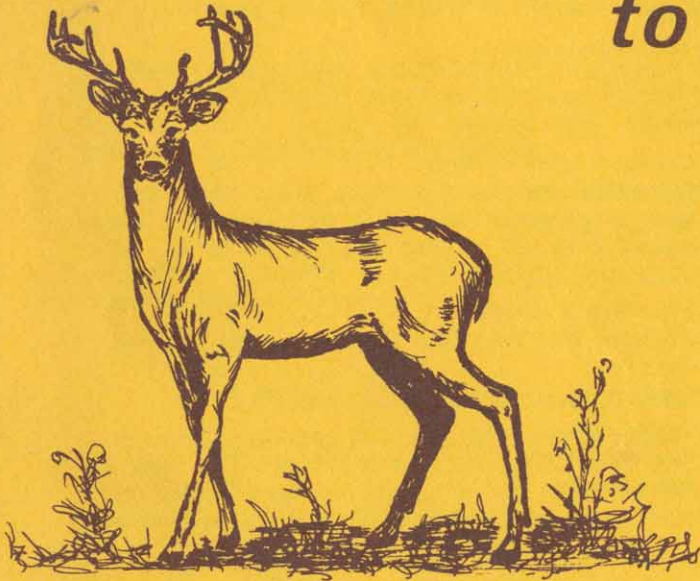


Bulletin No. 373

IDAHO GAME GUIDE

*from field
to table*



John A. Jacobs
Esther H. Wilson
John C. Miller



Cooperative Extension Service

UNIVERSITY OF IDAHO

College of Agriculture

This bulletin will help you care for your game in the field so that you will have meat of the best possible quality. And it will give you some ideas for preparing venison, game birds and fish for your table. On the following pages, you will find...

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When you are lucky and finally get that game animal, what should you do with the meat? Much of the game harvested annually reaches the table as low quality, off-flavored meat. Usually this results from improper chilling, dressing and bleeding.

The carcasses of game animals are highly perishable. The wound exposes some of the meat and trimming around the wound exposes more. These cut surfaces provide an ideal medium for bacterial contamination. Bacteria multiply rapidly in a warm environment, so rapid chilling is necessary.

Get it cold and keep it cold.

Proper Care of Game in the Field

Go prepared when you hunt deer, elk or moose. Take a sharp hunting knife and belt ax, 30 feet of light nylon rope, cotton twine, clean cloth, plastic bags and ties, and four muslin meat sacks large enough to hold a quarter. A small meat saw may come in handy.

Having shot the game, approach it with caution ready for another shot if needed. Keep out of reach of the legs until you are certain the animal is dead.

Tag the game immediately according to state law.

A game animal should be properly bled and this may be difficult when the animal is lung or body shot. Lay the animal's head down hill for this operation. Insert a hunting knife up to the hilt at the point of the brisket, with sharp edge pointing toward the backbone. This will sever the carotid arteries. (Fig. 1). Elevate the hind legs to permit the blood to drain. The "sweetish-sickening" taste in some game is due to improper bleeding.

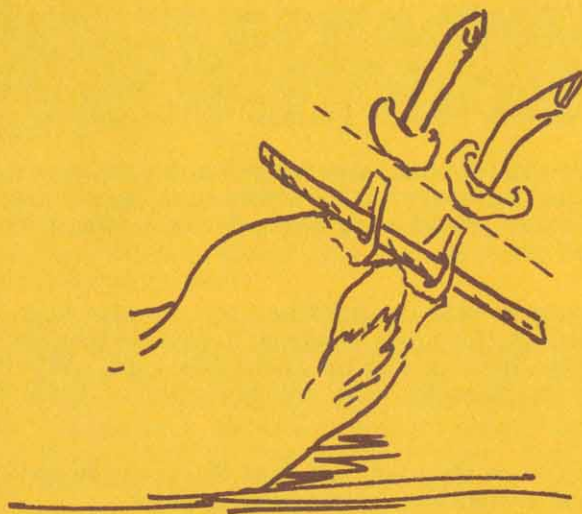


Fig. 3. Remove hind legs below the hock.

You can eliminate the problem of finding the three scent glands on each hind leg. Simply skin the hind legs from above the hock, pull the skin down over the Achilles tendon and remove the hind legs below the hock (Fig. 3).

Flush the blood and dirt from the carcass with fresh water, if available. Stream water is not recommended. If no water is available, wipe inside the carcass, to remove blood and dirt. **The cleaner the job, the better the meat.**

Next remove the pluck, saving the heart and liver in plastic bags. These are nutritious and make good camp meat. Removing the pluck also helps chilling. Spread the heart cavity to facilitate chilling.

