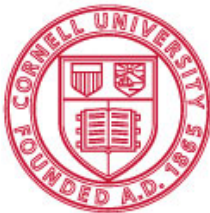




WILD HARVEST TABLE

Hunt like a Chef

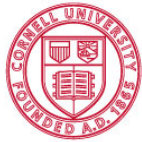


Cornell University
Cooperative Extension
Department of Natural Resources

This guide is produced in partnership with Wild Harvest Table, Seneca County Cornell Cooperative Extension, and Cornell University Department of Natural Resources.



Cornell Cooperative Extension
Seneca County



Cornell University
Cooperative Extension
Department of Natural Resources

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United States Department of Agriculture
National Institute of Food and Agriculture

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This booklet offers practical advice on preparing and consuming venison, small game, and 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 venison, small game and wild fowl are presented, along with recipes and tips for delicious preparation and presentation. Always be sure to check your state's hunting regulations for seasons and bag limits as well as guidance regarding game and habitat studies.

Hunting is a great way to learn more about animals. By spending time in their habitats you will learn more about the animals and the environment they live in. Cornell's Department of Natural Resources offers many publications to learn about wildlife and conservation, including interesting fact sheets for different species that you may hunt (or just watch), which you can find at <http://blogs.cornell.edu/cerp/publications/wild-things-in-your-woodlands/>.

New York State DEC also has many interesting facts about wildlife, including game species such as white tailed deer, along with excellent information on responsible hunting practices and wildlife conservation.

The resources in this booklet will help you put on your "chef" hat as you plan your hunt and when you harvest wild game meat.



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Venison

Remember Food Safety Starts in the Field!

Consider using non-lead bullets or slugs

Research has shown that small, undetectable lead fragments remain in the meat of animals shot with lead ammunition, especially in the ground meat. Lead is a neurotoxin that can be particularly harmful to growing children and developing fetuses (pregnant women). If you choose to use lead ammunition, be sure to discard the meat around the wound channel.

Properly field dress and cool the inner cavity as soon as possible

Bring a sharp knife for gutting your deer, plastic gloves, and some sanitizing wipes to clean your blade. If you choose to rinse the inner cavity of the deer after gutting, be sure to dry it with a towel. Excessive moisture can lead to harmful bacteria growth. Prop the cavity open with clean sticks to allow the air to circulate, cooling down the cavity. Penn State Cooperative Extension has a Field Dressing Deer Pocket Guide that is handy to have in your kit. There are many on-line resources for field dressing deer. Just be sure the information is from a reliable, research-based source, such as a State's Cooperative Extension (.edu) or Department of Environmental Conservation (.gov).

Keep the deer below 40°F during aging

Only age your deer for a few days to tenderize the meat if you have a place to store it below 40°F where pests cannot get it (i.e. canines, cats, or rodents). The deer should be hung by its hind feet with the skin on during aging. If the temperature is not cooperating, it is not necessary to age the meat to achieve tender results. Other ways to tenderize the meat later are through mechanical processes, such as pounding with a meat mallet or piercing the meat; using acidic marinades, such as vinegar or wine to break down the meat; brining the meat in salted water to enhance juiciness; braising by searing or “browning” the meat, then cooking it for a few hours in liquid (think stew or pot roast); and a final tenderizing technique is to not overcook steaks or other tender cuts.

Have a plan for storing deer meat, such as freezing, canning, jerky making

One cubic foot of freezer space holds about 30-35 pounds of cut and wrapped meat, depending on the shape of the cuts. You can expect to get about 50-60% yield of edible meat, so a 100 pound deer will yield about 50 to 60 pounds of meat for the freezer. Always freeze meat one layer at a time. Filling a box with many packs of unfrozen meat will lead to warm spots in the middle of the box and portions of the meat may not be thoroughly frozen, causing a food safety concern. Meat can be condensed into a box once it is frozen solid. Canning meat is a great way to save on freezer space. It not only frees up freezer space, but the canned meat is very tender and ready to prepare quick meals. If you are unfamiliar with canning check with your local Cooperative Extension office to see if they offer hands on courses or guidance for canning.

Venison is a delicious and nutritious meat, especially when properly prepared!

Wild deer meat tends to be low in fat and high in mineral and protein content due to a deer’s diverse, foraged diet and free range lifestyle. Less fat in the meat equals fewer calories as well.

