip Steak






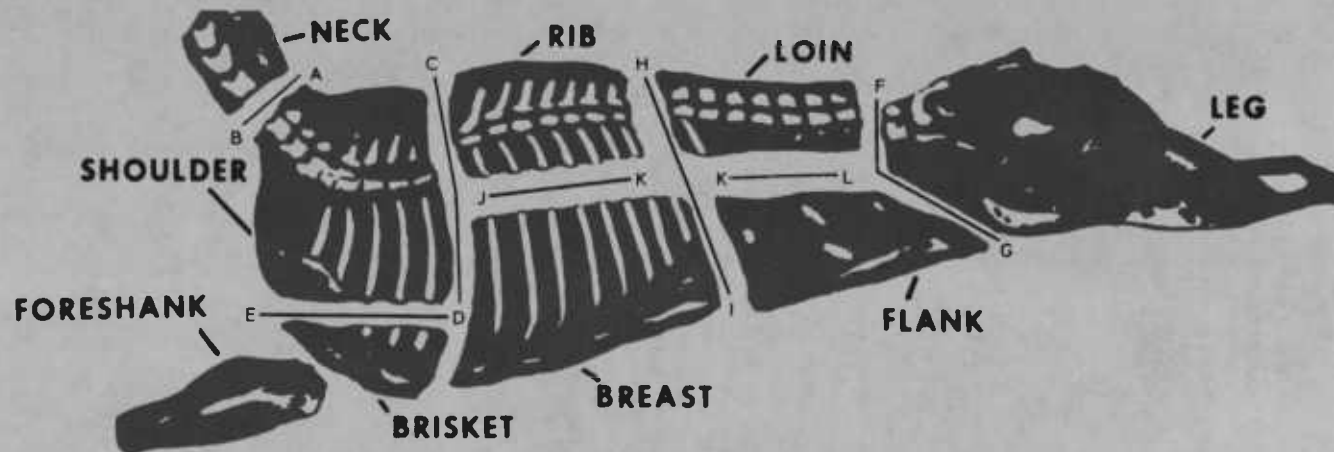
Tip Roast



Tip Kabobs

Figure 4. RETAIL CUTS OF DEER, ANTELOPE, SHEEP AND GOAT
... where they come from and how to cook them.

 Arm Steak  Boneless Shoulder  Blade Steak  Square Shoulder SHOULDER Braise	 Rib Chops  Rib Roast RIB Roast, Broil, Pan-broil, Panfry	 Loin Chops  Loin Roast LOIN Roast, Broil, Pan-broil, Panfry	 Sirloin Chop  Leg Chop (Steak)  Leg Roast  Sirloin Roast  Rolled Leg LEG Roast, Broil, Pan-broil, Panfry Braise
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FORESHANK



Foreshank



Ground
Game

BREAST, BRISKET, FLANK



Breast
Braise, cook in liquid



Ground
Game
Roast, Broil,
Panfry



Riblets
Braise, Cook in Liquid



Spareribs
Braise, Roast (Bake)

GROUND OR CUBED GAME*



*may come from any cut

Stew
Braise, cook in liquid



Ground Game
Roast, Broil, Panfry

Relationship between elk and moose carcass weight and the weight of meat obtained

Field dressed carcass weight, lb	Weight of cuts to expect, lb ^a	
	Bone left in leg, loin rib and shoulder cuts ^b	All cuts boneless
200	111.2	86.0
250	139.7	107.5
300	168.2	129.0
350	196.7	150.5
400	225.2	172.0
450	253.7	193.5
500	282.2	215.0
550	310.7	236.5
600	339.2	258.0
650	367.7	279.5
700	296.2	301.0

^aThe weight of cuts to expect is an average figure for the corresponding field dressed weights. Individual carcasses could easily vary 7% and in extreme cases may vary as much as 21% from the weights of cuts listed. Extent of gunshot area, aging time, closeness of trim, amount of fat on the carcass, cuts which must be trimmed because of wounds resulting from fighting and cuts which must be trimmed or discarded because of contamination or spoilage are some of the factors which affect the weight of meat obtained.

^bThe procedure described for cutting elk and moose carcasses was followed to obtain these weights.

**Relationship between deer and antelope carcass
weight and the weight of meat obtained**

Field dressed carcass weight, lb	Weight of cuts to expect, lb ^a	
	Bone left in leg, loin rib and shoulder cuts ^b	All cuts boneless
50	26.8	24.8
60	32.9	28.8
70	39.0	33.6
80	45.1	38.4
90	51.2	43.2
100	57.3	48.0
110	63.4	52.8
120	69.5	57.6
130	75.6	62.4
140	81.7	67.2
150	87.8	72.0
160	93.9	76.8
170	100.0	81.6
180	106.1	86.4
190	112.2	91.2
200	118.3	96.0

^aThe weight of cuts to expect is an average figure for the corresponding field dressed weights. Individual carcasses could easily vary 5% and in extreme cases may vary up to 15% from the weights listed. Extent of gunshot area, aging time, closeness of trim, and amount of fat on the carcass are some of the factors which affect the weight of meat obtained.

^bThe procedure described for cutting deer, antelope, sheep and goat carcasses was followed to obtain these weights.

SMALL GAME CARCASSES

Most general recommendations for handling big game animals also apply to handling small game. It is best to dress and cool small game as soon as possible. Many hunters prefer to draw small game in the field. Wipe out the cavity with clean paper or cloth and hang or lay the game in a well-ventilated place to cool. Hanging close together or stacking game in a mass may cause heating. The practice of skinning game in the field and then placing the carcasses in an insulated cooler with dry ice is excellent. Wrap game to avoid contact with ice.

Paraffin and water remove the down and small feathers from plucked ducks or geese. For six medium birds, use three cakes of paraffin and six quarts hot water in a deep and narrow kettle. Bring to a boil. Dip the fowl one at a time so that a thin coat of wax covers all feathers. Cool them until the wax hardens. Scrape away the feathers and wax with a knife.

If a game bird (except waterfowl) can be lifted by the lower bill without the bill breaking, it is a mature bird and is considered less tender. The outer end of the breastbone is rather flexible in any young bird. Knowing the age of a bird will dictate how it should be cooked.

Aging small game 24 to 48 hours just above freezing temperature is sufficient.



Cooking Wild Game

Game cookery can be a challenge. It offers a wide variety of dishes and the opportunity to try herbs, spices, condiments and vegetables to produce new and interesting flavors. Greater variety in the way you cook game can add to your family's eating pleasure.

Game animals lead active lives. As a result, their muscles are relatively lean. This makes game meat drier than domestic meat or poultry. As a result, it's important to use cooking methods that add juiciness and flavor to the drier cuts of game meat.

COOKING TIPS

1. Thaw frozen game meat completely in the refrigerator or cook it from the frozen state. Game meat is often high in bacterial content. Thawing at room temperature enhances bacterial growth.
2. Trim away fat before cooking if this was not done when the game was cut. Fat from game animals contributes to the "gamey" flavor.
3. Add other fats to keep game meat from becoming too dry. For example: Rub a roast with salt pork, butter, margarine, beef suet, bacon fat, vegetable fat or sweet or sour cream to add moisture, richness and flavor. You may also baste very lean cuts with additional fat to improve flavor. Consider larding your lean game meat by inserting slivers of uncooked salt pork or bacon with a skewer or ice pick. If you make your own rolled roasts, add beef or pork fat to the inside and outside of the roast before it is tied.
4. Serve game meat very hot or very cold. Lukewarm game fat has a very greasy taste.

COOKING METHODS

The first two methods for cooking meat are:

1. Dry heat — roasting, broiling and panbroiling.

2. **Moist heat** — braising and stewing.

The same general cooking rules apply to most kinds of game and domestic meat.

DRY HEAT (for tender cuts)

Roasting

1. Trim off all game fat, rub with bacon drippings or similar fat.
2. Season with salt, pepper and desired herbs.
3. Place on roasting rack in uncovered pan, bone down.
4. For added flavor, place bacon strips on top of roast.
5. Baste with additional fat as needed, but do not add water.
6. Roast uncovered at 300° F to 350° F. Allow 20 to 25 min /lb. Since lean game meat usually cooks faster than beef, use a meat thermometer.

Broiling

1. Preheat the broiler.
2. Trim all natural fat from steaks or chops.
3. Rub meat with butter, bacon fat, beef suet or salt pork, and season it.
4. Place steaks or chops on the broiler rack with the top surface 3 to 5 inches below the heat source, depending upon the thickness of cut.
5. Leave broiler or oven door open a few inches, unless range directions advise otherwise. If meat smokes or spatters, the flame is too high or the meat is too close.
6. Brown meat on each side.
7. Baste with butter and serve at once.

Panbroiling

1. Partially heat a heavy frying pan.
2. Rub the medium-hot pan with suet or a small amount of fat.
3. Cook meat quickly over high heat.

MOIST HEAT (for less tender cuts)

Braising

1. Season with salt, pepper and herbs.
2. Rub with flour.

3. Brown all sides in moderately hot fat.
4. Add a small amount of water (about 2/3 c).
5. Cover tightly.
6. Cook very slowly (simmer) until tender (2 to 3 hrs). Turn the meat occasionally, adding water if necessary.

Stewing

1. Cut the meat into 1-inch cubes.
2. Sprinkle with flour and season.
3. Brown on all sides in medium hot fat.
4. Cover meat with boiling water.
5. Cover kettle tightly.
6. Simmer until tender (about 2 to 3 hrs). Do not boil!
7. Add vegetables just long enough before serving time so they will be tender.

The method you choose depends on the cut of meat. See the preceeding pages for names of cuts and how to cook them.

MARINADES

Marinades can tenderize, enhance or disguise game flavors to suit your preference.

Cover meat with one of the following marinades and allow to stand in the refrigerator at least 24 hrs. Broil, roast or braise.

1.

[2 c vinegar
	2 c water
	½ c sugar
2. French dressing
3. Tomato sauce or undiluted tomato soup
4. Tomato juice
5. Fruit juice (lemon, pineapple or a mixture of many juices)
6.

[¼ c vinegar or lime juice
	½ c cooking oil
	½ tsp pepper
	¼ tsp garlic salt

marinades cont.

Marinades, cont.

7.
 - 2 c water
 - 2 c vinegar
 - 1 to 2 tbsp sugar
 - 4 bay leaves
 - 1 tsp salt
 - 12 whole cloves
 - 1 tsp allspice
 - 3 medium onions, sliced
8.
 - Garlic salt, salt and pepper to taste and equal parts of: Worcestershire sauce and two of your favorite steak sauces. This gives a blend of flavors and also is excellent for basting game roasts or thick steaks during cooking.
9.
 - 2 tbsp vinegar
 - 1½ tsp ground ginger
 - 1 clove garlic, minced
 - 2 tbsp brown sugar
 - ½ c soy sauce
 - ¾ c vegetable oil
10. Commercial marinades
11. Milk
12. Wine



Big Game Recipes

Meat from any big game animal (venison, elk, antelope, moose) can be used in the following recipes.

