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CORNELL UNIVERSITY COOPERATIVE EXTENSION

Cornell University
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Seneca County

WILD FOWL

Processing, Preparing, and Presenting Upland Game Birds and Waterfowl

Cornell University
Cooperative Extension
Department of Natural Resources

This guide is produced by REWORRRS (Returning Warriors: Outdoor Recreation, Restoration & Resilience Study) in partnership with Wild Harvest Table, Seneca County Cornell Cooperative Extension, and Cornell University Department of Natural Resources.

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USDA United States Department of Agriculture National Institute of Food and Agriculture

Acknowledgment: This work was supported by the USDA National Institute of Food and Agriculture, Multistate Hatch and Smith-Lever projects 2013-14-380: Returning Warriors II: A Study of the Social-Ecological Benefits of Coming Home to Nature and 2011-12-221: Returning Warriors: A Study of the Social-Ecological Benefits of Coming Home to Nature.

9/2014 v.1

If you have taken the time to harvest an animal and cook it, then take the time to set a nice table and enjoy the meal. Share your feast with family or friends or treat yourself to a well-deserved gourmet meal!

Photo by Holly A. Heyser

Presentation of Game

You "eat with your eyes first" is a true expression known by chefs and restaurants. If food looks appealing, people want to eat it or are at least willing to try it. If it looks nasty, well, you'll have a harder time convincing people that it tastes good.

When serving wild game, keep in mind that some people are uneasy about eating non-conventional foods, especially hunted ones. Therefore, be sure that there are no stray feathers or particularly bloody spots in the meat presented at the table. Try to remove the possibility of shot or sharp bones in the meat when cooking, yet still let people know to chew carefully.

Photo by MasterChef

The term "plating" refers to making a dish look delicious by using a mix of color, textures, layering, and placement of foods on the plate. You can use the same techniques at home by choosing colorful vegetable side dishes or garnishing the plate with a bit of green parsley or a small section of fruit. You may choose to serve meat on top of rice, potatoes, pasta, or salad greens with a drizzle of sauce over the top when plating game dishes. Another important consideration is the portion on the plate so that it looks balanced and food is not spilling off the plate.

The REWORRRS study, funded by United States Department of Agriculture National Institute of Food and Agriculture, explores the importance of human nature interactions in outdoor recreation and restoration activities among returning war veterans, and how these interactions relate to individual, community, and social-ecological health and resilience. The multitude of benefits provided by nature contact for health and well being are well documented. A potential added benefit of outdoor recreation activities that involve nature contact thru hunting and fishing is bringing home meat to eat. This booklet offers practical advice on preparing and consuming wild fowl from field to table based on the Wild Harvest Table program and Cornell Cooperative Extension research and outreach. The health and nutritional benefits of consuming wild game and fish are presented, along with recipes and tips for delicious preparation and presentation of wild fowl. Always be sure to check your state's hunting regulations for seasons and bag limits as well as guidance regarding game and habitat studies.

Photo provided by Pheasants Forever

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Directions

1. Put duck legs, carrot, celery, herbs, and pork belly in a small stock pot or 2 quart saucepan. Put in 3-4 cups of water so it is just to the top edge of the meat. You don't want too much water. Set pan over medium high heat and cover tightly with a lid. When the liquid comes to a boil, turn down the heat to medium or even a bit lower. Strongly simmer the meat, steam will be escaping, for a few hours until the meat is completely tender and easily pulled from the bone. Make sure the liquid does not all burn off, yet it will cook down quite a bit. Turn off the burner and allow the mixture to cool slightly.

2. Carefully remove the duck legs from the broth. Pull the meat off the bones and place in a shallow dish. Strain the cooking liquid through a colander so it is just a broth, including the suspended fat.

3. Shred and massage the meat, making sure there are no bones or hard tissues, and slowly pour in the cooking liquid, including the fat. Rub all of the cooking liquid into the meat. It should be very soft. Taste and adjust seasoning with salt and pepper. Serve on baguette slices as an appetizer.

Serves: 2 ½ cups

Duck Leg Rillettes

It has been mentioned in previous recipes how to breast out a bird, yet, there is still good meat on the legs, which can easily be removed. Pull the skin and feathers off the legs (though you should try to keep some fat connected if possible and therefore a bit of skin if it is easily plucked), pop the leg at the hip joint and remove it with a knife or kitchen scissors, then remove the foot by breaking it off and cutting any connecting tendons with a knife or scissors. It might seem like there is not much meat on the legs or that they could be tough, but the recipe below may change your mind. This recipe works great for goose and turkey legs too!

INGREDIENTS

- legs from about 8 wild ducks some skin and fat can still be on them, but all feathers removed
- 1 carrot, cut into big chunks
- 1 stalk celery, cut into big chunks
- 1 clove garlic, crushed
- 1 bay leaf
- a couple sprigs fresh thyme and/or ½ teaspoon herbes de Provence or Italian mix
- 2-3 whole cloves
- 3 ounces pork belly or duck fat if there is not much fat on the legs
- salt and fresh ground pepper to taste

Nutrition Facts

Serving Size ~2-3 oz as an appetizer
Servings Per Container ~6-8

Amount Per Serving

Calories 220 Calories from Fat 150

	% Daily Value*
Total Fat 17g	**26%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 70mg	**23%**
Sodium 240mg	**10%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 15g	

Vitamin A 10% • Vitamin C 8%
Calcium 0% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Health Considerations

Wild fowl is a healthy, lean source of poultry meat. Wild fowl also has the added benefit of burning calories while you hunt for it, whether walking in search of upland game or shivering in the field or duck blind, waiting for flocks of ducks and geese to come in.

Below is a chart showing the nutritional comparison of wild duck and goose versus domestically raised duck and goose. From the stand point of health considerations, note that there is nearly half the amount of fat in the wild meats.

Comparison of Wild Goose and Domesticated Goose

Based on 3 ounce portions (85g):	Wild Canada Goose, skinless	Domesticated Goose, skinless	Wild Duck	Domesticated Duck
Nutrients:				
Energy (kcal)	113	137	179	343
Protein (g)	20.66	19.34	14.81	9.77
Total fat (g)	3.42	6.06	12.92	33.44
Total saturated fat (g)	0.518	2.372	4.284	11.237
Total mono-unsaturated fat (g)	0.694	1.572	5.780	15.887
Total poly-unsaturated fat (g)	0.295	0.765	1.717	4.318
Cholesterol (mg)	68	71	68	65
Minerals:				
Ca (mg)	3	11	4	9
Fe (mg)	5.02	2.18	3.54	2.04
Mg (mg)	25	20	17	13
P (mg)	218	265	143	118
K (mg)	286	357	212	178
Na (mg)	42	74	48	54
Zn (mg)	1.43	1.99	0.65	1.16

Data source: U.S. Department of Agriculture, Agricultural Research Service. 2011. USDA National Nutrient Database for Standard Reference, Release 24. Nutrient Data Laboratory Home Page, http://www.ars.usda.gov/ba/bhnrc/ndl. Compiled by Moira M. Tidball, Cornell University Cooperative Extension, revised September 2014.