Leave the hide intact for deer. With elk or moose the hide may be removed or the animal may be quartered with the hide on.

A hot-dressed carcass usually chills rapidly enough to preserve the meat, depending upon the time of year and the outside temperature. Outside chilling temperature should be 38 to 40 degrees F. If the outside temperature is above 50 degrees F., remove the hide and chill rapidly, then cover the carcass with game sacks. When you transport the carcass, try to keep it chilled and keep it clean. The hood of a car is the **worst** possible place to haul a carcass.

The tagged animal will usually be aged at home or in commercial plants. This process should occur with the hide on. Research on game indicates extreme drying of muscle tissue as a result of aging with the hide off. Hide-off aging results in a loss of approximately 25 percent of the carcass in trim.

are the shoulders — removed between the 4th and 5th rib; backs and loins — removed at the point of the hip. At this point, only the legs remain hanging. Remove the breast from the back about three inches from the backbone, cutting from the blade end to the loin end. Then remove the flank.

Remove all fat from each wholesale cut. Shoulders may be cut into two roasts — shoulder top and arm roast. It is advisable to bone and tie all venison. Bone the shoulder by removing the ribs, blade and arm bones. Bone shoulder similar to a lamb shoulder. Roll, tie and cut into pot roasts for your family.

The back and loin are boned by removing the large muscle. This is cut into $\frac{3}{4}$ -inch thick steaks. Remove the tenderloin, if not previously removed, and use as steaks. The remaining meat, breast, trim and flank will go into venison sausage or ground venison. If you have a power saw, cut the back and loin into chops about $\frac{3}{4}$ -inch thick. The breast and flank should go into ground venison, stew, fondue meat or sausage. Add beef or pork fat to the ground meat. Beef fat should be used if the ground meat is to be frozen. Cut the leg by removing the rump and cutting round steaks. Bone out the rump into a roast.

You can easily bone the entire leg. Remove the pelvic bones from the rump area. Lift the top round roast and remove the leg bones. Remove the round tip from the bottom roast. Use the top and bottom roast for steak $\frac{3}{4}$ -inch thick. The bottom steaks should be swissed or braised with moist heat. The tips make nice roasts. The rest of the leg or round is used for stew or grinding. Ziegler's "The Meat We Eat" is an excellent reference in cutting.

Badly mutilated meat is only suitable for pet food.

Game Birds

Game birds include duck, goose, pheasant, dove and chukar. Bleed each bird by cutting the neck and allowing to drain.

Remove the intestines as quickly as possible. Pluck the feathers away from the vent area and cut around the vent with a knife. Remove organs carefully and clean giblets. Split the edge of the fleshy part of the gizzard sufficiently deep to cut the muscle but not the inner lining. Pressure with both thumbs to pull the halves apart will permit peeling without breaking the lining and spilling the contents of the gizzard. Remove the feathers from the neck area and make an incision to remove the crop and wind bag. Clean the bird with paper or cloth.

Place the giblets in a plastic bag.

Cool birds rapidly and keep them as cool as possible. Feathers protect against dust and dirt.

Pluck wild ducks and geese dry, not scalded. Also dry pluck pheasants for roasting, but do it as quickly as possible since the feathers tend to adhere to the skin when the bird is cool. Pheasant is usually skinned.

To skin a game bird, remove wings close to the body and legs at the first joint above the foot. Slit the skin just under the tail. Skin back over the breast and legs. Remove skin over the back.

After you get the birds home, clean the cavities with running water as soon as possible. Remove all loose tissue. Drain dry. Cut all spotty material away. Leg and back muscles develop strong odors more quickly than breast muscles.

Fish

Fish is highly perishable. Dress by opening the midline from the tail fin to the head. Remove all entrails. The mesonephric kidney should be scraped away from the backbone immediately. This is the bloody area next to the backbone. Wipe clean, do not use stream water. Store in a cool place. Of the fat fish, salmon have some scales and need scaling while trout have few scales and if clean are ready for cookery. Lean fish such as catfish may require skinning. Steelhead and large salmon may be filleted. These can be cut into steaks if large enough.

To fillet fish, proceed as follows: Cut to the backbone just behind the head, open the back along the midline staying on one side of the dorsal fin and backbone. Remove all flesh from head to tail, keeping the sharp knife sliding over the ribs. Remove the back and rib bones from the remaining side. The head makes a good handle to hang onto. Cut into serving size portions for later use.