GAME ROASTS

Tenderness will be the guide for choosing either moist or dry heat cookery to cook game roasts. Less tender roasts can be baked with dry heat at low temperatures for long periods of time or cooked with moist heat for shorter times.

Use dry heat for tender roasts. When dry heat is used, roasts are often rubbed with fat (see Cooking Tips) and basted frequently to prevent dryness. (Canned consommé can be used for basting.)

Use a meat thermometer, if possible, to judge if the game roast is done to your taste. It's best to roast game to a minimum internal temperature of 150° F to destroy parasites that might be present.

1. GAME POT ROAST

Use shoulder (or chuck) or leg (or round) roasts.

3 to 4 lb roast
2 c water
1 bay leaf
1/8 tsp thyme
1/8 tsp basil
¼ tsp pepper
¼ tsp celery salt
½ tsp salt
4 slices bacon
4 carrots, quartered
4 small rutabagas, quartered
6 small potatoes, quartered
1 small onion, sliced

recipe cont.

Game Pot Roast, cont.

½ c sour cream

(Use other vegetables if desired)

Place roast, water and seasonings in a heavy pan. Lay bacon strips on roast. Cover pan tightly. simmer until nearly tender. Add vegetables and cook with the roast until all vegetables are tender. Add sour cream. Heat but do not boil. Serve immediately. Serves 6 to 8.

2. SAVORY ROAST

Use shoulder (or chuck) or leg (or round) roasts.

5 lb game roast (trim off fat)

¼ c cider vinegar

¼ c chili sauce or catsup

1 tbsp flour

1 tsp worcestershire sauce

1 tsp dry mustard

½ tsp chili powder

2 tsp salt

¼ tsp pepper

2 tbsp honey or brown sugar

4 strips bacon, thinly sliced

½ c butter or margarinè

2 c hot water

flour

Wipe roast with damp paper towel. Make paste of vinegar, chili sauce or catsup, 1 tbsp flour, worcestershire sauce, mustard, chili powder, salt, pepper and honey or brown sugar. Rub well into meat. Place on rack in roasting pan. Lay strips of bacon over top and hold in place with tooth-picks. Dot with butter or margarine and pour water around (not over) meat. Brown in 450° F oven, basting every 10 to 15 min with drippings. Occasionally sprinkle lightly with flour before basting. When well-browned after about 1 hr, reduce heat to 350° F and roast 4 hrs longer if meat is from a young animal; 5 hrs if from an older animal. Add more water as moisture evaporates. Thicken drippings with flour for gravy. Serves 8.

3. VENISON ROAST

4 to 5 lb roast

1 tsp salt

½ tsp pepper

1 tsp monosodium glutamate

2 tbsp instant minced onion

recipe cont.

Venison Roast, cont.

2 tbsp Worcestershire sauce
4 slices bacon
2 lemons, sliced

Remove all fat from venison roast. Place in a roasting pan and rub with salt, pepper and monosodium glutamate. Sprinkle onion and Worcestershire sauce over roast. Cover roast with bacon and lemon. Cook, covered, at 300° F for 4 hrs or until tender. Add a small amount of hot water, if needed. Serves 8 to 10.

4. BEAR ROAST

Use rib or loin roast.

3 to 4 lb roast
salt
pepper
garlic salt
herbs
salt pork or bacon, thinly sliced

Place meat in a roasting pan and season with salt, pepper, garlic salt and your favorite herbs. Anchor salt pork or bacon slices on top of roast with toothpicks. Roast uncovered at 325° F until tender. (Bear meat is not excessively dry). Serves 6 to 8.

5. BUFFALO ROAST

Use rib or loin roast.

3 to 4 lb roast
salt and pepper
garlic salt
Worcestershire sauce, other steak sauces

Place meat in a roasting pan and sprinkle with salt, pepper and garlic salt. Make marinade of equal parts of Worcestershire sauce and other steak sauces. Pour over roast. (The marinade is to enhance flavor and not to tenderize.) Do not add water. Do not cover. Roast at 350° F for approximately 35 min per pound of roast or until desired degree of doneness. Serves 6 to 8.

STEAKS AND RIBS

Steaks and ribs retain more juice if the cuts are thick (1-1¼ inch). Tenderness will be the guide for choosing dry or moist heat cookery. Use moist heat for less tender cuts or tenderize in one of these ways:

1. Cut the long muscle fibers by pounding or scoring.
2. Soften the tissue by using acids (lemon juice, tomato juice).
3. Use commercially prepared marinades or tenderizers.

Use dry heat cookery for tenderized or already tender cuts. Cook quickly over high heat.

6. CANTONESE STYLE STEAK

Use rib, loin or sirloin steak.

1 lb steak
meat tenderizer, if needed
2 tbsp cornstarch
3 tbsp sherry or cooking sherry
salt
4-6 large onions
2 tbsp salad oil

Cut meat into thin strips about $\frac{1}{4}$ inch wide and 2 to 4 inches long. (Tough steak can be made edible by cutting across the grain.) Put strips into a bowl. Add tenderizer if needed. Add cornstarch, sherry and a light sprinkling of salt. Mix and let stand until ready to use (at least 15 min).

Cut onions into slices about $\frac{1}{4}$ inch thick. Separate into rings. Put a heavy skillet over high heat. When skillet is hot, add salad oil, then onions. Fry 2-4 min stirring constantly (with long-handled fork) until onions have changed in appearance but are still crisp. Remove onions to a heated platter. Put steak strips into skillet, again stirring constantly for 2-4 min. Add more salad oil if needed. Put onions back into skillet, again stirring constantly for 2-4 min. Add more salad oil if needed. Put onions back into skillet, mix with steak strips and serve at once. Serves 3.

7. BARBECUED RIBS

3 to 4 lb game ribs, cut in serving size pieces
salt and pepper
water
4 to 5 bay leaves
1 medium onion, chopped
 $\frac{1}{4}$ c butter or margarine
1 c catsup
1 c chili sauce
1 tbsp sugar
2 tbsp prepared mustard

recipe cont.

Barbequed Ribs, cont.

1 tsp Worcestershire sauce
¼ tsp cloves
1 tsp salt

Wipe ribs with damp paper towel. Season with salt and pepper. Place in Dutch oven with a little water and bay leaves. Roast, covered, in 400° F oven, 1 hr or until brown and crispy. Cook onion in butter or margarine until soft. Add catsup, chili sauce, sugar, mustard, Worcestershire sauce, cloves and 1 tsp salt. Simmer 10 min, stirring occasionally. Serves 4.

8. VENISON STEAK IN MIREPOIX*

Use leg steak.

1 tbsp butter or margarine
½ c carrots, diced ¼ inch thick
½ c celery, diced ¼ inch thick
½ c onion, diced ¼ inch thick
¼ bay leaf
2 c beef broth
2 lb steak, ½ inch thick
salt and pepper
garlic powder, freshly ground
¼ c flour
2 tbsp butter or margarine

To make mirepoix, melt 1 tbsp butter or margarine in a sauce pan and sauté vegetables slowly until limp. Add bay leaf and beef broth. Simmer gently for 5 min. Trim excess fat from sides of meat. Slash sides to prevent curling. Sprinkle steak with salt, pepper and garlic powder, then dredge in flour. Melt 2 tbsp butter or margarine in a heavy skillet over medium heat. Brown steak on both sides. Add mirepoix. Cover skillet tightly and simmer over low heat until tender (about 1½ hrs). Serve venison in large pieces with some sauce spooned over each piece. Serves 4 to 6.

**Mirepoix is a classic mixture of vegetables and liquid used in French cooking as a flavor enhancer. Cut vegetables exactly as directed as they form a built-in garnish.*

9. SWISS STEAK

Use round or leg steak.

1-1½ lb steak
flour
salt and pepper

recipe cont.

Swiss Steak, cont.

fat

3 medium onions, sliced

1 can cream of celery soup

Steak should be about 1 to 1½ inches thick. Dredge meat with flour and season with salt and pepper. Brown in fat in a heavy pan. When brown on both sides, add other ingredients. Cover pan tightly and cook in 350° F oven or over low flame on top of the stove for about 1½ hrs or until tender. Remove meat to platter. Make gravy from the drippings in the pan. Serves 4.

10. SWISS STEAK QUICKIE

Use round or leg steak.

6 servings steak

1 envelope dry onion soup

1 envelope dry tomato soup

3 tbsp butter

foil

Mix soups together dry. Dot large piece of foil with 1½ tbsp butter. Spread 1/3 soup over foil. Lay meat on mixture. Spread remaining soup on top. Dot with butter. Fold paper securely around meat. Bake 1 hr at 350° F. Serves 6.

11. STIR FRY

Use round or leg.

¼ c red wine

½ c soy sauce

1 tsp ginger

1 lb steak

1 c each of 5-6 different vegetables^a

1 c sliced water chestnuts

2 c bean sprouts

1 tbsp arrowroot or 1½ tbsp cornstarch

^acauliflower, celery, mushrooms, broccoli, carrots, etc.

Make marinade with wine, soy sauce and ginger. Slice meat 1/8 inch thick and place in marinade 15 min or longer (meat is easier to slice thin if it is partially frozen). Slice vegetables 1/8 inch thick. Cover bottom of a hot skillet with 1/8 inch oil. Remove meat from marinade and place in hot skillet (save marinade). Stir and fry for about 5 min or until pink color disappears from the meat. Remove meat from pan and add more oil if needed. Stir vegetables in skillet until tender crisp. Mix the arrowroot or cornstarch with the marinade and add to vegetables. Add meat and stir until thickened. Serve over Chinese noodles or rice.

12. CHICKEN FRIED STEAK

Use rib, loin or sirloin.

2 lb steaks, ½ inch thick

1 egg

1 c cracker crumbs

salt and pepper to taste

2 cans cream of chicken or cream of mushroom soup

Tenderize steaks by pounding or by using commercial tenderizer. Cover bottom of hot skillet with oil. Dip steaks into beaten egg, then crackers. Fry about 7 min on each side. Remove steaks from pan and add 2 cans cream of chicken or mushroom soup (or a combination). Stir to mix in drippings and heat soup. Serve over steaks.