Many wild game species do not have known nutritional content in the USDA Nutrient Database Laboratory. Cornell researchers are filling this gap by facilitating the addition of ruffed grouse and Canada goose. Yet many species are still missing, such as wild turkey and woodcock.

Nutritional Value of Upland Game Birds

Based on 3 ounce portions (85g):	Pheasant, Breast Meat only	Quail, Breast Meat only	Ruffed Grouse, Breast Meat only	Spruce Grouse, Native (Canadian)
Nutrients:				
Energy (kcal)	113	105	95	92.6
Protein (g)	20.71	19.2	21.98	20.4
Total fat (g)	2.76	2.54	0.75	0.85
Total saturated fat (g)	0.935	0.740	0.036	0.085
Total mono-unsaturated fat (g)	0.884	0.714	0.036	0.085
Total poly-unsaturated fat (g)	0.468	0.655	0.112	trace
Cholesterol (mg)	49	49	34	N/A
Minerals:				
Ca (mg)	3	8	4	2.55
Fe (mg)	0.67	1.96	0.49	3.4
Mg (mg)	18	24	27	25.5
P (mg)	170	194	194	161
K (mg)	206	221	264	278
Na (mg)	28	47	42	45
Zn (mg)	0.54	2.3	0.43	0.77

Data source: U.S. Department of Agriculture, Agricultural Research Service. 2011. USDA National Nutrient Database for Standard Reference, Release 24 &27. Nutrient Data Laboratory Home Page, http://www.ars.usda.gov/ba/bhnrc/ndl. Canadian Nutrient File, Health Canada, 2010 (electronic version at www.healthcanada.gc.ca/cnf). Compiled by Moira M. Tidball, Cornell University Cooperative Extension. September 2014.

Choice of ammunition and shot is another health consideration for wild fowl consumption. The use of lead shot for upland game birds has not been outlawed, as it has for waterfowl. However research shows that lead ammunition can be harmful to wildlife populations and humans when ingested. Even lead shot that passes through a bird can leave traces of

DUCK

Directions

1. Sprinkle the duck breast evenly with salt and pepper. In a small bowl, combine the sherry and fruit preserves. Set aside.
2. In a 10 inch skillet, melt butter over medium heat. Add breast halves and sear for 3 minutes, turning once. Add onions (and optional garlic) to the pan and cook for 2 minutes longer. Pour sherry mixture over the duck breasts. Cook for 4-8 minutes, or until meat is cooked to desired temperature and the sauce is slightly reduced and thicker.
3. You may remove the meat, when it is rare to medium rare, to a plate and cover loosely with foil, and then reduce the sauce to a desired consistency.
4. To serve, slice breast meat and slightly fan out the slices over cooked noodles, rice or salad greens. Pour the sauce over the meat. Garnish with some fruit and greenery.

Nutrition Facts
Serving Size 3 oz.
Servings Per Container 4

Amount Per Serving

Calories 280 Calories from Fat 100

	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 105mg	**35%**
Sodium 800mg	**33%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 0g	**0%**
Sugars 8g	
Protein 23g	

Vitamin A 4% • Vitamin C 15%
Calcium 2% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Note: Duck meat is more tender when cooked rare to medium and can become tough if over cooked. This recipe serves 4, but some may say just 2 servings (I can think of one hunter in particular). Yet according to the Dietary Guidelines for America, a portion of meat should be 3 ounces which is about the size of a deck of cards.

Serves: 4

Seared Duck Breast

with Pan Juices and Raspberry Preserves

This is a nice recipe for larger ducks, such as mallards, blacks, and canvas backs.

INGREDIENTS

- 4 boneless wild duck breast halves
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¾ cup dry sherry
- 2 tablespoons seedless raspberry preserves (you could try other fruit, such as cherry, currant, blueberry, etc.)
- 2 tablespoons butter
- ½ cup chopped onion
- 1 teaspoon fresh minced garlic (optional)

harmful lead. Lead exposure is particularly harmful to growing children and fetuses (pregnant women) because high blood levels of lead can cause neurological effects that stunt development. There are many ammunition alternatives to lead, such as steel, that are healthier options. It is important to remember that shot will inevitably remain in the meat that you are cooking, therefore be careful of your teeth as you chew it!

Field Dressing Game Birds

Remember to bring a sharp hunting knife, clean cloths or papertowels, plastic gloves, and ideally a cooler filled with ice on your hunt. Temperature is important to consider for controlling the food safety of the meat you will be eating. If it is a warm day, it is better to hang birds, rather than carrying them in a lined game pocket. Piling birds can also trap the heat, inviting harmful bacteria to grow. It is important to field dress the birds as soon as possible to start the cooling process and store the dressed birds in a cooler with ice for longer transportation. You want to cool the carcass quickly to retain flavor and maintain the quality of the bird.

Waterfowl and upland birds are dressed in the same way. After the animal is plucked or skinned, remove head, feet and wings; and make a cut across the soft lining tissue in the abdomen (See figure 3). Reach inside up to the neck and pull backwards–most of the entrails should pull free. After this procedure, clean out the lungs, which lie at the back of the rib cage, then clean around the vent. Wipe the inside with cloth or paper towel to remove blood and allow air to circulate (See figure 4).

In the field, you can remove the entrails before plucking for quick cooling while you continue to hunt. To do this make the cut shown in figure 4, cutting the skin from the bottom of the breast bone to the anal opening (vent) and remove the entrails by pulling them downward. Then reach in to remove the windpipe and crop, leaving the rest of the bird intact.

Birds can be aged for a few days to increase the tenderness of the meat, though it is not necessary for many recipes. To do this, hang them in a cool, (35-40 degree) dry place for 2-3 days. Otherwise you can store the meat in

Directions

1. Par boil the thinly sliced duck or goose breast for 1-2 minutes and drain the liquid.
2. Proceed to make the recipe for the red or green curry dish on the label of the Thai curry paste.
3. Simmer all of the above ingredients for 10-15 minutes.

Nutrition Facts

Serving Size 8 oz.
Servings Per Container 6

Amount Per Serving	
Calories 240	Calories from Fat 130
	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 10g	**50%**
Trans Fat 0g	
Cholesterol 80mg	**27%**
Sodium 820mg	**34%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 20g	

Vitamin A 6% • Vitamin C 15%
Calcium 4% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Serves: 6

Thai Waterfowl Curry

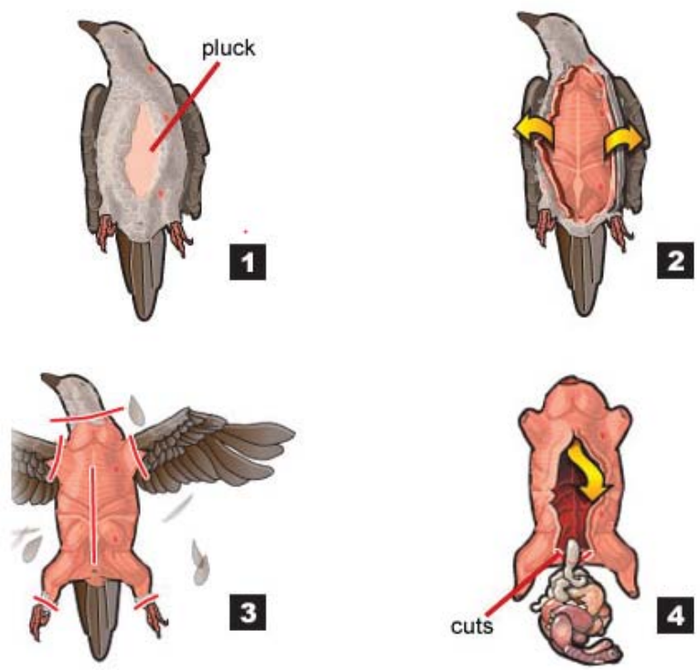
Here is an easy way to prepare duck or goose breast in a way that masks any hint of gameyness. You can make it into either a red or a green curry dish.