Freeze fish in water to prevent oxidative rancidity. One method is the use of milk cartons filled with water. Place the fish in the water and freeze.

Kitchen Treatment

People approach new and unusual food warily. Making certain that everyone has a good appetite is good insurance when you serve something "different." Emphasize the novelty of the situation. See that your menu includes plenty of good old favorites to round out the meal. No more than one new dish per meal is a good rule to follow. The first impression counts. Later, when it is no longer a novelty, game can be served matter-of-factly.

Choose accompanying foods to bring out the flavor of the game rather than overpower it.

Well-cared-for meat has a delightful flavor which can be enhanced or masked by cooking as one desires. Those unaccustomed to game do not always like wild flavors. Proper seasoning is most important. Most people like game, except fish, cooked well done but not cooked until it is dry and tasteless. Game should be prepared like other meats — beef, pork, lamb and poultry. A wide range of seasonings is available. They add variety and flavor to meat. Experiment with seasonings, but start with a small amount.

Aside from its characteristic flavor, game isn't really different from domestic meat and poultry. Game animals lead an active, vigorous life. This keeps their muscles firm, prevents them from acquiring much fat and thus tends to make the meat drier and tougher than domestic meat. In general, most of the rules for cooking domestic meat and poultry hold for game. Young, tender, wild meat may be cooked by dry heat methods. Broiling and roasting are good ways. Older, tougher meat needs to be cooked by moist heat; stewing with its variations is the usual way. If in doubt, a good rule is to use one of the moist heat methods.

Venison Cookery

Originally the term "venison" meant the meat of any animal or bird of the chase. Today it refers only to the meat of antlered animals — deer, elk, antelope, moose and reindeer. Most of the venison eaten in this country is deer, with elk second in importance.

Venison resembles beef in many ways and may be successfully cooked as you would cook beef. Cook tender cuts — sirloin, back, ribs from young animals — by dry-heat methods such as roasting, oven broiling, pan-broiling or pan-frying. Cook less tender cuts and meat from old animals by moist heat cookery — braising, stewing or cooking in water. Pounding, scoring and grinding cut the muscle fibers and make the meat more tender.

Always trim off excess fat before cooking or grinding. The wild flavor is concentrated in venison fat. Because of this it is one of the least palatable of all animal fats. Fat from bacon and salt pork can be used to replace this discarded fat in different ways.

How long to cook venison depends on the animal's age and the condition of the meat. As we have said, most people like venison well done. The degree of doneness depends on individual taste. Don't overcook; 170 degrees F internal temperature is well-done. Venison becomes dry and unflavorful with too much cooking.

Don't forget the "burger." Elk and venison burgers are a rare and wonderful change from the usual beef variety and a fine way to conceal the fact that the meat is not as tender as it might be. Pork or beef fat should always be added to ground venison. Beef fat will give a longer freezer life than pork fat.

Use the least tender cuts — shank, neck, flank, and bony cuts — for stews and soups. Use the flank for curried meat dishes. Try brisket with sauerkraut.

Many cooks like to let venison rest in an oil-vinegar-spice marinade prior to cooking. They say it makes for a more flavorful, tender product. Sour cream is also good for marinating venison.

Barbecue methods used for other meats work well with most game. Choose the more tender cuts. Remember, marinades can improve the finished product.

Skewering bite size pieces on individual spits, as for shish kebabs, makes for delightful eating. Fondue is also excellent.

Corned Venison. Use boned shoulder and cut into 3 to 4 pound pieces. Place meat in a stone crock. Dissolve 1½ pounds of salt, ½ pound sugar (brown or white), ½ ounce garlic powder, 1 ounce NaNO₃ saltpeter and 1 ounce of pickling spices in 1 gallon of hot water. Cool brine and pour over meat. Weight the meat down and be sure to cure meat in a cool place (38 degrees F to 40 degrees F) in a glass or plastic container. Do not use a metal container.

For **dried venison** use the round muscle. Rub with a mixture of 3 parts salt and 1 part sugar for 3 consecutive times at 3-day intervals. Place meat on a clean shelf in a cool place for curing. At the end of 4 weeks wash off remaining cure and soak in clean water for 8 to 12 hours, then smoke. Hang in a dry place for 1 to 3 months for drying. Slice thin.