CUBED GAME

Lean meat from any area of the carcass that is free of connective tissue can be used. The leg or round is always a good choice. Leftover game can be cubed and used in these recipes. If leftover cooked meat is used, reduce the cooking time. If thickening or gravy is desired, mix 1 to 2 tbsp flour with an equal amount of cold water. Add several spoonfuls of the game dish to this paste. Stir into the game dish and cook until thickened.

13. CAMPER'S STYLE VENISON

2 lb cubed venison

salt and pepper

flour

4 tbsp butter or margarine

2 c hot water

1 4-oz can mushrooms

1 medium onion, sliced

1 8-oz can lima or butter beans

3 medium carrots, diced

Salt and pepper meat and dredge with flour. Brown in butter or margarine in heavy frying pan over hot fire. After meat is browned, add hot water and vegetables. Cover and simmer slowly about 2 hrs or until meat is tender. Thicken if desired. Serves 4.

14. HUNGARIAN GOULASH

¼ lb mild salt pork, cut into small pieces

1 lb cubed game meat

1 lb pork, cubed

recipe cont.

Hungarian Goulash, cont.

salt and pepper

flour

1 large onion, sliced

1 green pepper, chopped

water

1 bay leaf

several whole cloves

3 medium potatoes, diced

3 carrots, diced

salt and pepper

Fry salt pork until crisp in a heavy pan. Reserve drippings. Sprinkle salt and pepper on game meat and pork. Dredge with flour and brown in 2 to 3 tbsp of salt pork drippings. Add onion and green pepper, and cook for 5 min. Cover meat with water. Add bay leaf and cloves. Cover tightly and cook over low heat 2 to 3 hrs or until meat is tender. Add potatoes and carrots. Cook about 20 min or until vegetables are tender. Season to taste with salt and pepper. Thicken if desired. Serves 6 to 8.

15. VENISON STROGANOFF

½ c onion, chopped

½ c celery, chopped

¼ c butter or margarine

1½ lb cubed venison

1 garlic clove, minced

2 tbsp flour

2 tsp salt

¼ tsp pepper

¼ tsp paprika

1 lb fresh or 1 8-oz can mushrooms (optional)

1 can undiluted cream of chicken soup

1 c sour cream

parsley, chives or dill

Sauté onion and celery in melted butter or margarine in a frying pan until soft but not brown. Stir in venison cubes, garlic, flour, salt, pepper, paprika and mushrooms. Sauté mixture for 5 min. Add soup. Simmer uncovered for 20 min. Thin with water as desired. Cover and simmer about 1 hr. Stir in sour cream and sprinkle with parsley, chives or dill. Heat. Serve on rice, noodles, toast or potatoes. Serves 4.

Variation: Use ground venison. Simmer only 20 min covered before adding sour cream.

16. VENISON SCALLOPINI

1 onion, chopped
3 tbsp butter or margarine
1½ to 2 lb venison, elk or antelope, cut into small pieces
1/3 c flour
2 tsp salt
¼ tsp pepper
1½ tsp minced garlic
Pinch of rosemary
1 can condensed consommé

Sauté onion in skillet with butter. Dust meat with flour, salt and pepper mixture. Brown meat in skillet, adding butter as needed. Place in 1½ qt casserole with onions. Drain fat from skillet. Add garlic, rosemary and consommé. Heat to boiling in skillet. Pour over meat. Cover casserole and bake at 350° F for 45 min. Serve over rice. Serves 4 to 5.

17. VENISON HAWAIIAN

1 lb cubed deer steak
¼ c flour
½ c margarine
½ c boiling water
1 tsp salt
2 green peppers, chopped
½ c pineapple chunks, drained
2½ tbsp soy sauce
2 tbsp corn starch
½ c pineapple juice
¼ c mild vinegar
¼ c sugar

Roll meat in flour and brown in margarine. Add water and salt. Simmer gently in a skillet until tender. Add green peppers and pineapple to meat. Combine remaining ingredients in a saucepan and cook until thick. Pour over meat. Simmer a few min. Serves 6.

18. BURGUNDY VENISON

2 lb venison steak
1 garlic clove
3 medium onions
4 tbsp butter
salt, pepper, flour
¼ tsp marjoram
¼ tsp oregano
½ c burgundy wine

recipe cont.

Burgundy Venison, cont.

4-oz can mushrooms (optional)

½ pt sour cream

Cut venison into 1-inch pieces. Tenderize and set aside. Sauté garlic, onions and butter in a skillet until soft and brown. Remove onions and garlic from pan. Brown venison slowly. Return onions and garlic to pan. Thicken with flour and water. Add salt and pepper. Simmer 1½ hrs. Add mushrooms, herbs and wine. Simmer 15 min. Add sour cream and serve over wild rice. Serves 6.

19. CREAMED VENISON

1 lb cubed venison

3 tbsp fat

½ to 1 c water

2 tbsp butter or margarine

2 tbsp flour

½ tsp salt

1 c milk

2 tsp Worcestershire sauce

3 tbsp parsley, chopped

¼ c pickle relish

1 tsp celery salt

salt and pepper

1 c bread crumbs

butter or margarine

Brown meat in 3 tbsp fat in heavy skillet. Add water. Cover skillet and cook for about 1 hr or until tender. Add more water as needed. When meat is nearly done, melt 2 tbsp butter or margarine in double boiler, add flour and salt and stir until smooth. Add milk and cook until thickened. Combine meat, sauce, Worcestershire sauce, parsley, pickle relish and celery salt in greased casserole. Season to taste with salt and pepper. Sprinkle top with bread crumbs and dot with butter or margarine. Bake at 350° F until crumbs are browned. Serves 4.

20. CURRIED GAME

2 lb (4 c) cubed game

salt and pepper

¼ c bacon drippings or salad oil

1 large onion, chopped

1 tbsp curry powder

2 apples, sliced

3 stalks celery, chopped

2 c water or beef bouillon broth

recipe cont.

Curried Game, cont.

Sprinkle game with salt and pepper. Place drippings, onion and curry powder in heavy skillet. Heat and add cubed meat. Brown slowly, stirring frequently. Pour mixture into hot broth in a large saucepan. Cover and simmer 1 to 1½ hrs until meat is tender. Add apple slices and chopped celery. Pour in more broth if necessary so liquid barely covers meat. Continue cooking until meat is tender. Thicken liquid slightly before serving over rice. Serves 6.

If you use leftover meat in this recipe, add apples, celery and cooked meat at the beginning with the broth. Simmer mixture 20 min. Thicken the broth and serve as above.

21. FONDUE

salad oil

1 tsp salt

1½ lb trimmed game loin, cut in ¾-inch cubes

Pour oil into fondue cooker. Fill no more than ½ full or to a depth of 2 inches. Heat on stove to 425° F. Add 1 tsp salt. Transfer cooker to fondue burner. Have game at room temperature. Spear meat with fondue fork. Fry in hot oil to your own taste. Transfer to dinner fork and dip in sauce. Serves 4.

Suggested Sauces:

Garlic Butter [½ c butter
1 clove garlic, crushed

Cream together butter and garlic in a mixing bowl. This may be melted and served hot or at room temperature.

Mustard Sauce [2 tbsp butter or margarine
2 tbsp flour
¼ tsp salt
dash pepper
1 c milk
1½ to 2 tbsp prepared mustard

Melt butter or margarine in a small saucepan over low heat. Blend in flour, salt and pepper. Add milk all at once. Cook quickly stirring constantly, until the mixture thickens and bubbles. Remove from heat. Add mustard and mix well. Serve hot. Makes about 1 cup.

22. STEW KABOBS

3 lbs cubed game

1 tbsp lemon juice

recipe cont.

Stew Kabobs, cont.

3 tbsp salad oil
1 clove garlic, crushed
¼ tsp salt
1 tsp water
Dash pepper
Dash commercial tenderizer
¼ c honey
¼ c pineapple juice
¼ tsp ground ginger

Cube meat. Cover with following marinade and let stand 2 hrs : lemon juice, salad oil, garlic, salt and pepper and commercial tenderizer. Drain off marinade and save it.

String meat alternately on skewers with some or all of the following: mushroom caps, raw apple slices, (unpeeled), pineapple cubes, par-broiled carrot chunks, celery and green pepper. Place on broiler pan.

To the drained marinade add: honey, pineapple juice and ginger. Brush this mixture over skewers. Place 4 inches from heat. Broil 15 to 20 min , brushing with sauce, turning often. Serve on fluffy white rice. Serves 4.

23. ORIENTAL CASSEROLE

2 lb cubed game meat
Beef suet or other fat
2 c water
1 10½ oz can mushroom soup
1 2-oz can mushrooms
1 16-oz can Chinese noodles
2 large celery stalks, sliced or diced
Buttered pecans (optional)

Brown meat in fat. Add water and simmer until tender. Add soup, mushrooms, noodles, celery and mix. Transfer to a baking dish. Top with buttered pecans and bake 30 min at 350° F. Serves 6.

GROUND GAME

Use ground meat from any part of the carcass. Be sure that the meat is used immediately after thawing. (Ground game meat, because of its high bacterial content, often spoils faster than other ground meat.)

24. GAMEBURGERS

2 lb ground game meat
¼ lb suet or other meat fat, cut into small pieces

recipe cont.

Gameburgers, cont.

1 c bread crumbs
1 small onion, chopped
garlic salt
pepper
1/3 c milk

Mix ingredients and fry like hamburgers. Serve with tomato, onion or pickle slices on toasted buns. Serves 6.

Variation: Use 1 lb ground beef and 1 lb ground game meat. Omit the suet.

25. VENISON MEAT BALLS

3 slices soft bread
1½ lb ground venison
2 tsp salt
1/8 tsp oregano
1/8 tsp basil
¼ tsp pepper
1 small onion, finely chopped
¼ c butter or margarine
1 tbsp flour
salt and pepper (for gravy)
1 c milk

Break bread into small pieces and combine with ground venison, salt, oregano, basil, pepper and onion. Mix thoroughly. Shape into small balls about 1 inch in diameter. Chill for 15 to 20 min. Brown in butter or margarine, turning frequently. Cover pan. Turn heat to low and cook for 15 min. Remove meat balls.

Add flour, salt and pepper to pan drippings. Mix well. Add milk, stirring constantly, and simmer 3 to 4 min. Return meat balls to pan with gravy and simmer another 5 min. Serves 4.

26. ANTELOPE KABOBS

1 lb ground antelope
1 tbsp onion, finely chopped
1½ tsp sour cream
1 tsp curry powder
¼ tsp salt
1 tsp lemon juice

Mix ingredients together thoroughly. Pat around wooden skewers in a long cigar shape. If no skewers are available, pat into a weiner shape. Cook in shallow, very hot fat until brown. Serves 6.