INGREDIENTS

- 1 duck (both halves) or goose (1 half) breast, cut into thin slices
- 1 tablespoon red or green Thai curry paste found in the Asian section of many grocery stores (check for a curry recipe on the jar)
- 1 can coconut milk (low-fat if possible)
- ¼ cup fresh basil leaves
- 3 tablespoons fish sauce
- 2 tablespoons brown sugar
- 1/3 cup chicken stock
- 1 cup fresh veggies, such as thinly sliced onion, carrots, broccoli, celery, etc.

the refrigerator if it will be eaten within three days or freeze it for longer storage. Birds should be plucked and thoroughly cleaned before freezing them. Wrap the birds tightly in butcher paper or vacuum seal the birds to prevent freezer burn. You can create your own vacuum seal bag by using a freezer bag and removing the excess air from the bag by sucking it through a straw, being careful not to suck in any raw meat or juice. Make sure to label the birds, including the date. When you are ready to cook the birds, defrost the meat by placing it in the refrigerator for a day (it could take two days for whole turkeys or geese to thoroughly defrost). This slow defrosting is important for food safety and also to tenderize the meat.

The recipes in this book include tips on preparation and nutrition facts when available. Enjoy!



Source: Indiana's Hunter Education Course Study Guide, *Today's Hunter.*

Recipes

Directions

1. Preheat oven to 450°F. In a skillet over medium heat, saute the duck meat in the 1 teaspoon of olive oil for 3-5 minutes.
2. Remove from pan.
3. Add the onions and additional 2 teaspoons of olive oil to the skillet over medium heat and cook until translucent and soft, about 5 minutes. Mix in honey and continue to cook until brown and fragrant, about 5-7 minutes more.
4. Layer BBQ sauce, caramelized onions, cheese, duck slices, and rosemary. Get creative with additional toppings, such as spinach, apples, or squash.
5. Bake in preheated oven until cheese in center of pizza is completely melted, about 10 minutes.

Nutrition Facts

Serving Size 1 slice
Servings Per Container 8

Amount Per Serving

Calories 260 Calories from Fat 130

	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 7g	**35%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 450mg	**19%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 2g	**8%**
Sugars 7g	
Protein 13g	

Vitamin A 8% • Vitamin C 2%
Calcium 20% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Serves: 8

Duck Pizza

Duck pizza is an easy weeknight meal for the whole family to enjoy. Recipe courtesy of Allison Urbani, Cornell Dietetic Intern.

INGREDIENTS

- 1 large, boneless duck breast, cut into bite-sized slices
- 1 small yellow onion, sliced
- 1 tablespoon olive oil
- 2 tablespoons honey
- 1 pre-baked 10-12 inch pizza crust, preferably whole wheat
- 3-4 tablespoons of your favorite BBQ sauce
- 10 ounces of shredded fontina cheese (or other favorite cheese)
- 1 tablespoon dried rosemary

Goose

Duck

Serves: 4

Pheasant Fingers

This is a kid friendly dish, both in terms of preparation, and taste! It is a great dish to make after a youth pheasant hunt.

Ingredients

- 2 tablespoons flour
- 1-2 teaspoons Cajun seasoning
- 1 pound boneless, skinless pheasant breast cut into ¾ inch strips
- 1 ½ cups corn flake cereal
- 2 eggs

Directions

1. Sprinkle duck with salt and pepper. Layer duck, oranges, apple, onion and garlic in a 3.5 to 6 quart slow cooker. Sprinkle sugar (or honey) and parsley on top of the duck. Pour orange juice over top.
2. Cover and cook on low heat setting about 6-8 hours or until duck is tender.
3. Remove duck from slow cooker. Discard fruit and onion mixture, since it may be bitter.
4. Slice thin to serve. You can try it drizzled with an orange/Asian flavored sauce available in many grocery stores.

Nutrition Facts

Serving Size 5 oz.
Servings Per Container 4

Amount Per Serving

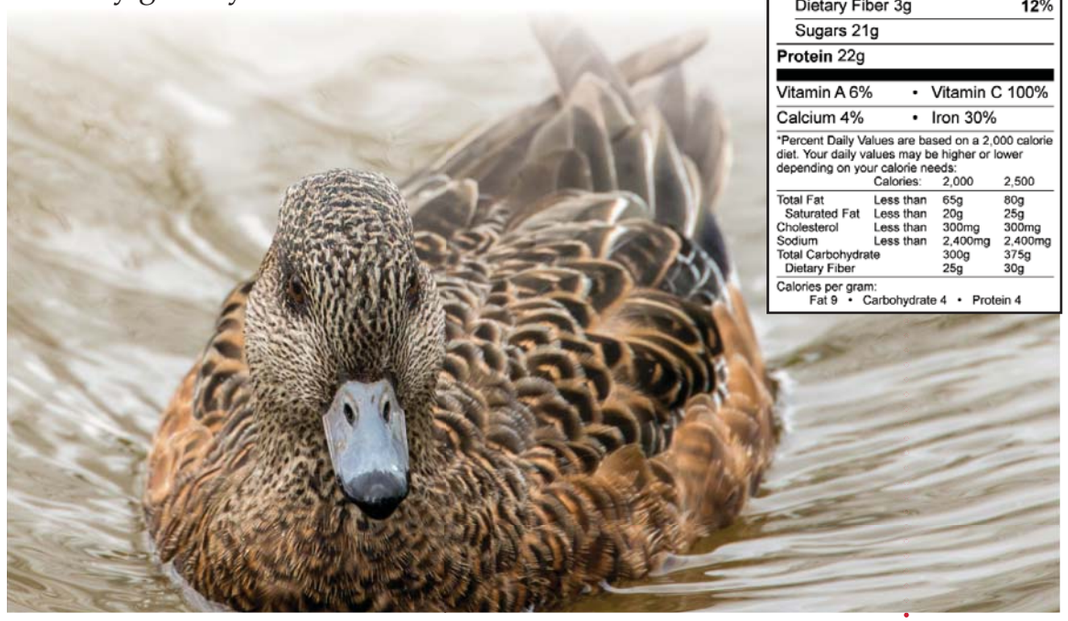
Calories 230	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 80mg	**27%**
Sodium 350mg	**15%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 3g	**12%**
Sugars 21g	
Protein 22g	

Vitamin A 6% • Vitamin C 100%
Calcium 4% • Iron 30%

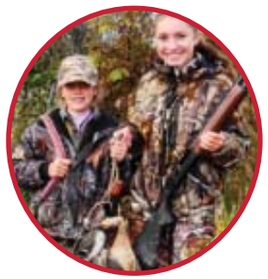
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Serves: 4



Duck a l'Orange

If your schedule is super busy, this duck recipe is the perfect, easy dish to make for a delicious dinner. Simply put all the ingredients in the slow cooker in the morning, and by the time you are back home for dinner, you'll have a tasty meal waiting for you!