Sausage is made from venison with beef or pork fat added. Mix 2/3 venison and 1/3 fat and season as sausage. Use 5 ounces of salt, 1 ounce pepper, ½ ounce sugar and a pinch of sage for 20 pounds of sausage. Or use 1½ pounds of salt, ¼ pound of sugar, 6 ounces of black pepper and 2 ounces of sage for 100 pounds of sausage. Seasoned sausage should be eaten within a short period. If sausage is frozen, do not use over 1 pound of salt per 100 pounds of sausage. Thaw and season prior to use. Unseasoned sausage can be frozen for 6 months, seasoned sausage becomes rancid within 60 days.

Game Salami. An excellent salami can be prepared using the following formula:

- 70 lb. lean game
- 30 lb. beef or pork fat
- 2½ lb. salt
- ½ lb. sugar
- 1 oz ground cardamon
- 6 oz cracked black pepper (or half cracked pepper and half
1 oz garlic powder depending on individual taste)
- 1 oz sodium nitrate (NaNO₃) or saltpeter

Mix well and grind through a ⅛-inch plate. Stuff into casings and cure for 2 to 3 days in a cool place (38 to 40 degrees F). Cook at low temperature (160 to 170 degrees F) in the smokehouse until internal temperature reaches 140 to 150 degrees F. Then hang on a clothesline and hose down with cold water until cool. Chill overnight at 38 to 40 degrees F before cutting. If you cut into a warm stick of salami you will ruin the whole stick. After chilling the salami can be frozen in the casing for up to 12 months. Unless frozen it will tend to dry out. This salami will not keep (above 50 degrees F) without refrigeration.

Venison Jerky. Jerking is a quick way to preserve venison. Cut muscles lengthwise of the grain. Cut strips $1\frac{1}{2}$ to 2 inches wide. Make long strips. Cure overnight in the following brine:

- 1 gallon water
- $1\frac{1}{2}$ lbs. salt
- $\frac{1}{4}$ lb. sugar

Soak jerky for 1 hour in clean water (fairly salty meat may need more than 1 hour soak). Smoke without heat until dry.

Venison Mince Meat. Recipe is as follows:

- | | |
|--------------------------|-----------------------------|
| 2 lb. venison | 2 tsp. nutmeg |
| 1 lb. beef suet | 1 tbs. allspice |
| 6 lb. apples | 1 tbs. cinnamon |
| 2 lb. currants | $\frac{1}{4}$ tsp. ginger |
| 1 lb. sultana raisins | 1 tsp. cloves |
| 2 lb. raisins | 1 tbs. salt |
| $\frac{1}{2}$ lb. citron | 2 oranges |
| 6 cups brown sugar | 8 cups cider or grape juice |

Bake venison 40 minutes in a moderate oven, 350 degrees F. Cool and chop. Mix with chopped suet, apples, currants, raisins and citron. Add sugar, spice, juice of 2 oranges, chopped orange rind and cider. Simmer 30 minutes and pack hot into jars. Seal and process 60 minutes for pints and 70 minutes for quarts at 15 pounds pressure. Will make 10 to 12 mincemeat pies.

Wild Duck Cookery

Preparing, cooking and serving wild ducks is almost the same as poultry. Teamwork between the hunter and the cook is essential for a tasty main dish. Judge the quality of a duck by its weight, plumpness, amount of fat, firmness and color of muscle and age. Remove the fat in strong or fishy birds.

Ducks that feed on strongly flavored plants and crustacean life are likely to be strong and fishy. Stuff such birds with chopped onion and celery or sliced lemon to absorb some of this flavor and refrigerate for 4 to 5 hours. Change the stuffing before cooking the birds. Prior to stuffing or cooking whole birds, rub the internal cavity well with salt.

While cooking, add generous amounts of butter, bacon, salt pork strips, drippings or any edible fat. Ducks are less fat and juicy than domestic fowl.

Cook young and tender ducks by dry heat — broiling, grilling, frying or roasting — to preserve the natural and distinctive game flavor. Cook older and less tender ducks by moist heat or by a combination of dry and moist heat — braising, stewing, pot roasting or baking in covered pans.

Cook birds to the degree of doneness you like. For rare birds, roast at 450 degrees F for about 30 minutes. If you like duck well done, roast the duck at 250 to 300 degrees F for 30 to 45 minutes per pound until tender. Some cooks parboil wild ducks in a pressure cooker at 10 pounds pressure for 15 minutes before roasting. Recipes in this bulletin give instruction for cooking duck well done.

When roasting ducks, cover them loosely with a greased cloth or aluminum foil and baste frequently to keep the skin or outer surface moist. For a crisp skin, remove cloth or foil when nearly done. Baste frequently with fat and sprinkle with flour after each basting.