27. SPANISH RICE A LA VENISON

2 slices bacon, chopped
¼ onion, chopped
½ lb ground venison
½ tsp salt
1/8 tsp pepper
1/8 tsp paprika
¼ tsp chili powder
1 16-oz can stewed tomatoes
steamed rice

Sauté bacon. Add onion and venison. Brown lightly. Mix in seasonings. Add tomatoes and simmer 20 to 30 min or longer. Serve hot over steamed rice. Serves 4.

28. ELK OR MOOSE MEAT LOAF

1 egg, beaten lightly with fork
¾ c bread crumbs
¾ c water or milk
1 tsp salt
2 tbsp finely chopped onion
½ lb bulk sausage
1 lb ground game

Mix egg, bread crumbs, water or milk, salt and onion. Add the sausage and mix. Add ground meat and mix thoroughly. Shape into one large loaf for baking. Bake 50-60 min at 350° F. Serves 4-5.

If you have a blender, make bread crumbs by blending 3 slices of stale bread (either dry or moist, and make finely chopped onions by blending the ¾ c water or milk plus 2 to 3 slices of onion.

Variations:

1. *Six individual meat loaves may be made instead of the large loaf. Bake only 40-45 min.*
2. *Peppers may be stuffed with a mixture of 2 parts meat loaf and 1 part cooked rice. Pour 1 can cream of chicken soup plus ½ can water over this. Bake 45 min at 350° F. One-third of meat loaf recipe above will fill 6-8 pepper halves.*

29. CHILI BAKE

1 lb lean ground game meat
1 medium onion, chopped
2 cans (10 3/4-oz each) cream of chicken soup

recipe cont.

Chili Bake, cont.

- 1 13-oz can evaporated milk
- 1 5 1/3-oz can evaporated milk
- 1 4-oz can chopped green chilies
- 12 corn tortillas, 6-inch size, cut in fourths
- ½ lb longhorn cheese, shredded

Brown meat and onion in a heated skillet. Mix soup, evaporated milk and chilies until smooth. Combine meat and soup mixtures. Cover bottom of greased pan (9 x 13") with half of the tortilla quarters. Spoon half of the meat mixture over tortillas. Arrange remaining tortillas on top. Spoon on remaining meat mixture. Sprinkle top with cheese. Bake, uncovered in oven preheated to 350° F about 30 min or until bubbly. Serves 8.

30. GAME CASSEROLE

- 1 to 2 lb ground game meat
- 2 to 3 tbsp fat
- 2 small onions, sliced
- 4 or 5 large potatoes, sliced
- 1 c tomato juice
- 1/3 c butter or margarine
- 1 tsp salt
- ¼ tsp pepper
- ¼ tsp ground sage
- 1 bay leaf

Brown meat in 2 to 3 tbsp fat. Arrange layers of meat, onions and potatoes in greased casserole. Heat tomato juice and add butter or margarine and seasonings. Pour over meat and vegetables. Cover and bake 1½ hrs at 350° F. Serves 6.

31. MINCEMEAT

- 5 c meat, cooked & ground
- 10-12 c finely chopped apples (Winesap or Jonathan)
- 2 c molasses
- 2 c vinegar
- 2 c suet or butter
- 4 c raisins
- 10 c sugar
- 4 c fruit juice
- 2 tbsp each of nutmeg, cloves, cinnamon and salt
- 3 lemons, sliced

Combine all ingredients and cook over medium heat until the mixture boils. The mincemeat can be frozen in pie shells or it can be processed in commercial canning jars using the time and pressure recommendations for your altitude. Yield 21 pints.

32. CHILI CON CARNE

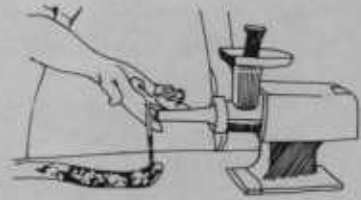
¼ lb beef suet, cut in small pieces
1 medium onion, sliced
3 garlic cloves, sliced
1 lb ground game meat
1 8-oz can red kidney beans
chili powder
paprika
salt

Fry suet until crisp, add onion, garlic and meat. Cook until browned. Add beans to meat mixture. Season to taste with chili powder, paprika and salt. Cook over low heat for about 1 hr or until the mixture thickens. Stir occasionally to prevent sticking. Serves 4 to 6.

33. MEXICAN CASSEROLE

2 lb ground game meat
2 medium onions, diced
1 16-oz can pinto beans
1 16-oz can pinto beans in chili sauce
1 4-oz can green chilies
1 16-oz can enchilada sauce
1 lb Longhorn cheese
12 corn tortillas

Fry tortillas in oil, dip in enchilada sauce and layer in a 11 x 15" pan. Brown meat and onions and add pinto beans and chilies. Spoon meat mixture onto tortillas. Top with grated cheese. Bake at 350° F for 1 hr. Serves 15.



Homemade Sausages

Since the earliest times, man has prepared some type of meat product comparable to sausage. Homer spoke glowingly of sausage in his *Odyssey*, saying it was a favorite food of the Greeks. The Romans' liking for sausage was so great that no festive occasion was considered complete without it. Marco Polo's spice quest (1271-1275) and Christopher Columbus's voyage (1492) in search of a shorter route to the East Indies for spices used in sausage are additional indications of its early popularity.

Some of the early sausage makers became so adept in the spicing and processing of sausages of distinctive types that the fame of their products spread throughout Europe. Many a delectable sausage of today bears the name of its city of origin. From Italy comes Milano, Romano, Genoa, Bologna and Salami. Sausage makers in Germany and Austria led the development of fresh and cooked sausages. From Frankfurt, Germany, came the frankfurter and from Vienna, Austria, the weinerwurst.

Sausage is continuing to grow in popularity and homemade sausages are common. Homemade sausages are particularly popular among big game hunters who find that properly handled game, when made into sausage, is palatable and highly nutritious. Further incentive for preparation of game at home comes from production of sausages spiced to meet individual preferences and made from the hunter's game.

MAKING SAUSAGES

This section gives a few sausage recipes which can be made with game. Ingredients are readily available in most areas from retail stores and locker plants. The recipes can be used for deer, elk, antelope, moose or other wild meat which has been trimmed of fat. Meat from domestic sources can be used as well but some reduction in the amount of fat in the recipes is needed if the beef, pork or lamb contains fat.

Any lean meat from any part of the carcass can be used for sausage. Most often meat from the back and hind legs is saved for roasts and steaks and boneless, fat-free lean from other areas of the carcass is

utilized for sausage. It is recommended that the lean be removed from the carcass and made into sausage as soon as possible (the day after the kill is best) to prevent unnecessary bacterial growth. Meat which has been frozen and thawed can also be used.

Freezing meat before sausage is made ensures that it will be free from live parasites sometimes found in game meat. Freeze clean, edible trimmings immediately after they are removed from the carcass. The trimmings can be ground and fat added when they are thawed. Regardless of whether fresh lean trimmings or thawed lean trimmings are used, speed in sausage preparation is a must to prevent bacterial growth. Bacterial growth on game meat causes soured meat which is unacceptable as a sausage ingredient.

The quality of the sausage produced is often proportional to the length of time thawed or the length of time fresh trimmings stand before they are used. Game meat trimmings should be removed from the carcass free of fat, hair, bloodshot and dirt. They should be chilled at 30° F and made into sausage or frozen immediately.

Before following any of the recipes listed, read the sections on casings, stuffing sausage and notes. You may want to cut all the ingredients in the recipes in half if the 25 pound batches are too large for your purposes.

GAME SAUSAGE RECIPES

34. FRESH GAME SAUSAGE

15 lb lean meat
10 lb pork or beef fat^a
3/4 c (8oz. or 227 g) salt
6 tbsp (42 g) ground black pepper
5 tbsp (14 g) rubbed sage

^a*Pork fat is preferred in this and in subsequent recipes but beef fat is usually easier to purchase.*

Cut lean meat and fat into 1-inch squares (Figure 5) or grind through a coarse (1/2- to 1-inch) plate. Season by sprinkling the ingredients over the meat (Figure 5) and hand mix. Grind through a 3/16-inch plate. Sausage can be frozen in packages, made into patties or stuffed into hog casings. The above produces a mild sausage. For a more highly seasoned sausage, increase the amount of pepper and add additional seasoning (example: 1 tbsp nutmeg, 1 tbsp ginger, 1 tbsp mace).

35. FRESH THURINGER

20 lb lean meat
5 lb pork or beef fat
4 tbsp (56 g) sugar
1 qt (2 lb) cold water

recipe cont.

Fresh Thuringer, cont.

3/4 c (8 oz or 227 g) salt
3/4 c (79 g) ground white pepper
5 tsp (7 g) powdered mustard
2 tbs (31 g) cure

Cut lean meat and fat into 1-inch squares (Figure 5) or grind through a coarse (1/2-to 1-inch) plate. Season by sprinkling the ingredients over the meat and hand mix. Grind through a 1/4-inch plate while adding water and then regrind through a 1/8-inch plate. Mix 6 min and stuff into hog casings and link. Cook Thuringer in 170° F water or in a 185° F smokehouse until the internal sausage temperature is 152° F and then chill to an internal temperature of 100° F in cold water. Thuringer is allowed to stand at room temperature for 1 to 2 hrs, and then held in a refrigerator for a few days or frozen. (Thuringer can also be served hot right out of the 170° F water.) Liquid smoke (1 oz) is sometimes added to Thuringer.

36. LIVER SAUSAGE

9 lb liver
5 lb lean meat
4 lb pork or beef fat
1 lb fresh onions
3 1/2 c + 2 tbs (0.6 lb) nonfat dry milk
4 tbs (26.4 g) ground white pepper
7 tbs (0.3 lb) salt
4 tsp (22 g) cure (optional)

Fry the liver until it is about half-cooked. Grind the liver, lean and fat through a coarse (1/2- to 1-inch) plate. Chop the onions and season by sprinkling ingredients over the meat and hand mix. Grind through a 1/8-inch plate. Mix 6 min and stuff into natural casings or artificial casings 2 to 3 inches in diameter. Cook in water at 170° F or in a 185° F smokehouse until internal temperature of the sausage reaches 152° F. Immediately place the sausage in cold water until the internal temperature of the sausage is 100° F. Rinse briefly with hot water to remove grease. Allow to dry 1 to 2 hrs at room temperature. Move to refrigerator.

37. COOKED SALAMI

19 lb lean meat
6 lb pork or beef fat
1 c (10.5 oz or 298 g) salt
1/2 c (100 g) sugar
1 qt (2 lb) cold water
5 1/4 c (0.87 lb) nonfat dry milk
6 tbs (35 g) ground black pepper^a
3 tbs (13.5 g) garlic powder

recipe cont.

Cooked Salami, cont.