INGREDIENTS

- 4-6 duck breast halves, skin removed
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 small oranges, peeled and sectioned
- 1 medium apple, peeled and cut into thick slices
- 1 medium onion, cut into thick slices
- 1 clove garlic, crushed
- 1 cup orange juice
- 1-2 tablespoons chopped fresh parsley (1 teaspoon if dried)
- ¼ cup seasoned flour with a dash of salt, pepper, and poultry seasoning

Directions

1. Preheat oven to 350°F and lightly grease baking sheet.
2. Place flour and Cajun seasoning in resealable plastic bag. Place pheasant (3-4 strips at a time) in bag. Seal and shake to coat pheasant. Remove pheasant and lay on a plate.
3. Place corn flakes in plastic bag and gently crush the cereal until you have finely crushed corn flakes. For "hot" fingers add ½ tablespoon of Cajun seasoning.
4. Lightly beat 2 eggs and place in shallow pan. Dip floured pheasant strips in egg and then place in corn flake bag and shake to coat pheasant evenly with corn flakes.
5. Place pheasant on lightly greased baking sheet. Bake in 350°F oven for 15 minutes, or until baked through and crispy on outside. Enjoy with your favorite barbecue sauce for dipping.

Nutrition Facts

Serving Size ~ 3 ounces
Servings Per Container ~4

Amount Per Serving

Calories 230	Calories from Fat 50
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 125mg	**42%**
Sodium 340mg	**14%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 31g	

Vitamin A 8%	• Vitamin C 15%
Calcium 2%	• Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Serves: 4

Simply Roasted Pheasant

This recipe uses a brine to keep the pheasant meat juicy and an initial high roasting temperature to nicely brown the meat. This is a nice presentation for birds that don't have too much shot in the breasts.

Ingredients

- 2 whole pheasants, dressed
- 8 cups water
- ½ cup kosher salt
- 2 tablespoons honey
- 2 to 4 bay leaves (optional)
- 1 clove garlic
- 1 tablespoon poultry seasoning
- 2 tablespoons olive oil
- black pepper to taste
- optional stuffing: onion, apple, fresh herbs

Directions

1. Starting in the morning cut the goose breast into pieces about the size of a deck of cards (chop size). Then pound the goose breast until they are about ¼ inch thick, using a meat mallet (tenderizer).
2. Combine onion, herbs, water and salt in a non-reactive container and submerge the breasts in the liquid. Place container in the refrigerator. Drain and change the salted water at least every hour (every half hour for the first 2 hours is even better). You do not need to change the onion and herbs, just the salted water. The goose will start to lose its red color a bit. It is best to have all day for this process, but it can be achieved in 3-4 hours.
3. Once the goose breast has transformed into veal-like qualities, you can cook it cutlet style…place milk in one bowl, the mixed egg in another, and the seasoned bread crumbs in a third bowl or plate (no need for more salt because of the salted water brine).
4. Heat 1-2 tablespoons of olive oil in a frying pan. Place each cutlet first in the milk, then egg, and then coat with bread crumbs. Fry in the olive oil 2-3 minutes per side until golden brown.
5. Lay the cutlets in a shallow baking pan, spread a few tablespoons of marinara sauce on the meat, and add some shredded mozzarella and Parmesan cheese. Put under the broiler for a few minutes until the cheese melts and gets a little golden brown. Serve with sautéed or grilled New York grown summer vegetables.

Serves: 6

Goose Parmesan

This is a nice recipe to use up goose breast that may be lingering in the freezer from last season. The brining creates a tender cutlet, plus sauce and cheese are always tasty!

Ingredients

- 1 pound goose cutlet
- ½ cup onion, sliced
- ½ cup fresh herbs such as parsley, rosemary, thyme or 2 tablespoons dried Italian seasoning
- 1 quart water
- 2-4 tablespoons salt
- 1 egg, stirred
- ½ cup skim milk
- ½ cup seasoned bread crumbs, panko or whole wheat
- 1-2 tablespoons olive oil
- 2 cups marinara sauce
- 1 cup Italian cheese blend, mozzarella, and Parmesan

Nutrition Facts
Serving Size ~ 3 ounces
Servings Per Container ~6

Amount Per Serving

Calories 350	Calories from Fat 150
	% Daily Value*
Total Fat 17g	**26%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 135mg	**45%**
Sodium 790mg	**33%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 2g	**8%**
Sugars 6g	
Protein 35g	

Vitamin A 10% • Vitamin C 20%
Calcium 20% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Brine the birds by mixing the water, salt, bay leaves, garlic, poultry seasoning and honey in a non-reactive container, such as glass, stainless steal, ceramic or food grade plastic. Submerge the pheasant and keep it in the fridge for 4-10 hours.
2. When you are ready to cook, take the pheasant out of the brine, place on a roasting pan, and allow it to warm up to room temperature (30 minutes). Preheat oven to 450°F. Rub oil and cracked black pepper over the birds.
3. Loosely stuff the birds with a piece of onion and/or apple and a few fresh herbs (optional).
4. Roast the pheasants for 15 minutes at high temperature, then lower the temperature to 350^{0}F and continue to roast for 30-45 minutes until the internal temperature of the thigh meat is about 155°F to 165°F and the bird juices run clear.
5. Remove the pheasants from the oven and let them rest before carving and serving.

Nutrition Facts
Serving Size 1/2 pheasant
Servings Per Container 4

Amount Per Serving

Calories 240	Calories from Fat 120
	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 75mg	**25%**
Sodium 280mg	**12%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 28g	

Vitamin A 4% • Vitamin C 4%
Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Serves: 4

Pheasant Cacciatore

Pheasant can be cooked in a similar way to many chicken dishes, especially if they are braised in liquid and slow cooked as in this classic recipe.

Ingredients

- 2 pheasants, cut into serving pieces
- 2 tablespoons olive oil
- 1 celery stalk, diced
- 1 carrot (about 1 cup), diced
- 1 red pepper, diced
- 3-5 cloves garlic, minced
- 1 onion, diced
- 1 quart crushed or diced tomatoes (28 ounce can)
- 1 cup white wine
- 2 tablespoons fresh sage, minced
- 1 tablespoon fresh rosemary, minced] or dried Italian seasoning
- 12 ounce cremini or button mushrooms, 2 cups diced
- salt and black pepper to taste

Directions

1. Marinate the goose in about 1 cup of port, ½ cup of olive oil, 1 tablespoon minced garlic, and a dash of salt and pepper mixed in a glass, ceramic or plastic bowl. Cover and refrigerate for about 2 days, turning the goose occasionally.
2. When ready to cook, have a skillet ready, tooth picks and a serving plate. Drizzle the dark chocolate on your serving plate in a decorative pattern and set aside.
3. Heat 1 tablespoon olive oil over medium high heat in a heavy skillet until hot (about 300°F). Add the goose breasts and sear both sides, 1-2 minutes a side until brown. Remove pan from heat and remove goose from the pan and cut into bite-sized chunks (when cool enough to handle).
4. Lightly flour the goose (about 1 tablespoon of flour sprinkled over meat).
5. Put skillet back on medium heat and add ½ cup of port, 1-2 tablespoons of Maraschino cherry juice, and ¼ cup of dried cherries. Bring this mixture to a gentle boil and scrape up any bits of browned goose from the pan.
6. Add the goose chunks back into the pan, along with 2 tablespoons of brown sugar and cook the goose a bit more, turning it in the sauce as the sauce thickens. Stir the sauce constantly as it thickens, about 3-5 minutes. Add a dash of salt, pepper and chili powder to taste (just a sprinkle should do).
7. Remove the pan from the heat and remove each piece of goose, swirling it in the sauce, with a tooth pick (for serving) and carefully place each piece of goose on the chocolate drizzled serving plate. You may add a maraschino cherry to each bit of goose for serving.