Judge the number of servings by weight. The dressed carcass weight of a duck averages from 50 to 60 percent of its original weight. For a small serving allow $\frac{1}{2}$ pound; for a medium serving, $\frac{3}{4}$ pound or more.

If you enjoy the wild flavor of duck, don't soak or marinate before cooking. Some of the wild flavor leaves when the duck is marinated in vinegar, mild wine or sour milk. Parboiling with sliced onion and carrot added to the water also takes out some of this flavor.

Pheasant Cookery

Pheasant meat is similar to chicken but drier. Most chicken recipes are fine for preparing pheasant. Ordinarily, pheasant flavor is quite acceptable and desirable and there is no need to alter this flavor except for variety.

Broil and bake young pheasants with a generous covering of bacon or salt pork and frequent basting. Braise or stew older birds. One pheasant serves 2 to 4 persons, depending upon its size.

Fish Cookery

Although flavor, texture, appearance and size vary according to the species, the fundamental rules for cooking most fish are few and easy to follow.

The main differences in fish, as related to cooking, are the variations in fat content. As a rule, fat fish — trout or salmon — are most desirable for baking, broiling and planking. Their fat content will keep them from becoming dry. Lean fish — herring and perch — are preferred for boiling and steaming. Their flesh is firm and will not easily fall apart while cooking. Both fat and lean fish are suitable for frying. Remove belly fat from bass and scale well. Pond bass should be skinned.

Actually, if you allow for fat content, all fish may be cooked by any of the basic methods with excellent results. For example, lean fish such as perch may be broiled or baked if basted frequently with melted fat; otherwise they will have a tendency to become dry.

The most important thing to remember in cooking fish is to avoid overcooking. Just enough cooking to enable the flesh to be flaked easily from the bones will leave the fish moist and tender and will bring out its delicate flavor. The exception is the bullhead catfish. Cook this fish very well done.

Smoking Fish and Game

One of the tastiest ways to prepare fish for the table is old-fashioned smoking. The smoking art is just as simple today as it was centuries ago, so there's no reason to forego the delight of smoked foods.

Making a smokehouse is easy and takes a minimum of material. The smokehouse illustrated here is made of wood with metal oven racks and a tin heat deflector to keep the meat from scorching (Fig. 5). You can convert an old icebox or refrigerator into a smoker with little work or expense. However, for children's sake, break the door handle or latch. The door can easily be propped shut with a board. Do not use the refrigerator racks inside the smoker, since they aren't made to withstand heat.

You need not follow any set plan for a smoker. Improvise as you go along and make the smoker to your own specifications. For instance, adjust the width of the smoker to fit your set of oven racks. One suggestion: make the oven height of the smoker at least 30 inches. This will give you room to have the first rack or tray 10 inches off the smok-

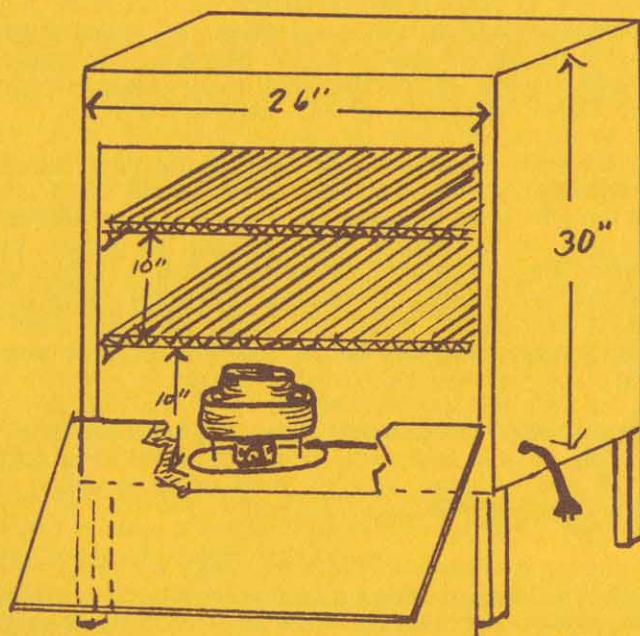


Fig. 5. An easily constructed smoker.

er floor. The second rack is 20 inches off the floor. This leaves 10 inches clearance at the top. A smoker this size has ample room for smoke circulation.