3 tbsp (14.5 g) coriander seed
4 tsp (7 g) ground mace
4 tbsp (7 g) ground cardamom
2 tbsp (31 g) cure

^a*Whole pepper, if added in place of ground pepper, must be mixed in after the meat has been through the grinder for the last time.*

Cut the meat and fat into 1-inch squares (Figure 5) or grind through a coarse (½- to 1-inch) plate. Season by sprinkling the ingredients over the meat and hand mix. Grind through a 1/8-inch plate. Mix 6 min and stuff into natural or artificial casings 2 to 3 inches in diameter. Place in a smokehouse and heat at 185° F until the internal sausage temperature reaches 152° F. Move to a cold water bath until the internal temperature reaches 100° F. Rinse briefly with hot water to remove grease and hang sausage at room temperature for 2 to 3 hrs before refrigeration. The salami should be cooled overnight in a refrigerator before cutting.

Salami can be roasted in casings in a 185° F oven if a smokehouse is not available. Four to eight oz of liquid smoke per 100 lb of product can be added for flavor. Follow the above chilling procedures.

Another alternative is to roast salami without casings. The above ingredients must be mixed and left in a refrigerator to chill overnight. The next morning, hand mix the ingredients again and form rolls 2 to 3 inches in diameter and 10 inches long. Liquid smoke can be diluted 1 part to 5 parts water and sprinkled over the roasts if desired. Then place the rolls on a broiler rack with ½-inch water in the pan underneath and bake in a 160° F oven for 2 hrs, then 185° F until internal temperature reaches 152° F. Cool in cold water until internal temperature reaches 100° F and then refrigerate overnight before slicing.

38. POLISH SAUSAGE

19 lb lean meat
6 lb pork or beef fat
4½ c (0.75 lb) nonfat dry milk
1 c (10.5 oz or 298 g) salt
½ c (100 g) sugar
2 qts (4 lb) cold water
4 tbsp (28 g) ground black pepper
3 tbsp (14 g) coriander
5 tbsp (21 g) garlic powder
2 tbsp (31 g) cure

Cut lean meat and fat into 1-inch squares (Figure 5) or grind through a coarse (½- to 1-inch) plate. Season by sprinkling the ingredients over the meat and hand mix. Grind through a ¼-inch plate while adding water and then regrind through a 1/8-inch plate. Mix 6 min and stuff

recipe cont.

Polish Sausage, cont.

into hog casings. Place in a smokehouse and heat at 185° F until a smoked color is obtained and the sausage reaches 152° F internal temperature. Immediately place the sausage in cold water until the internal temperature is 100° F. Rinse briefly with hot water to remove grease. Allow to dry 1 to 2 hrs at room temperature. Move to refrigerator.

39. BOCKWURST

19 lb lean meat
6 lb pork or beef fat
4½ c (0.75 lb) nonfat dry milk
¾ c (8 oz or 227 g) salt
2 qts (4 lb) cold water
3 eggs
2 tbsp (28 g) sugar
5 tbsp (28 g) onion powder
4 tbsp (26.4 g) ground white pepper
1 tbsp (5.4 g) ground mace
1 tbsp (4.8 g) ground ginger

Cut lean meat and fat into 1-inch squares (Figure 5) or grind through a coarse (½- to 1-inch) plate. Season by sprinkling the ingredients over the meat and hand mix. Grind through a 1/8-inch plate. Mix 6 min and stuff into hog casings. Cook in water at 170° F or at 185° F in the smokehouse until the internal temperature of the sausage reaches 152° F. Immediately place the sausage in cold water until the internal temperature is 100° F. Rinse briefly with hot water to remove grease. Allow to dry 1 to 2 hrs at room temperature. Move to refrigerator.

Note: This product may be cooked from the fresh state without first heating in 170° F water if desired.

40. GAME LOAF

8 lb lean meat
2 lb pork or beef fat
3 c (1.5 lb) water
2 c (5 oz or 0.31 lb) nonfat dry milk
¼ c (4 oz) salt
2 tbsp (13.2 g) ground white pepper
4 tbsp (34 g) onion powder
4 tsp (8 g) celery seed
1 tbsp (14 g) cure (optional)

Cut lean and fat into 1-inch squares (Figure 5) or grind through a coarse (½- to 1-inch) plate). Season by sprinkling the ingredients over the meat and hand mix. Grind through a 1/8-inch plate and mix all ingredients

recipe cont.

Game Loaf, cont.

8 min. Fill loaf pans about 3/4 full and work meat until all air pockets are eliminated. Place in oven overnight at 160° F. Raise temperature to 185° F and heat until internal temperature reaches 150° F. Immediately place the sausage in cold water until internal temperature reaches 90° F and let stand at room temperature to dry. Move to refrigerator.

41. SUMMER SAUSAGE

21 lb lean meat
4 lb beef fat
6 c (3 lb) water
5¼ c (0.87 lb) nonfat dried milk
½ c (0.25 lb) sugar
1 c + 2 tbsp (0.75 lb) salt
½ c (84 g) mustard seed
6 tbsp (40 g) pepper
2½ tbsp (35 g) liquid smoke
2 tbsp (31 g) cure
1 tbsp + 1 tsp (6 g) sodium erythorbate

Grind meat and fat through a ½-inch plate. Mix in all ingredients after dissolving liquid smoke, cure and sodium erythorbate in the 6 c (3 lb) of water. Stuff in artificial or natural casings. Cook in the smokehouse at 185° F until an internal temperature of 152° F is reached. Cool in water to 90° F and allow to hang at room temperature 2 to 3 hrs before refrigeration.

42. STARTER CULTURE SUMMER SAUSAGE

21 lb lean meat
4 lb beef fat
6 c (3 lb) water
¾ c (0.25 lb) dextrose
¾ c + 2 tbsp (0.6 lb) salt
5 tbsp + ¾ tsp (35 g) pepper
6 tbsp + 1 tsp (35 g) mustard
6 tbsp (35 g) liquid smoke
2 tbsp (31 g) cure
1 tbsp + 2½ tsp (14 g) nutmeg
1 tbsp + 1 tsp (6 g) sodium erythorbate
*starter culture as specified by manufacturer

**Amount varies by manufacturer and type of culture (i.e., frozen or freeze-dried). Some use ½ c of 100 grain vinegar (10% acetic acid) in place of starter culture but 2 oz GDL/25 lb meat is best as a substitute.*

recipe cont.

Starter Culture Summer Sausage, cont.

Grind meat and fat through 1/2-inch plate and mix in all ingredients. Regrind through 1/8-inch plate. Stuff in artificial or natural casings. Place in smokehouse at 90 to 100° F overnight or until a pH of 4.6 to 4.9 is reached depending upon the intensity of tangy flavor desired. (This incubation period is not needed if GDL or acetic acid is used.) Raise smokehouse temperature to 170° F until internal temperature of sausage reaches 138° F. Cool in water to 90° F internally before refrigeration.

43. PEPPERONI

22 lb lean meat
3 lb pork fat
1 1/4 c + 2 tbsp (0.9 lb) salt
1/3 c + 1 tbsp + 1 tsp (2.25 oz or 64 g) dextrose
2 tbsp (31 g) cure dissolved in 1 c (0.5 lb) water
3/4 c (75 g) ground red pepper
3/4 c (64 g) ground allspice
1 tbsp (5 g) garlic powder
5 tbsp (28 g) fennel seed

Grind meat and fat through a 1/2-inch plate. Mix meat, fat and all seasonings. Grind through a 1/8-inch plate and mix 6 min. Stuff in hog casings and place in 90° F smokehouse until pH 5 is reached. Store at 50° F for 20 days to produce a dry product, or heat to 142° F after pH is reached to produce a semi-dry product.

Note: It is best to use a starter culture with all fermented sausage. If starter cultures are not available let product stand in a 6-inch deep tray at 38° F for 72 hrs before it is stuffed or add 8 oz of GDL per 100 lb of product and heat to 142° F internally without incubation.

44. HARD SALAMI

22 lb lean meat
3 lb pork fat
1 1/4 c + 1 tbsp (0.87 lb) salt
1 c + 3 tbsp (0.37 lb) dextrose
3 tbsp (21 g) ground white pepper
2 tbsp (31 g) cure
1 tsp (1.7 g) garlic powder

Grind meat and fat through a 1/2-inch plate and mix all ingredients. Regrind through a 1/8-inch plate. Store the mix in 6-inch deep trays for 7 days at 45° F. Mix 6 min and stuff in fibrous or natural casings. Hold stuffed product for 35 days at 45° F. Fully dried sausages lose 35% of their weight during the drying period which takes approximately 90 days. If the product molds in the drying room it should be wiped with

recipe cont.

Hard Salami, cont.

an oiled rag. At the end of the 90-day drying period, hard salami can be smoked if desired.

Note: GDL or starter culture (as described in the note under pepperoni) can be used here.

45. COUNTRY STYLE BOLOGNA*

17 lb lean meat
3 lb pork fat
1 qt (2 lb) cold water
3/4 c + 2 tbsp (0.6 lb) salt
4 1/4 c (0.7 lb) nonfat dry milk
3 tbsp (42 g) sugar
2 tbsp (26 g) cure dissolved in 2 c (1 lb) cold water
8 tsp (12 g) ground coriander seed
5 tbsp (34 g) ground white pepper

Grind lean meat and pork fat through a 1/2-inch plate, season, mix and regrind through a 1/8-inch plate. Mix 6 min and stuff into fibrous or natural casings. Hang the sausage in a 185° F smokehouse until the internal temperature reaches 152° F. Remove sausage from smokehouse and immediately place it in cold water until the internal sausage temperature is 90 to 100° F. Hang the sausage at room temperature for 2 hrs before refrigeration.

**Frankfurters can be made following this recipe. The only difference is that frankfurters are stuffed into small casings.*

CASINGS

Pork casings, pickled or preserved in dry salt, are available at many locker plants. Beef casings, sheep casings and artificial casings are also available from some locker plants or places where sausage is made. The use of casings can be avoided if fresh game sausage is made into patties and cooked sausage such as salami is made in loaf pans.

All casings preserved in dry salt must first be soaked in lukewarm water before use. Flush each casing by putting the end of the casing over the cold water tap and running cold water through the casing. Unused casings can be drained, covered again with fine salt and frozen. Casings which come in a brine should also be soaked in cold water before use.

Some artificial casings should be soaked in hot tap water (100° F) at least 30 min but not over 4 hrs before use. They should be punctured with a knife point before sausage is stuffed unless the casings are pre-stuck. The purpose of puncturing the casing is to eliminate air and fat pockets in the finished sausage.