Serves: 15

Cagey T's Cherry Goose Recipe

Wow your family and friends with this elegant and delicious appetizer!

INGREDIENTS

- 2 goose breast halves (from 1 goose)
- 1 ½ cups port wine
- ½ cup olive oil
- 2 garlic cloves or 1 tablespoon minced garlic
- 2 tablespoons maraschino cherry juice and about 15 cherries for serving
- ¼ cup dried cherries
- 2 tablespoons brown sugar
- salt and pepper to taste
- dash of chili powder or cayenne pepper
- dark chocolate sauce (such as a melted bar or Hershey's sauce)

Nutrition Facts
Serving Size 3 oz.
Servings Per Container 15

Amount Per Serving	
Calories 290	Calories from Fat 130
	% Daily Value*
Total Fat 15g	**23%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 85mg	**28%**
Sodium 90mg	**4%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 1g	**4%**
Sugars 6g	
Protein 23g	
Vitamin A 2% •	Vitamin C 10%
Calcium 2% •	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

DIRECTIONS

1. Preheat oven to 350°F.
2. In a large braising pan or Dutch oven heat 2 tablespoons of olive oil over medium heat. Add pheasant pieces and brown them well. Take your time and do it in batches. Remove the pheasant pieces as they brown.
3. Add the carrot, celery, onion, pepper, and mushrooms and sauté 3-5 minutes until the onion is wilted and beginning to brown. Add more oil if needed. When they begin to brown add the garlic and cook for another 1-2 minutes, stirring occasionally.
4. Add the herbs and the white wine and turn up the heat to high. Stir well, scraping any browned bits from the pan with a wooden spoon. Let the wine cook down by half. Add the tomatoes and mix well. Add the pheasant and mix.
5. Cover and cook in the oven for about an hour or until meat is falling off the bone.
6. Serve over noodles with sauce and sprinkle with fresh parsley and Parmesan cheese (optional).

Nutrition Facts
Serving Size half a pheasant if small
Servings Per Container ~4

Amount Per Serving	
Calories 400	Calories from Fat 100
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 125mg	**42%**
Sodium 380mg	**16%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 4g	**16%**
Sugars 7g	
Protein 49g	
Vitamin A 90% •	Vitamin C 70%
Calcium 10% •	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Serves: 4

Pheasant Breasts with Apples, Cranberries and Cider Gravy

This is an excellent dish for the fall hunting season, using fresh apples and cider. The breasts are tenderized by the meat mallet, short cooking time, and delicious pan gravy.

Ingredients

- 4 pheasant breasts, skinless, boneless
- 2 tablespoons flour
- 2 tablespoons olive oil or butter
- 2 shallots, finely diced
- ½ cup apple cider
- 2 medium tart apples, peeled and thinly sliced
- 1 cup chicken stock
- ¼ cup cream or coconut milk
- ¼ cup dried cranberries
- chopped parsley for garnish (optional)

Directions

1. Heat olive oil in a large skillet and brown the goose breasts for a few minutes on each side. Transfer to a slow cooker and add the onion, garlic, and enough juice or stock to cover the meat.
2. Simmer on low heat for 6-8 hours. This can also be done in a dutch oven or braising pan placed in the oven at 300°F for 3+ hours (make sure the liquid does not cook off). The meat should be tender and easily shredded when done.
3. Remove the goose meat from the pan and shred the meat. Discard the cooking liquid. Mix the goose meat with your favorite BBQ sauce and heat through. Great for sandwiches.

Nutrition Facts

Serving Size 1 cup
Servings Per Container about 8

Amount Per Serving

Calories 210	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 160mg	**53%**
Sodium 300mg	**13%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 0g	**0%**
Sugars 11g	
Protein 27g	

Vitamin A 4%	• Vitamin C 2%
Calcium 0%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Serves: 8

Pulled BBQ Goose
with cider

This is an excellent recipe for feeding a crowd, whether at your dinner table or potluck supper. The meat becomes very flavorful and tender cooked in the slow cooker.

Ingredients

- breast meat from 1 goose, about 2 pounds, boneless and skinless
- 1-2 tablespoons olive oil or butter
- 1 large onion, chopped
- 3 cloves garlic, crushed
- 2-4 cups apple juice, cider, or chicken stock
- favorite barbecue sauce

Directions

1. Pound breasts lightly with meat mallet to a consistent thickness. Season well with salt and pepper and lightly dust with flour. In a 12 inch sauté pan or cast iron skillet, heat oil over medium heat. Add pheasant breasts and cook until golden brown, about 4-6 minutes per side. Remove pheasant from pan and loosely tent with aluminum foil to keep warm and insure proper cooking.
2. Add shallots to pan and stir. Cook over medium heat until softened, about 4-5 minutes. Add cider, apples, chicken stock, and cranberries. Bring mixture to a boil and reduce liquid by half, stirring to cook evenly and prevent burning. Add cream or coconut milk and stir to combine. Return pheasant breasts to pan and heat through. Season with salt and pepper and serve immediately with plenty of the pan gravy and apple slices. This is nicely served over a bed of wild or brown rice and sprinkled with parsley.

Nutrition Facts

Serving Size 1 breast piece
Servings Per Container 4

Amount Per Serving	
Calories 420	Calories from Fat 120
	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 105mg	**35%**
Sodium 210mg	**9%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 3g	**12%**
Sugars 18g	
Protein 46g	

Vitamin A 10% • Vitamin C 30%
Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Serves: 2 - 4

Wild Pheasant with Sweet Potato, Mushrooms, and Brown Rice

This is an excellent, earthy one- dish meal.