The smoker shown in Fig. 5 was built with old angle irons as a frame and is covered with scrap wood. Loose fitting boards on top allow the smoke to circulate and slowly escape. If you wish, you can make all fittings tight and use a small stovepipe damper to adjust for proper circulation. In the refrigerator-type smoker, a one-inch water pipe run through a hole in the top acts as a chimney. If the refrigerator is old and the rubber insulation is in poor condition, smoke will escape around the door and a chimney is not necessary. An inch of sand in the bottom of the refrigerator smoker will make cleaning easier. Clean smoker and racks well after smoking fish before smoking other types of meat.

An electric hot plate furnishes heat for the smoker. The larger the hot plate, the faster it will work. Place sawdust or wood chips in an old frying pan or container on the heater. Make a metal heat deflector to fit over the hot plate and pan. To keep track of temperature, drill a hole in the side 1/3 down from the top and insert a meat thermometer.

Oak, apple, hickory, cottonwood or corn cobs are good for smoking. **Do not use pine, fir or other coniferous woods.** They deposit resin and soot and may give the food an off-flavor. The type of wood you choose gives the meat its distinctive flavor. Chips and sawdust can be bought commercially. Wet sawdust will provide a denser smoke.

Place sawdust or chips in the frying pan as soon as the hot plate is started. Experience will dictate the frequency of replenishing the fuel and how much smoke you want on your fish. Keep the smoke flowing slowly through the box. Remember that dense smoke is unnecessary. **THE RIGHT TEMPERATURE IS ALL IMPORTANT.**

Now for the fish! Clean and wash them thoroughly. This cannot be over-emphasized! Leaving the heads on or taking them off is your choice, **but the gills must be taken out if the heads are left on.** A nice-sized whole fish can be smoked this way, but the process takes considerable time. The best way to smoke large fish is to reduce the fish to workable size by filleting or chunking. Keep the pieces as uniform as possible. If fish are left whole, the larger ones may need splitting down the back before they can be laid out flat. Smaller ones will not need cutting.

Place the fish or pieces in a cold water salt brine for 12 to 36 hours. With small fish, 12 to 18 hours will be enough. Good brine contains 1½ pounds of salt and ¼ pound sugar for each gallon of water. Cover the fish and move them in the brine occasionally.

After removing the fish from the brine, wash with cold, clean water and let them dry. Place them on a rack or wire screen with skin side down in the smoker and start the smoking fire. It is not necessary to turn the fish during smoking. Hanging fish does not work well for smoking.

Time and temperature required for successful smoking vary from 3 hours at 130 degrees F for small fish, such as blueback trout, up to 10 hours at 150 to 200 degrees F for large fish. When smoking, keep records of the size of your fish as well as time and temperature of smoking. This will help you find the best schedule for your use and to suit your individual taste. Remember that good fish are moist and slightly oily. Dry fish have lost much in flavor and quality.

Fish taken from the smoker need to be placed in circulating air. Don't allow them to sweat in a covered box or bag.

Smoked wild game is a product few people can resist. Use the brine solution for venison. Soak in clear water 2 to 3 hours and cut into long strips. Smoke as fish.

Quail, pheasant and duck are considered highly savory when smoked. Birds are better when hung from hooks. Rub them over with cooking oil before you smoke them.

To make meat doubly delightful, you can bring out the smoky flavor by warming the meat in the kitchen oven. The smoking process cooks fish enough so that only a short warming is necessary. Smoked fish are ready for eating without further cooking. Meats take somewhat longer to warm than fish do.

Treat your family and friends to these smoked delicacies. Smoked fish are good as either a main dish or an appetizer.

Salting Fish

Clean and thoroughly wash fish to be salted. Use only **fresh** fish. Remove heads, fins and tails. Take out guts; wash off blood. One teaspoon vinegar in a dishpan of water helps to remove the slime.

It takes about 35 pounds of salt for each 100 pounds of fish. Use a pure salt as you do for canning. The container to hold the salted fish should be clean, preferably of wood, plastic or a metal painted with fiberglass paint.

Cut the fish as you would to hang for drying — laid open as fillets but connected at back. Scatter a layer of salt over the bottom of the container and then place a layer of fish, flesh side up, on the salt.

Completely cover each layer of fish with salt, keeping the layers as even and compact as possible. Repeat the layering until the container is almost full. The last layer should have the **skin side up**. Top with a layer of salt. Put a weight on the fish to keep them under the brine. Cover tightly.

At least 10 to 14 days are required. At cooler temperatures, as in northwestern Alaska, a longer time may be needed. Consequently, the colder the storage, the longer it will keep.

To repack in smaller, more convenient wooden or plastic containers, use 10 pounds salt to 100 pounds of fish and layer as before.

To use, soak fish overnight in clean water.