NOTES:

1. *The cure mentioned for several sausage recipes contains 6.25% sodium nitrite which gives a red, cured color to the sausage after heating. Sausages which do not contain cure will be brown, not red, after processing. Cures such as Modern Cure, or Prague Powder can sometimes be purchased from small commercial sausage makers. Complete cures can often be purchased in grocery stores or locker plants. Follow the instructions on the container if complete cures are used. Complete cures often replace most of the salt and sugar called for in the sausage recipes.*
2. *Fresh sausage is readily perishable and has a short shelf life of 4 or 5 days at refrigerator temperature.*
3. *Fresh sausage should be frozen if it is to be kept more than 4 or 5 days. Fresh sausage or cooked sausage can be kept 2 to 3 months at 0° F and slightly longer at colder temperatures.*
4. *To keep fresh sausage patties from falling apart while frying, add up to ½ c of cold water for each 4 lb of sausage and mix well with the hands until the mass becomes sticky and dough-like.*
5. *A meat thermometer is a must to check the internal temperature of cooked sausages such as thuringer, polish sausage, bockwurst, liver sausage and cooked salami.*
6. *Refer to page 61 of this Bulletin for instructions on how to build an inexpensive smokehouse.*
7. *Seasonings in sausage can be altered to suit individual tastes. Products containing cure will benefit from the addition of 2 tbsp + 1 tsp (28 g) MSG and 1 tbsp + 1 tsp (6 g) sodium erythorbate per 25 lb batch.*
8. *Natural spices may result in some discoloration around large spice particles. Spice discoloration is not harmful.*
9. *Fresh uncooked sausages and cooked sausages (those heated to 152° F during processing) can be panfried, baked in an oven, simmered, pan-broiled or grilled. However, some cooked sausages (salami, liver sausage) are usually eaten cold.*

STUFFING SAUSAGE

Stuffing sausage is easy if you have access to a sausage stuffer. Even hand-turned sausage stuffers are becoming expensive and many people who would like to try homemade sausage have not because sausage stuffers are not readily available. Figures 5 through 13 show a variety of inexpensive methods for stuffing sausage. Most methods shown require two people, one to hold the stuffer and one to handle the casing.



Figure 5. Cut the meat and fat into 1-inch squares and sprinkle with seasonings. Mix well and then grind as outlined in the sausage recipes. Stuffing horns, which can be purchased from food grinder manufacturers or made at a sheet metal shop, are shown on either side of the pan.

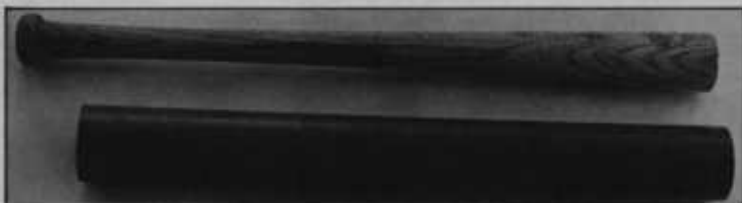


Figure 6. A homemade sausage stuffer for larger casings can be made from a piece of plastic or stainless steel pipe and a ball bat sawed off so that it will just fit into the pipe.



Figure 7. After the sausage is tamped into the pipe to remove the air, a casing just larger in diameter than the pipe is placed on one end and the filled pipe is forced down over the bat.

Stuffing Sausage, cont.

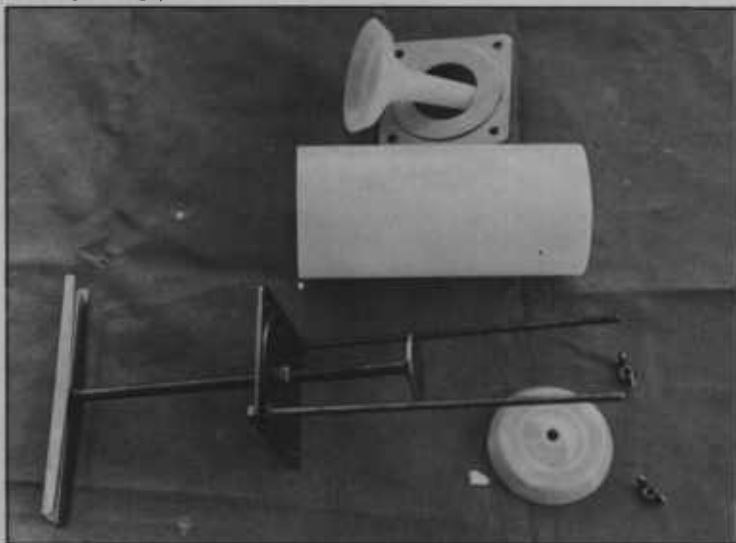


Figure 8. This commercial sausage stuffer comes with a small horn for small casings such as hog casings and a larger horn for larger casings.



Figure 9. Sausage is tamped into the pipe.



Figure 10. After the stuffer is assembled, the handle is turned, forcing the sausage into the casing.



Figure 11. This small electric grinder comes equipped with a plastic stuffing horn suitable for hog casings. If the casing sticks to the horn, use a thin coat of butter or edible oil on the horn to allow the moist casings to slide easier.

Stuffing Sausage, cont.

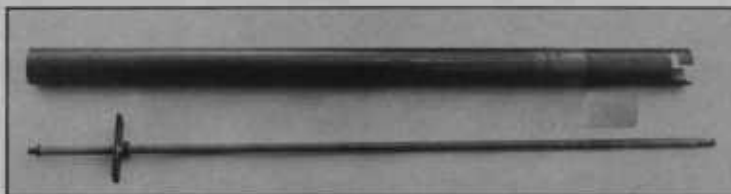


Figure 12. A homemade sausage stuffer composed of an exhaust pipe with a slot cut into one end, a plastic dowel which fits inside the pipe and pushes the sausage, a threaded rod, and a nut welded to a piece of metal which fits into the exhaust pipe slot.



Figure 13. After the sausage is stuffed into the pipe, the plastic dowel is inserted and the piece of metal on the threaded bolt is locked into place. A variable speed electric drill is then attached to the end of the threaded bolt. A carpenter's hand brace can be attached as an alternate method for uniform stuffing pressure.



Cured Game

46. PEPPERED GAME

The first step in the curing process is to obtain a large, clean, non-metal can or vat in which to put the brine solution. A plastic garbage can with a lid is a good choice. Next, make the following brine solution which is usually sufficient for 50 lb of meat.

5 gal cold water
2½ lb sugar
6 lb salt
3 tbsp (28g) whole or cracked black pepper
1½ lb cure

Submerge the raw meat (3 to 5 lb pieces of loin or leg) in the solution, and weight it down with a large clean rock or piece of crockery. Cover the container to keep out dirt and dust. Next, place the vat in an unheated garage, basement or other cool place. (Temperatures in Wyoming are usually cool enough to prevent spoilage in the fall, winter and spring months.)

Leave the meat in the solution for 4 weeks. A long curing period is necessary to allow the ingredients to penetrate to the center of the meat. If the meat is removed from the cure too soon there will be a brown area in the center of the meat after it is cooked.

After 4 weeks, remove the meat and soak overnight in tap water to remove excess salt. Dry the meat and rub it well with ground black pepper. The meat should then be smoked for about 12 hrs at 180° F to 200° F. Use any hard wood for smoking. Use a meat thermometer to test whether the meat is done. Recommended internal temperature is 160° F.

This recipe may be used without smoking. First, soak away excess salt and apply pepper. Then, place the meat in flat pans and bake at 250° F in a regular kitchen oven until an internal temperature of 160° F is

recipe cont.

Peppered Game, cont.

reached. The meat may be served hot or cold. Meat that isn't eaten within 2 or 3 days should be frozen.

**See Note No 1 (p 47) for a definition of cure.*

47. CORNED GAME

Corned venison, elk or antelope can be made using the same brine solution which is listed for peppered game. Replace the 3 tbsp (28 g) of black pepper with 3 tbsp (28 g) of pickling spice and follow the recipe for peppered game. After the meat has been in the brine for 4 weeks, and soaked in water to remove excess salt, it should be simmered in water until tender. Meat that isn't eaten within 2 or 3 days should be frozen.

The four-week holding period for corned game can be reduced if a large syringe with a 12 gauge needle is used to inject the meat with the brine until meat weighs 10% more than it did before injection. The meat is then left in brine overnight and then stored in the refrigerator a few days before it is cooked in water until tender.



Making Jerky

Before the advent of refrigeration, various methods of preserving meat were practiced. Drying, smoking and salting of meat to prevent spoilage were common. These practices antedate recorded history and they were common by 1000 B.C. The Spaniards who came to North America following Columbus found dried meat (jerky) in use by the Indians. Meat was cut into thin strips and often dried without seasoning. The strips of meat were hung in trees, on poles, or in the tops of huts or tepees out of the reach of dogs. When the meat became hard, it was powdered and mixed with dried berries and corn or other dried fruits and vegetables to form pemmican. Animal fat was often added. In this form, the dried meat was transported in skins and was the principal food whenever tribes were migrating. Pemmican was often soaked four or five hours and boiled into a stew.

In recent years, jerky has again become a popular item. It can be purchased at the grocery, in sporting goods stores, in bars, and even in some gas stations. As a result of its popularity the author has had many requests for jerky recipes which can be made at home.

The purpose of this section is to outline several different methods of making jerky. All of the recipes listed can utilize meat from domestic sources or from big game. For example, the same recipe will produce beef or venison jerky.

MEAT PREPARATION

While the Indians frequently used the loin or tenderloin, any muscle from any place in the carcass can be used. Muscles from the round or leg are most often used today. It is recommended that muscles be removed from the carcass and made into jerky the day after the kill to prevent unnecessary bacterial growth. However, aged meat can be used. Meat which has been frozen and thawed can also be used satisfactorily. Freezing meat for a month before jerky is made insures that it will be free from live parasites which are sometimes found in game meat. In order to have freshly made jerky during the year, many people

Jerky Meat Preparation, cont.

freeze meat which is to be made into jerky. The meat is then thawed in small quantities and made into jerky as it is needed.

Meat should be trimmed of fat and connective tissue and then cut into strips one-fourth inch thick, one inch wide, and up to a foot in length. Cut with (not across) the grain. Small muscles, one or two inches in diameter, are often separated and made into jerky without being cut into strips. These thicker pieces of meat take longer to absorb the salt and seasonings and longer to dry, but with these exceptions, no changes in the jerky recipes need to be made. Some recipes call for drying jerky in the sun. Because of sanitation problems, this method is not recommended. If sun drying is used, the jerky should be cut into strips one-fourth inch thick or less.