Ingredients

- 1 small sweet potato, peeled and cubed
- 2 tablespoons olive oil (divided)
- ½ teaspoon cinnamon
- ½ teaspoon garlic powder or 1 clove fresh minced garlic
- salt & black pepper
- 1 cup mushrooms, cleaned and sliced
- 1 cup pheasant meat, cubed
- 2 cups cooked brown rice
- 1 tablespoon good quality balsamic vinegar (optional)
- 1 tablespoon fresh rosemary, chopped

Roll the meat up like a burrito and secure either with toothpicks or tie with kitchen twine in a few places. Roll the meat in the seasoned flour to evenly coat it and shake off excess flour. Heat the left over bacon grease or 1 tablespoon olive oil in the oven proof skillet. Carefully brown the goose roulades on all sides. Add the wine, the remaining half cup of beef stock, and balsamic vinegar. Place entire pan in the preheated oven. Cook for 30 minutes for medium rare or 45 minutes for medium. Carefully remove goose roulades from pan and set on a tray loosely tented with foil to keep warm. Set the skillet over medium heat and cook the wine and broth liquid down by half. It will start to thicken and make a nice sauce. You can stir in a few tablespoons of half and half or sour cream to the sauce if desired. Strain sauce into a gravy boat and season with salt and pepper to taste. Slice the roulade and serve over a rice pilaf or egg noodles with the wine sauce drizzled on top and your favorite veggies on the side.

Cooking note: You can be creative with the stuffing, for example: you could use a packaged stuffing mix; stuff with just sautéed onion, bacon, and diced dill pickle; stuff with sautéed arugula, red pepper and farmers cheese; use a favorite chutney; etcetera.

Nutrition Facts

Serving Size ~ 4 oz.
Servings Per Container ~6

Amount Per Serving	
Calories 220	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 70mg	**23%**
Sodium 330mg	**14%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 2g	**8%**
Sugars 1g	
Protein 21g	
Vitamin A 20% • Vitamin C 15%	
Calcium 8% • Iron 15%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

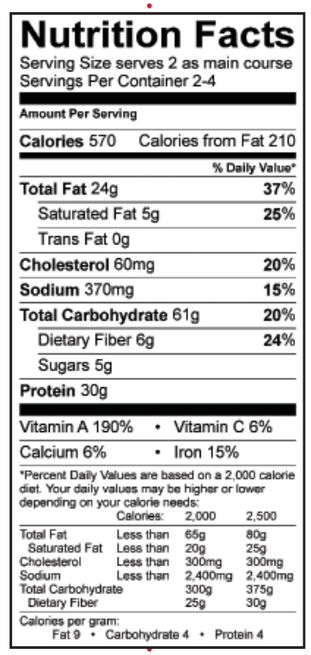
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Place a goose breast on a sheet of parchment or wax paper on top of a cutting board. Carefully butterfly the breast by placing the breast under your left hand (for right handed folks) so that the breast most closely resembles the shape of your hand. Carefully cut the breast in half, moving toward the outer edge of your left hand, yet do not cut all the way through the breast. Open the breast…it should look somewhat like a butterfly. Then pound the meat with a mallet until it is about ¼ inch thick (pencil width).
2. Create a brine by combining the quart of water, 1 tablespoon pickling salt, 1 tablespoon brown sugar, 1 tablespoon pickling spice (if you have it) and 1 clove of crushed garlic in a large glass or ceramic bowl (not metal). Add the pounded goose breast, cover and refrigerate for 4-6 hours.
3. Remove the goose from the brine and pat dry with paper towels.
4. In a large oven proof skillet, brown the bacon over medium heat. Remove bacon and drain most of the fat into a small dish for later. Add the spinach, parsley and shallot to the pan and saute a few minutes. In a bowl combine the bread cubes, poultry seasoning, and Parmesan cheese. Dice the cooked bacon and add it to the bread mixture. Add the spinach mixture from the pan to the bread mixture and moisten it with about 1/4 cup of the beef broth. Combine well and add salt and pepper to taste if desired–this is the stuffing for the roulade.
5. Preheat oven to 350°F. Lay the two goose breasts flat. Put half of the stuffing mixture on each breast and spread stuffing evenly over the meat.

Directions

1. Preheat oven to 375°F.
2. Place sweet potatoes on a roasting pan and drizzle with olive oil. Season with cinnamon, garlic, salt and pepper and toss with your hands or a spoon to combine. Bake for 40-45 minutes until slightly browned and soft.
3. In a large sauté pan heat remaining olive oil over medium-high heat. Add the mushrooms and stir fry with the pheasant until cooked through. Turn heat to low and add the roasted sweet potatoes, stir in the rice, balsamic vinegar (optional), and rosemary. Adjust flavor with salt and black pepper.



Nutrition Facts

Serving Size serves 2 as main course
Servings Per Container 2-4

Amount Per Serving

Calories 570	Calories from Fat 210
	% Daily Value*
Total Fat 24g	**37%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 370mg	**15%**
Total Carbohydrate 61g	**20%**
Dietary Fiber 6g	**24%**
Sugars 5g	
Protein 30g	

Vitamin A 190% • Vitamin C 6%
Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Braised Grouse
with Bacon and Sage

Ruffed grouse have been called "Wild Chicken of the Adirondacks" or "road chicken" and indeed you can substitute wild caught grouse in most chicken recipes. Grouse roasts nicely and can also be sautéed (think Grouse Marsala). Keep in mind that grouse has less fat than domesticated chicken and is smaller, so cooking time may vary from a chicken recipe. Chicken recipes that cook with liquid (braising or sauces) are often a good way to cook grouse to insure moistness. The following recipe brings out all of the delicious flavor of grouse.

Ingredients

- 4 boneless, skinless grouse breast halves
- 8 slices of bacon
- 1 cup chicken broth
- 1 cup white wine
- ½ cup chopped shallot (or ¼ cup red onion)
- 4 cloves diced garlic
- ½ teaspoon salt
- 1 tablespoon chopped sage
- ground black or white pepper to taste
- 3 tablespoons flour

Goose Breast Roulades

Here is a recipe to change up the typical goose recipe ruts we often get stuck repeating (for me it's smoked goose, chili, and pulled BBQ goose). This recipe has a few steps and may seem a bit complicated at first, but it comes together very nicely and is delicious.

Ingredients

- 2 Canada goose breasts (Snow goose and Brant work fine too), about 1 pound each
- 1 quart water, 1 tablespoon pickling or kosher salt, 1 tablespoon brown sugar, 1 tablespoon pickling spice, 1 clove garlic, crushed
- 4 slices bacon
- 2 cups spinach, chopped
- 2 tablespoon parsley, chopped
- ¼ cup shallot or red onion, chopped
- ½ teaspoon poultry seasoning
- 2 slices toast, rye or whole wheat, cut into small cubes
- ¼ cup grated Parmesan cheese
- ¾ cup beef stock
- ½ cup dry red wine
- 1 tablespoon balsamic vinegar
- ¼ cup seasoned flour with a dash of salt, pepper, and poultry seasoning

5. Heat oven to 350^{0}F. Cover bottoms of baking dishes (probably one 13×9 and one 8×8) with enchilada sauce. One at a time, heat tortillas in a large skillet or 10 seconds in the microwave to make flexible, add some meat mixture and about 1 ounce shredded cheese to each tortilla, roll and fold in ends, and place in baking dishes. When all the tortillas have been filled and placed in the baking dishes, top them with the remaining enchilada sauce, cover baking dish with foil, and bake until bubbling, about 40 minutes. Remove foil and bake another 15 minutes or until enchiladas start to crisp up.