Canning Fish in Glass Jars

Use only **fresh** fish. About 25 pounds of fish, as caught, will fill 12 pint jars. Clean and wash the fish thoroughly. Scrape off scales and slime. Remove heads, fins and tail. Cut fish in jar size lengths. Put one teaspoon salt in each jar. Fill jars solidly with fish, leaving $\frac{1}{4}$ inch head space.

Exhaust for 10 minutes. Place open, filled jars in the cooker on a rack. About 2 inches of boiling water are needed in the bottom of the cooker. Cover and let steam for 10 minutes.

Wipe tops of jars very carefully with a clean cloth, then seal and tighten the band by hand. Fill the pressure cooker. Replace water in cooker to about 2 inches again. Cover with valve open and let steam escape for 5 to 7 minutes.

Close valve. Raise pressure to 10 pounds and hold at 10 pounds for 110 minutes. Watch carefully to be sure no fluctuation occurs. After 110 minutes, remove canner from heat and **let needle return** to 0 degrees **before opening valve**. Then as you loosen the cover, tilt it away from you.

Remove jars from canner but **do not tighten screwbands**. Set jars upright on several thicknesses of cloth. Avoid drafts or cold surfaces.

Check the seal. Then label and store in a cool place.

Fish Storage

Keep fish on ice or frozen in transit. Refrigerate it immediately when you arrive home. Cover with plastic film or waxed paper. Use within 2 days. If this is not possible freeze in water or glaze and re-glaze until fish is well covered. Water is the best moisture-proof and vapor-proof wrap for fish.

For best quality, frozen fish should be used within a month or two. Thaw fish in the refrigerator before using. After defrosting do not re-freeze.

Recipes

In this section we have included a few recipes for you to try. Actually most good recipes for meat cookery are suitable for game meats. Experiment! You will discover that you can adapt many of your favorite recipes to wild game.

Deviled Burgers on Buns

- | | |
|--------------------------|------------------------------|
| 1 lb. ground venison | salt and pepper |
| 1 large onion, chopped | 1 can tomato soup, undiluted |
| 2 stalks celery, chopped | ½ cup water |
| 3 tbs. butter | 1 tbs. prepared mustard |
| 1 4-oz can mushrooms | |

Saute onion and celery in melted butter until soft. Add meat and brown. Add remaining ingredients. Cover and simmer about 30 minutes. Serve on buns.

Curried Venison

- | | |
|------------------------------------|---|
| 2 lb. (4 cups) cubed venison | 3 stalks celery, chopped |
| salt and pepper | 1 tbs. curry powder |
| ¼ cup bacon drippings or salad oil | 2 apples, sliced |
| 1 large onion, chopped | 2 cups venison broth, * water or bouillon |

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

Cooked meat can be used in this recipe. If you do so, add the apples, celery and cooked meat at the beginning with the broth. Simmer 20 minutes. Thicken the broth and serve as above.

* Preparation of venison broth: Simmer bones and meat trimmings in water well seasoned with salt, pepper, onion and celery to make a rich broth. Strain and store in your freezer.

Venison Stroganoff

- | | |
|-------------------------------|---|
| 1/2 cup minced onions | 1/4 tsp. paprika |
| 1/2 cup chopped celery | 1/4 tsp. monosodium glutamate |
| 1/4 cup butter | 1 lb. fresh mushrooms, sliced
or 1 8-oz. can |
| 1 lb. ground or cubed venison | 1 can undiluted cream-of-
chicken soup |
| 1 minced clove garlic | 1 cup sour cream |
| 2 tbs. flour | parsley, chives or dill |
| 1 tsp. salt (approximately) | |
| 1/4 tsp. pepper | |

Saute onion and celery in melted butter until soft, but do not brown. Stir in ground venison and next 7 ingredients and saute 5 minutes. Add soup. Simmer uncovered 10 minutes. Thin as desired. Cover and simmer an additional 20 minutes. Stir in sour cream and sprinkle with parsley or other garnish. Serve on rice, noodles, toast or hot potatoes.

* If using venison cubes: Saute onions and celery as above and then remove from pan. Dredge meat in flour and brown slowly and thoroughly. Add soup and seasonings. Thin as desired. Cover and simmer slowly for 1 hour. Add mushrooms, onions and green pepper and simmer again until tender. Complete recipe as given above.