Color of the finished jerky ranges from a light brown to black. Color variations depend upon the recipe used, the species of animal, and the age of the animal. The latter two factors are related to the myoglobin concentration in fresh meat. Myoglobin is the pigment in meat responsible for color. Higher levels of myoglobin result in darker colored jerky.

CHECK LIST FOR MAKING JERKY

1. Use fresh lean meat free of fat and connective tissue.
2. Slice the meat with the grain, not crosswise.
3. Add the correct amount of seasoning. If you do not have a scale, use approximate equivalent measures for the jerky recipes as follows:

Salt	10.5 oz (298 g)	= 1 c
	8.0 oz (227 g)	= $\frac{3}{4}$ c
	2.0 oz (57 g)	= 3 level tbsps
Sugar	5.0 oz (141 g)	= $\frac{2}{3}$ c
	3.5 oz (100 g)	= $\frac{1}{2}$ c
	1.0 oz (28 g)	= 2 level tbsps
Ground Spices . . .	0.5 oz (14.3 g)	= 2 level tbsps
	0.08 oz (2.4 g)	= 1 level tsp
4. Cure the meat the correct length of time at refrigerator temperatures. Salted meat should be placed in plastic, wooden, stainless steel or stone containers.
5. Keep the drying or smoking temperature in the smokehouse or oven at 120° F or below after the first 30 min (use a thermometer). Oven or smokehouse temperatures of 170-190° F are often recommended for the first 30 min.
6. If an oven is used, line the sides and bottom with aluminum foil to catch the drippings. Open the door to the first or second stop to allow moisture to escape and to lower the oven temperature when necessary.

7. Use any hardwood for smoking. Do not use pine, fir or conifers.
8. Remove the jerky from the smokehouse or oven before it gets too hard for your taste. Five lbs of fresh meat should weigh approximately 2 lbs after drying or smoking.
9. Store jerky in clean jars or plastic bags, or wrap it in freezer paper and freeze it. Although jerky will last almost indefinitely at any temperature, its quality deteriorates after a few months.
10. Alter seasonings and smoking or drying times to suit individual tastes. Examples of spices which could be added to 5 lbs of meat in the previous recipes include: 2 tbsp chili powder, 2 tbsp of garlic powder, 2 tbsp onion powder, 1 tsp ginger, 2 tbsp coriander or 1 tsp allspice.

JERKY RECIPES

48. SIMPLE DRY CURED JERKY

1. Prepare 5 lbs of meat as described above (¼-inch strips).
2. Spread out meat and sprinkle on 2 oz salt (3 tbsp), 0.16 oz ground pepper (2 tsp) and 1 oz sugar (2 tbsp).
3. Put the meat in a pan or dish and let stand 24 hrs in refrigerator.
4. Dip strips of meat in liquid smoke 1-2 seconds for added flavor (optional).
5. Spread out meat in the top half of a kitchen oven on a rack to dry. Open the oven door to the first or second stop. Heat at 120° F (lowest temperature) for 48 hrs or until the desired dryness is reached. Use an oven thermometer to make sure the oven does not get hotter than 120° F. Higher temperatures result in hard, brittle jerky that crumbles when it is eaten.

49. PICKLE CURED JERKY

1. Cut the meat into ¼-x1-inch strips.
2. Make a brine as follows:

[1.0 gal water (8.3 lbs)
8.0 oz salt (¾ c)	
3.5 oz sugar (½ c)	
0.5 oz ground pepper (2 tbsp)	
3. Stir to dissolve salt and sugar.
4. Put the meat strips into the brine and leave them in the refrigerator overnight.
5. Pour off the brine and let cold tap water run on the meat in a container for one hour.

recipe cont.

Pickle Cured Jerky, cont.

6. Hang the strips of meat in the smokehouse at 120° F until the jerky is the desired texture. Use any hardwood for smoking.

Note: An oven, as described under Simple Dry Cured Jerky, can be used if a smokehouse is not available. However, the smoked flavor will be lacking. In addition to pepper, some people add 10 bay leaves, a tsp of cloves, a tsp of sage (or all of these) to the above brine.

50. HOT PICKLE CURED JERKY

1. Prepare the jerky described in the simple dry cured jerky recipe, then pound the meat on both sides to work in the spice. Other spices and liquid smoke can be added.
2. Immerse the fresh meat strips (a few at a time) into boiling brine (pickle cured jerky) until they turn gray (approximately 1 or 2 min).
3. Remove the meat from the brine and oven-dry or smoke as described in the preceding recipes.

Note: Hot Pickle Cured Jerky is preferred by some because it sterilizes the surface of the meat before the meat is dried.

51. MARINATED JERKY

1. Cut the meat into ¼- x 1-inch strips.
2. Cover the meat with 1 c soy sauce and 3 c water and add 0.16 oz pepper (2 tsp), and 0.08 oz ground ginger (1 tsp) per 5 lbs of meat.
3. Stir the meat and marinate for 12 hrs in the refrigerator.
4. Oven-dry or smoke in a smokehouse.

52. JERKY FROM GROUND MEAT

1. Cut 5 lbs of meat relatively free of fat and connective tissue into 1 inch squares. Sprinkle 2 oz salt (3 level tbsp), 0.24 oz ground pepper (1 level tbsp), 1 oz sugar (2 level tbsp) and 5 tbsp Worcestershire sauce over the meat.
2. Grind meat through a 1/8-inch plate. Divide the meat into 4 or 5 portions.
3. Place each meat portion on a sheet of freezer paper, plastic or aluminum foil and flatten the meat until it is about 1 inch thick. Now

recipe cont.

Jerky from Ground Meat, cont.

cover the meat with a second piece of freezer paper, plastic or aluminum foil and use a rolling pin to flatten the meat to ¼ inch in thickness. Peel off the top layer. Turn a cake cooling rack or screen over the meat mixture and reverse. Peel off the other sheet used to flatten the meat.

4. Oven dry at 120° F or smoke in a smokehouse until desired dryness is reached.

5. Slice into thin strips with a knife or a pair of kitchen shears.

Note: Ground meat can be used if it is 15 to 20% fat or less and if care is taken to make sure the spices are thoroughly mixed into the meat.

The Smokehouse

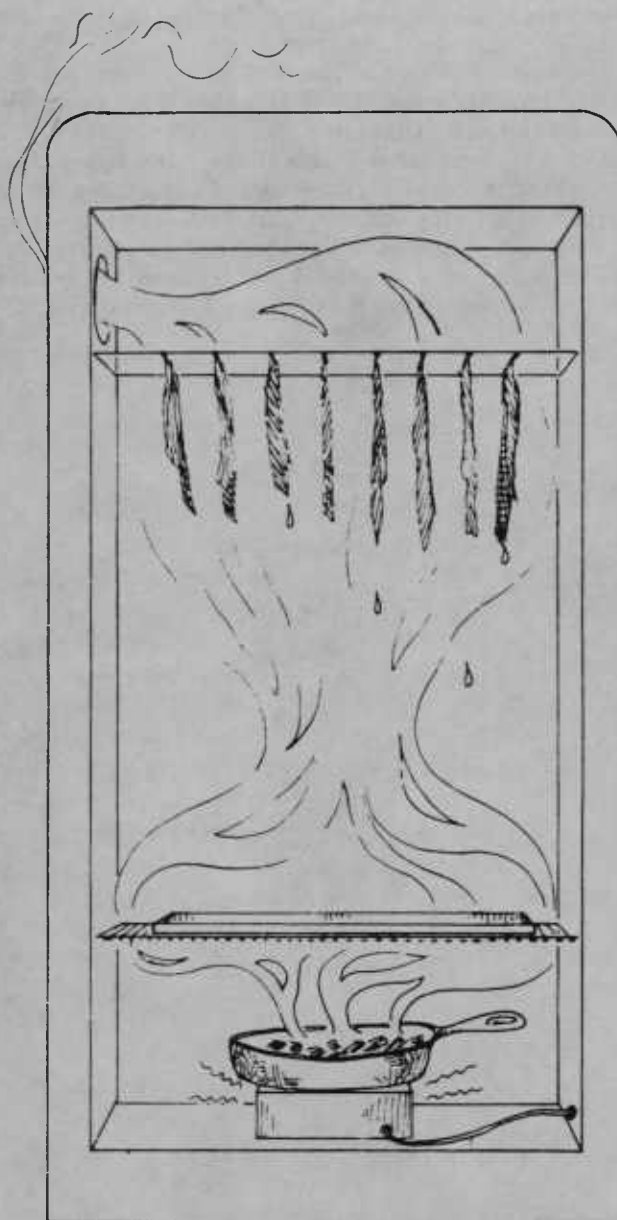


Figure 14. A homemade smokehouse which was a refrigerator.

Many types of commercial and homemade smokehouses are in operation. The author prefers an old refrigerator with a vent cut in the top and an electric hot plate with variable heat settings in the bottom. The vent is kept covered except when it is necessary to reduce the temperature in the smokehouse. The inside of the refrigerator should be lined with boards or metal so that the shelves won't collapse when the plastic interior melts. Drill a hole for entry of the electric power supply cord. An iron container filled with twigs, shavings or sawdust is placed on the hot plate. Hang the jerky in the top of the refrigerator with string or lay it on stainless steel racks. Protect the wood chips or sawdust from meat drippings with a metal or aluminum foil baffle above the hot plate and under the jerky. This prevents the wood from catching fire and eliminates smoke produced from the drippings.



Small Game Recipes

53. FRIED RABBIT

Small young rabbit, cut into serving pieces
flour
salt and pepper
cooking fat or oil

Roll rabbit pieces in mixture of flour, salt and pepper. Heat fat or oil about $\frac{1}{2}$ inch deep in a heavy fry-pan large enough to hold the pieces without crowding. Use moderate temperature. Put in the large pieces of rabbit first and cook them about 10 min before adding the smaller pieces and giblets. Turn rabbit often for even cooking and cook until well browned and tender, about 30 to 35 min. Serves 3 to 4.

54. OVEN-GRILLED RABBIT

2 or 3 young rabbits
1 clove garlic or $\frac{1}{2}$ lemon or lime
salt and pepper
 $\frac{1}{2}$ c flour or crushed cereal
 $\frac{1}{2}$ c fat, melted

Cut rabbits in quarters. Rub pieces with garlic or lemon or lime juice and let stand for 30 min. Sprinkle with salt and pepper and roll pieces in flour or crushed cereal. Place rabbit in melted fat in bottom of deep baking dish. Bake at 375° F for 30 min or until brown. Turn and bake 30 min longer. Remove and drain on absorbent paper. Serve piping hot.

55. HASEN PFEFFER

1 rabbit, cut into serving pieces
2 to 3 c vinegar
2 to 3 c water
 $\frac{1}{2}$ c sugar

recipe cont.

Hasenpfeffer, cont.