Directions

1. Preheat oven to 325°F.
2. In a large, oven-proof skillet (i.e. cast iron fry pan) fry the bacon until almost crisp but not overly browned, over medium-high heat. Remove bacon and set aside. Leave 1-2 tablespoons of the bacon drippings in the pan and discard the rest.
3. Place the grouse breasts in the pan and brown them quickly, about 2 minutes per side. Remove the grouse from the skillet and wrap each grouse breast with 2 pieces of bacon, securing them with a toothpick if necessary.
4. Add the remaining ingredients to the pan and scrape up any bits off the bottom of the skillet with a wooden utensil. Remove from heat and add the grouse back to the pan. Place the oven-proof skillet in the preheated oven and roast uncovered for 45 minutes. When done, remove the grouse from the pan and keep warm on a separate plate loosely covered with aluminum foil.
5. Put the skillet on a burner over medium heat and whisk the flour into the pan juices, stirring constantly until thickened. Serve the pan gravy over the grouse breasts. This dish tastes excellent over wild rice.

Nutrition Fact Labels are not available for grouse as of yet.

Serves: 2 - 4

Oven Braised Grouse

Here is a recipe that is pretty simple, yet tender and flavorful. Using an oven cooking bag traps in the moisture and creates even cooking of the birds.

Ingredients

- 1 oven cooking bag, a chicken size will do
- 1 tablespoon flour
- ½ cup apple cider or chicken stock or white cooking wine
- 2 whole grouse that have been cleaned, head and feet removed, skin on*, birds may also be halved
- 2-3 tablespoons melted butter or olive oil
- ½ teaspoon poultry seasoning
- salt and pepper
- ½ apple or onion (or a bit of both)

Directions

1. Put meat in a crock pot (or heavy sauce pan with lid to cook on stove or in oven) and cover with braising liquid: some combination of water and/or stock or broth to cover bird parts in pot.
2. Add shallot, garlic, coriander, bay leaves, thyme, pepper and dash of salt (optional) to pot. Cover and simmer until meat is tender and easily separates from the bone (about 4 hours on a high heat crock pot, 6-8 hours on low heat crock pot or 3 hours on the stove or oven at 325°F), adding more liquid as needed.
3. Let cool, and pick meat from the bones. Strain liquid and save (freeze) for other recipes or discard. Chop meat into bite size pieces.
4. Saute 1 diced onion in olive oil in large skillet until translucent. Stir in the crushed cloves of garlic followed by the meat and fajita seasoning, then add the can of diced tomatoes; drain the liquid off of the can of beans and stir in the beans. Heat until bubbling. Adjust seasonings – add hot sauce or diced chipotle peppers in adobo sauce to kick up the heat if so desired.

(directions continued on next page)

Nutrition Facts

Serving Size 1 enchilada
Servings Per Container 10

Amount Per Serving

Calories 530	Calories from Fat 170
	% Daily Value*
Total Fat 19g	**29%**
Saturated Fat 7g	**35%**
Trans Fat 0g	
Cholesterol 110mg	**37%**
Sodium 1360mg	**57%**
Total Carbohydrate 45g	**15%**
Dietary Fiber 25g	**100%**
Sugars 5g	
Protein 46g	

Vitamin A 15% • Vitamin C 15%
Calcium 25% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Serves: 10

Goose Leg Enchiladas

This is a great recipe to utilize the legs that are often left behind. This savory recipe is courtesy of wildlife biologist, Andy Weik.

Ingredients

- 2 large goose or wild turkey legs (thigh and drumstick) or combination of legs and wings of turkey or other game birds, about 3 pounds
- 1 shallot, chopped
- 3 garlic cloves, crushed
- 1 tablespoon coriander seed
- 2 bay leaves
- 1 tablespoon fresh thyme (or 1 teaspoon dried)
- 1 teaspoon black pepper
- 2 small (10 ounces) or 1 larger can Enchilada sauce
- 10-14 ounces cheese – your choice of cheddar, jack, etc.
- Packet of Fajita seasoning, or mix your own
- 1 can diced tomatoes (10-15 ounces) – depending on tastes, this can be tomatoes with green chilies or fire roasted tomatoes including liquid
- 1 can beans (optional) – choice of black, pinto, etc., rinsed and drained
- 1 large onion, chopped
- 2 or 3 cloves garlic, or more depending on taste, crushed
- 10 large burrito sized flour tortillas, preferably whole wheat
- 1 tablespoon olive oil for sautéing

Directions

1. Heat oven to 350°F.
2. Rub grouse evenly with melted butter and season with poultry season, salt and pepper.
3. Place some apple and-or onion slices inside the cavity of the birds.
4. Follow instructions on cooking bag to add 1 tablespoon flour to the bag, shake and place bag in baking dish.
5. Pour cider, stock, or wine into the bag.
6. Place grouse next to each other in the cooking bag. Close bag and secure with the nylon tie provided. Make 6 slits in the top of the bag (not the sides or bottom as you want to reserve the juices).
7. Place in oven and roast about one hour until cooked through (165°F on a meat thermometer and juices run clear when thigh is pierced). If birds are not nicely browned, slit bag down the center and fold back, being careful not to spill any juices.
8. Place back in oven and cook about 15 minute more until browned. Gently lift out birds and place on carving board and tent loosely with foil, removing the apple and onion from the birds. *If using skinless birds you can wrap some bacon slices around the birds.
9. Pour juice from bags through a strainer into a 10 inch skillet. Simmer the juice until it is reduced by about half. Drizzle this under and over the birds for serving.

Nutrition Fact Labels are not available for grouse as of yet.

Serves: 6

Broiled Quail with Miso

This is an Asian flavored recipe for small game birds. If you are short on time you can use a bottled marinade.

Ingredients

- ¾ cup white miso (soybean paste)
- 1/3 cup white wine, preferably sake
- 3 tablespoons honey
- 4 scallions, white and light green parts only, diced
- 1 tablespoon vegetable oil
- 12 semi-boneless quail (about 2 ¼ pounds)

Directions

1. If starting with raw turkey pieces, saute turkey pieces in a greased (either with cooking spray or a little olive oil) fry pan over medium heat until just cooked through (about 5 minutes).
2. Cook broccoli either in a microwave or steamer until barely tender (about 3-4 minutes). Arrange the broccoli on the bottom of a greased casserole (or 9×11 inch) dish and then layer the cooked turkey meat on top of the broccoli.
3. Meanwhile, heat the butter in a sauce pan over medium heat and add the flour. Stir and cook about 2 minutes to form a roux (a paste). Gradually stir in milk and chicken broth and cook until sauce thickens. This may take 5 minutes, stirring occasionally.
4. Add Worcestershire sauce, salt and pepper to taste, and then add sherry wine. Cook 1 minute longer.
5. Pour the sauce over the turkey and broccoli. Sprinkle with Parmesan cheese (and some parsley flakes, if you have them).
6. Bake in a 400°F oven for 20 minutes.

Nutrition label based on domestically raised turkey.