Cantonese Duck

- | | |
|--|---------------------------|
| 2 ducks, 2 to 2 1/2 lb. (dressed weight) | 1/2 cup prepared mustard |
| garlic, salt and pepper | 2 tbs. soy sauce |
| 1 lemon, halved | 1 cup apricot preserves |
| 4 sprigs parsley | 1 tbs. lemon juice |
| 6 slices of bacon | 1 tsp. grated orange peel |
| | 1/4 cup melted butter |

Sprinkle ducks inside and out with salt and pepper. Place 2 sprigs parsley and 1/2 lemon in cavity of each. Cover breast with bacon and fasten with string. For Cantonese sauce, combine mustard and remaining ingredients (except butter) and heat in double boiler over hot water. Place ducks breast up in a baking pan. Roast in pre-heated oven at 350 degrees F, 30 to 45 minutes per pound, basting frequently with butter and once with Cantonese sauce. Carve ducks, serve with rice and remaining Cantonese sauce. Serves 4.

Fried Wild Duck

- 2 ducks quartered or disjointed into serving pieces
salt, pepper, flour, paprika, fat

Season ducks with salt and pepper. Dredge with flour and brown in hot fat that is $\frac{1}{2}$ to $\frac{3}{4}$ inch deep in a heavy skillet. Sprinkle with paprika as it browns. Onion may be added if desired. Turn when golden brown, only once. Cover tightly and turn fire low or cook in an oven 300 to 325 degrees F for 35 to 40 minutes for young birds or 1 to 1 $\frac{1}{4}$ hours for older birds. Uncover last 5 to 10 minutes to re-crisp.

Smothered Pheasant

(for older birds)

Cut pheasants in pieces for serving, roll in seasoned flour and brown in butter. Add enough hot, light cream to half cover the skillet. Cook over low heat on top of range or bake in moderate oven at 325 degrees F for 30 minutes to 1 hour or until tender. One pheasant serves 4.
Variation possibilities:

Use sour cream or diluted cream of mushroom soup instead of sweet cream.

Roll pheasant pieces in crushed ready-to-eat cereal flakes instead of flour.

Blend 1 cup bread crumbs with 1 cup chopped celery and sprinkle mixture over pheasant pieces. Cover with sour cream and bake until tender.

Add a layer of potato slices and whole or half carrots. Cover with cream.

Sprinkle minced onion over pheasant before adding cream.

Add 1 tablespoon Worcestershire sauce and 3 tablespoons chopped green pepper to the cream.

Poached Salmon

2 to 3 lb. chunk salmon	1 tbs. butter or margarine
½ onion	5 cups water
1 green pepper	1 tbs. parsley
¼ cup chopped celery	1 or 2 tsp. salt
2 tbs. lemon juice	1 bay leaf
2 or 3 whole cloves	2 or 3 pepper corns

Cut salmon in serving-size pieces. Using 3-quart saucepan, chop and saute onion, green pepper and celery. Add water, parsley, salt and lemon juice and, in a cheesecloth sack, the cloves, pepper corns and bay leaf. Bring to a boil. Add salmon and reduce heat. Simmer for about 10 minutes or until fish flakes easily. Time will vary with thickness of chunks.

NOTE: If you put the fish in a wire basket or a piece of cheesecloth, it is easier to remove it from the saucepan. The liquid and seasonings, with the spice bag removed, may be eaten as a bouillon or thickened with cornstarch and used as a sauce.

Fish Chowder

2 to 3 medium potatoes, diced	3 cups milk
1 cup water	2 tbs. snipped chives (optional)
½ cup chopped onion	2 tbs. butter or margarine
½ cup chopped celery	¼ lb. salt pork or 2 slices crisp bacon
about 1½ lb. white fish in fillets or chunks	1 to ½ tsp. salt dash of pepper

Bring potatoes, onion, celery and water to a boil in a 2 to 3 quart kettle. Simmer for 10 to 15 minutes until potatoes start to become soft but not mushy. Add fish and simmer for 5 to 8 minutes, until fish flakes easily. Add milk, salt and pepper.

While potatoes are cooking, cut salt pork in small pieces and fry in a small frying pan or fry 2 to 3 pieces of bacon, crisp.

Just before serving, sprinkle salt pork or bacon and chives over the top. Add a dot of butter to individual soups while serving.

You can obtain more information from —

Ziegler, P. T. 1970. *The Meat We Eat*. The Interstate Printers and Publishers, Inc., Danville, Ill.

Morton Salt Co. 1971. *A Complete Guide to Home Curing*. Morton-Norwich Products, Inc., Chicago, Ill.

Idaho Fish and Game Department leaflets: *What to Do After Shooting a Game Animal and Field Care of Game Meat*.

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