1 onion, sliced
2 tsp salt
¼ tsp pepper
1 tsp pickling spices
flour
cooking fat or oil
½ tsp kitchen bouquet

Cover rabbit with equal parts vinegar and water and add sugar, onion, salt, pepper and pickling spices. Let rabbit stand in pickling solution in a refrigerator for 2 days. Remove rabbit from liquid, dry, roll in flour and brown in hot fat. Gradually add 1 c pickling solution. Cover and simmer about 1 hr or until tender. Thicken remaining liquid gravy. Season with kitchen bouquet. Serves 3 to 4.

56. SPANISH RABBIT

1 rabbit, cut into serving pieces
sliver of garlic
3 tbsp olive oil
1 tbsp butter or margarine, melted
pinch of sage
1 8-oz can tomato sauce
1 tsp sugar
1 green pepper, chopped
1 medium onion, chopped
1 4-oz can mushrooms, if desired

Salt and pepper rabbit pieces, brown in mixture of olive oil and butter or margarine. Add other ingredients, cover tightly and simmer until rabbit is tender. A small amount of water may be added if mixture appears too dry. Serves 3 to 4.

57. RABBIT SUPREME

2 2-lb rabbits, cut into serving pieces
3 tbsp flour
1 tsp salt
pepper
¼ c cooking fat or oil
1 c commercial sour cream
½ c milk
1 c onion, thinly sliced
1 garlic clove, minced
1 tsp salt

recipe cont.

Rabbit Supreme, cont.

1 tbsp flour

2 tbsp cold water

Roll rabbit in 3 tbsp flour combined with 1 tsp salt and pepper. Brown in hot fat in Dutch oven. Add sour cream, milk, onion, garlic, 1 tsp salt. Bake, covered at 350° F for 1½ hr or until tender. Arrange rabbit pieces on heated platter. Blend 1 tbsp flour with cold water, stir into sauce. Cook until thickened. Pour over rabbit. Serves 6.

58. ZESTY BARBECUED RABBIT

1-2 lb rabbit, cut into serving pieces

½ c oil

1 tsp lime juice

1 tsp paprika

1/8 tsp Tabasco

1 tsp salt

2 tbsp Worcestershire

dash garlic powder

pepper

Mix ingredients. Rinse and dry rabbit pieces. Marinate in sauce for at least two hrs or overnight. Oven bake at 325° F for 45 min or barbecue over charcoal for about 25 to 35 min. Baste frequently. Serves 4.



Game Bird Recipes

59. BIRDS BAKED IN SOUR CREAM

Use pheasant, duck, sage hen, wild turkey or grouse.

Bird, cut into serving pieces

(proportions are for 2-2½ lb bird)

flour, seasoned with salt and pepper to taste

¼ c butter

½ c sliced mushrooms (optional)

1 c sour cream

½ c water

¼ tsp thyme

This recipe is especially good for tough birds because the sour cream acts as a tenderizing agent.

Preheat oven to 325° F. Roll bird pieces in seasoned flour and brown quickly in butter in large skillet. Transfer pieces to casserole. Add sour cream and mushrooms to casserole. Add water to skillet, then pour into casserole. Sprinkle with thyme and cover tightly. Bake until meat is tender (about 1 hr). Serve with fluffy rice or boiled potatoes. Serves 2-5.

60. PHEASANT AND BROCCOLI CASSEROLE

2 c cooked pheasant, sliced or cubed

½ c water

½ tsp salt

1 10-oz package frozen broccoli spears

¼ c pimento, chopped

1 can undiluted cream of mushroom soup

1 tbsp onion, finely chopped

¼ c parmesan cheese, grated

½ tsp curry powder

2 drops tobasco sauce

paprika

recipe cont.

Pheasant and Broccoli Casserole, cont.

Add salt to water and boil. Add broccoli and cook 5 min. Drain thoroughly and arrange in bottom of shallow greased casserole. Arrange pheasant over broccoli. Scatter pimento over pheasant and broccoli. Combine soup and other ingredients except paprika and 2 tbsp cheese. Pour this sauce over pheasant mixture. Sprinkle with remaining cheese and paprika. Bake at 350° F for 20 min. Serves 4.

Note: This casserole is an excellent way to serve leftover cooked pheasant.

61. PHEASANT PIE

2 pheasants, cut up
water to almost cover meat
salt and pepper
flour
milk
biscuits

Cook pheasant pieces in water. Add salt and pepper as desired. When almost tender, drain the broth. Thicken broth with flour to make gravy. Some milk may be used if more gravy is needed. Place pieces of pheasant in greased casserole. Add gravy. Top with biscuits. Bake at 400° F until biscuits are browned. Serves 6 to 8.

Variation: Cooked carrots or peas may be added to the gravy.

62. FANTASTIC PHEASANT

1 pheasant
marinade of sauterne wine and water
seasoned flour
½ pt whipping cream
1 small can mushrooms

Mix equal parts of sauterne wine and water to cover the pheasant. Marinade for 6 hrs or less. Remove from marinade and debone or cut into small pieces. Toss pieces in seasoned flour and brown in butter. Place browned pieces in a buttered casserole. Add whipping cream. Bake 35 min at 350° F. Add mushrooms. Bake an additional 10 min. Serve on a bed of wild rice. Serves 2.

63. PHEASANT TETRAZZINI

Use sage hen or wild turkey.

pheasant
water to almost cover pheasant
1 tsp salt

recipe cont.

Pheasant Tetrazzini, cont.

1½ c noodles
1 tsp salt
¼ tsp pepper
1 small onion, chopped
4 celery stalks, chopped
1½ tbsp green pepper, chopped
2 tbsp parsley, chopped
3 c pheasant broth
4-oz can mushrooms
¾ c canned tomatoes
¾ c cream of cheddar soup
2 tbsp butter or margarine
½ c bread crumbs

Cook pheasant in water with 1 tsp salt until tender. Pour off, but save broth. Remove bones and dice pheasant meat.

Cook noodles, salt, pepper, onions, celery, green pepper and parsley in pheasant broth. Add mushrooms, tomatoes and cream of cheddar soup. Mix and put into a greased casserole dish. Melt butter or margarine in separate pan, add bread crumbs and mix well. Place crumb mixture over top of casserole. Bake at 350° F until hot and crumbs are browned. Serves 6 to 8.

64. ROAST WILD DUCK

3 to 5 lb duck
salt and pepper
1 medium apple, sliced
1 small onion, sliced
wine or orange juice

Season duck inside and out with salt and pepper. Put onion and apple into cavity of duck. Place on rack of roasting pan. Do not cover. (If it is an old bird, cover for the last half of the cooking time.) Do not add water. Cook at 325° F for 2 to 3 hrs or until tender. Baste occasionally with wine or orange juice. Remove apple and onion before serving. Serves 6.

65. ROAST WILD DUCK WITH VELVET SAUCE

2 ducklings (5-6 lb each)
onion and garlic salts
4 oranges, halved crosswise
¼ c butter or margarine

recipe cont.

Roast Wild Duck with Velvet Sauce, cont.

1 medium onion, chopped
1 17-oz can purple plums
1 6-oz can frozen lemonade, (do not dilute)
1/3 c chili sauce
¼ c soy sauce
1 tsp Worcestershire sauce
1 tsp ginger
2 tsp prepared mustard
2 drops Tabasco
¼ c Grand Manier (optional)

Quarter the ducklings and sprinkle with onions and garlic salts. Set each piece on an orange half, on a trivet in a roasting pan. Roast at 350° F for 1½ hrs. While ducklings roast, melt butter in large skillet, add onion, simmer until tender. Meanwhile empty the can of plums (juice and all) into a strainer which has been placed over a bowl. Pit and puree plums. Add puree to onion and blend in frozen lemonade, chili sauce, soy sauce, Worcestershire, ginger, mustard and Tabasco. Simmer for 15 min.

After the ducklings have roasted 1½ hrs, remove ducks, oranges and trivet from roasting pan. Drain off excess fat. Arrange duckling quarters and oranges, side by side, in pan and brush with plum sauce and return to oven. Baste frequently with sauce for the next 30 min. Add Grand Manier to remaining sauce and baste frequently for the last 25 min of baking time. Duck quarters should be well glazed. Serve with remaining sauce. Serves 8.

66. DUCK A LA BOURDELAISE

Breasts of 6-8 ducks diced into ½-x1-inch cubes

1 green pepper }
2 onions } to make 2 c when diced

¼ lb butter

salt, pepper and garlic powder to taste

2 5-oz cans sliced mushrooms

canned Bordelaise sauce (optional)

Brown onions and green pepper in butter about 10 min over medium heat. Add duck and seasoning and cook until tender (about 30 min). Add mushrooms and canned Bordelaise sauce (if used) and simmer 15 min. Serve with noodles. Serves 6-8.



Game Accompaniments

67. WILD RICE

- 1 c wild rice
- 2 tbsp butter or margarine
- 2 c chicken bouillon
- 1 tbsp onion, chopped
- 1 tsp salt

Mix ingredients. Bring to boil, stirring constantly. Reduce heat, cover tightly and cook at low heat 35 to 45 min. Transfer to greased baking dish and bake at 300° F for 15 min or until the rice grains separate and dry slightly. Serve with wild duck, goose or pheasant.

68. CRANBERRY RELISH

- 2 oranges
- 1 lemon
- 2 apples
- 1 lb cranberries
- 2 to 3 c sugar

Wash and peel oranges and lemon. Wash and quarter apples and remove core. Wash cranberries. Grind all fruit together including about half the orange and lemon peel. Add sugar to desired sweetness. Mix well. Refrigerate 1 hr before serving. Serves 8 to 10.

69. DRESSING FOR WILD DUCK

- 3 c bread cubes, toasted
- ½ c melted fat
- ¼ tsp pepper
- milk to moisten
- 1 tsp ground sage
- 2 tbsp minced onion
- 1 tsp salt

recipe cont.

Dressing for Wild Duck, cont.

Mix ingredients well. Add milk if mixture seems dry.

Variations:

1. *Moisten dressing with melted butter and hot water instead of milk. Cut slits in breast of duck and insert slices of bacon in slits.*
2. *Arrange slices of bacon and apple on duck, then roast.*
3. *Blend together grated rind and chopped sections of one orange and 1 c of cooked rice. This amount will stuff one duck.*
4. *For a tasty dressing, combine 4 c bread cubes, 1 tsp sage, 2 tbsp butter, 1 minced onion, ½ c chopped celery, ½ c raisins and 1 tsp sugar.*
5. *Spread currant jelly over roasted duck when it is removed from oven.*
6. *Add beaten eggs, milk and chopped parsley to bread crumbs for a duck stuffing.*

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