Nutrition Facts

Serving Size 1-1.5 cups
Servings Per Container 4

Amount Per Serving

Calories 350	Calories from Fat 130
	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 8g	**40%**
Trans Fat 0g	
Cholesterol 70mg	**23%**
Sodium 610mg	**25%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 5g	**20%**
Sugars 9g	
Protein 30g	

Vitamin A 30% • Vitamin C 230%
Calcium 20% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Serves: 4

Wild Turkey
with Sherry and Broccoli

To breast a turkey, lay the turkey on its' back, and cut a small incision along the top of the breast bone just long enough to be able to grab the skin to pull it back. The skin with the feathers should easily pull away from the breast meat. Once the breast meat is exposed, carefully run your knife (a fillet or boning knife works well) along the breast bone and ribs until the breast is cut free. Be careful not to cut the crop which is located at the top of the breast bones (inside the v shape) it can be a bit stinky. Often there are some scraps of meat still on the bird after the breasts are removed, including some thigh and leg meat, which can be tough if traditionally cooked as whole pieces. I remove any remaining breast pieces of meat and choice pieces of leg meat to use for the following recipe. It is also a great recipe for left over cooked turkey.

Ingredients

- 1 pound turkey, wild caught (cooked pieces)
- 1 bunch broccoli, washed and chopped
- ¼ cup butter
- ¼ cup flour
- 1 ½ cups skim milk
- 1 cup chicken broth
- ½ cup sherry wine
- 2 teaspoons Worcestershire sauce
- 2 tablespoons grated Parmesan cheese

Directions

1. Combine the miso, sake/white wine, honey and scallions in a small saucepan over medium heat. Bring to a simmer and cook, stirring until thick, about 5 minutes. Let cool, then transfer to a large bowl and whisk in the vegetable oil.
2. Pat the quail dry. Add to the bowl with the miso mixture and toss; cover and refrigerate 1 hour.
3. Preheat the broiler. Line a shallow baking pan with foil. Arrange the quail in the pan in a single layer. Broil, rotating the pan as needed, until the quail are browned in spots and cooked through, about 8 minutes per side.

Nutrition Facts

Serving Size 2 small quail
Servings Per Container 6

Amount Per Serving

Calories 360	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 120mg	**40%**
Sodium 1110mg	**46%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 1g	**4%**
Sugars 14g	
Protein 40g	

Vitamin A 4%	• Vitamin C 25%
Calcium 2%	• Iron 45%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Serves: 4

Woodcock and Wild Rice Pilaf

This side dish is part of our Thanksgiving feast every year. It allows for more people to taste the little morsels of woodcock in a rich, earthy, side dish.

Ingredients

- 1-2 woodcock, boneless, skinless breast and leg meat, diced with any silverskin removed
- 1 small shallot, minced
- 1 tablespoon butter or olive oil
- 1 cup uncooked wild rice, rinsed
- 2 cups chicken broth
- ½ cup chopped fresh parsley
- ½ cup chopped nuts, such as almonds or pecans (optional)
- 1 cup diced mushrooms (optional)
- salt and pepper to taste

Directions

1. Combine Italian dressing and white wine. Place turkey breast into large Ziploc bag. Pour mixture over. Marinate overnight in refrigerator, turning occasionally.
2. Preheat oven to 350°F. Discard marinade. Season wild turkey breast with Creole seasoning, lemon pepper, and salt.
3. Place breast into an oven roasting pan with lid or oven roasting bag. Mix melted butter and olive oil. Pour over breast. Place roasting pan in oven and bake at 350°F for 1½ hours, basting frequently or if using a roasting bag, follow the manufacturers instructions for turkey, though wild turkey may cook more quickly.

You can make a gravy with the cooking liquids!

- Pour the liquids into a small fry pan. Take out 1 tablespoon and mix it with 1 tablespoon of cornstarch to make a paste. Wisk the paste back into the liquids and bring to a boil, stirring constantly until thickened. Serve with the turkey breast.

Nutrition label based on domestically raised turkey.

Nutrition Facts

Serving Size 3 oz.
Servings Per Container ~6

Amount Per Serving

Calories 220	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 80mg	**27%**
Sodium 380mg	**16%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 28g	

Vitamin A 2%	• Vitamin C 0%
Calcium 2%	• Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Serves: 4

Oven Roasted Wild Turkey Breasts

Remember, wild turkeys are lower in fat than domestic birds, so it is important to baste frequently when cooking or use an oven roasting bag to lock in moisture.

Ingredients

- 1 wild turkey breast
- 8 ounces (1 cup) bottled Italian salad dressing
- 8 ounces (1 cup) white wine
- Creole seasoning, to taste
- lemon pepper, to taste
- salt, to taste
- 2 tablespoons butter, melted
- 2 tablespoons olive oil
- 1 small oven roasting bag

Directions

1. In a saucepan over medium heat, melt butter (or olive oil). Add shallot and woodcock meat (plus the mushrooms and nuts if using) and gently sauté for 3-5 minutes until fragrant. Add the rice and saute, stirring lightly, about one minute more. Add the chicken broth and parsley.
2. Increase heat to medium high and bring mixture up to a gentle boil. Reduce heat and cover with a lid.
3. The rice mixture should be gently simmering, but not boiling at this point. Cook for about 45 minutes. Uncover and fluff rice with a fork. Simmer an additional 5 minutes, uncovered. The rice should be tender, but not mushy. Drain any excess liquid. Taste and adjust seasoning with salt and fresh black pepper to taste.

This can be made into a soup!

1. Wisk ¼ cup of flour with ½ cup of chicken stock to make a paste. Stir this into the rice mixture. Slowly stir in 3 more cups of chicken broth and ¼ cup sherry or sweet vermouth. Cook, while stirring, until broth is slightly thickened, add ½-1 cup of light cream. Stir until heated through without boiling the soup. Serve with a little parsley sprinkled on top.

Nutrition Fact Labels are not available for woodcock.

Wild Turkey Breasts

Buttermilk, Pan-fried

This recipe is perfect for wild turkey meat which can be a little on the drier side compared to store bought turkey. By soaking the meat in buttermilk overnight, you lock in the moisture and enrich the flavor of the meat. The quick pan fry will also keep the meat moist. You can play with the seasoning of the flour to suit your taste.

Ingredients

- 1 ½ pounds wild turkey breast meat
- 1 quart buttermilk
- 1 ½ - 2 cups flour
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon white pepper
- 1 teaspoon cayenne pepper
- 1 tablespoon garlic powder (not garlic salt)
- 1 tablespoon onion powder
- 1-2 tablespoons dried sage
- 1 tablespoon grated lemon peel
- 2-4 tablespoons olive or canola oil

Directions

1. Fillet and/or pound turkey breast meat into 4½ inch thick pieces…cutlet sized.
2. Soak turkey cutlets in buttermilk overnight in a glass or ceramic container in the refrigerator.
3. When ready to cook, mix flour and remaining ingredients (except oil, which is for frying) in a shallow pan.
4. Remove turkey pieces from the buttermilk and place directly into the seasoned flour, dredging thoroughly.
5. Heat the 2-4 tablespoons oil in skillet over medium heat.
6. Pan fry flour-coated turkey cutlets until golden brown and cooked through, turning over once after about 4 minutes.

Nutrition label based on domestically raised turkey.

Nutrition Facts

Serving Size 4-6 ounces
Servings Per Container ~4

Amount Per Serving	
Calories 440	Calories from Fat 120
	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 95mg	**32%**
Sodium 720mg	**30%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 5g	**20%**
Sugars 4g	
Protein 44g	

Vitamin A 6% • Vitamin C 4%
Calcium 15% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4