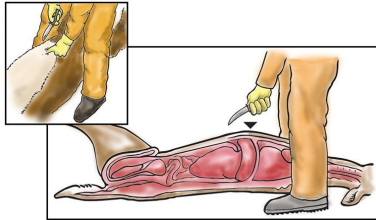
Nutritional comparison of deer meat to ground beef

Based on 3 ounce portions (85g):	Ground Wild Deer Meat	Ground Grass-Fed Beef	Ground Beef 85% Lean
Nutrients:			
Energy (kcal)	134	163	183
Protein (g)	18.52	16.52	15.8
Total fat (g)	6.06	10.83	15.8
Total saturated fat (g)	2.859	4.537	4.986
Total mono-unsaturated fat (g)	1.143	4.082	5.572
Total poly-unsaturated fat (g)	0.335	0.452	0.367
Cholesterol (mg)	68	53	58
Minerals:			
Ca (mg)	9	10	13
Fe (mg)	2.48	1.69	1.78
Mg (mg)	18	16	15
P (mg)	171	149	145
K (mg)	281	246	251
Na (mg)	64	58	56
Zn (mg)	3.57	3.87	3.81

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, www.ars.usda.gov/ba/bhnrc/ndl. Compiled by Moira Tidball, Cornell University Cooperative Extension, 2012.

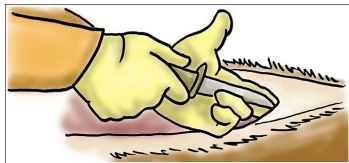
Field Dressing a Deer

- Field dress deer as soon as possible to ensure rapid loss of body heat, prevent surface bacteria from growing, and maintain overall quality of the meat.
- To reduce your risk of exposure to disease, wear disposable plastic gloves while handling animals. Wash hands and arms thoroughly with soap and water before and after dressing. Using clean water, pre-moistened wipes, or alcohol wipes, clean your knife frequently between cuts to prevent bacterial contamination.
- Use 6–8 feet of rope to tie one of the animal's legs to a tree to open up the carcass for field dressing. Spread the hind legs by propping a branch between them or position the carcass on its back with rocks or logs to keep it in place.



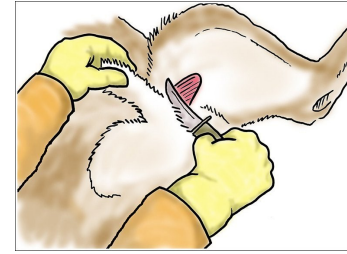
STEP 1: Start your cut at the bottom of the breastbone.

- Using a clean knife, make a shallow cut by lifting the skin and muscle together.



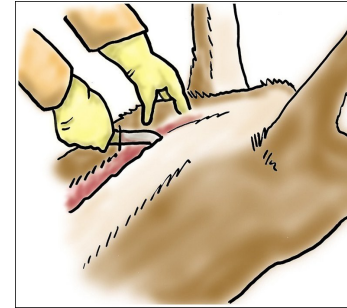
STEP 2: Open the body cavity.

- Position the knife within the cut with the blade facing upwards.
- Insert 2 fingers (one on each side of the knife blade in the shape of a "V") in the slit next to the breastbone and push the entrails away from the blade.
- Do not pierce the entrails.
- Make an incision following the midline from the breastbone to the pelvis.



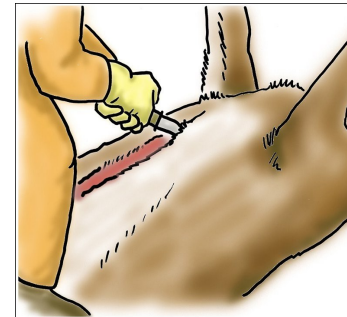
STEP 3: Remove the reproductive organs.

- Use a smaller incision to prevent contamination when dragging or carrying the deer.



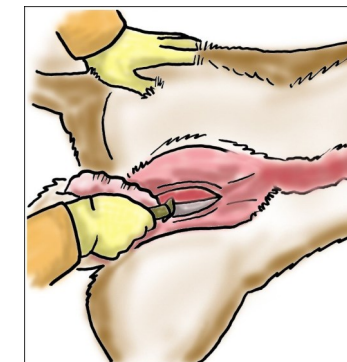
STEP 4: Cut the skin and muscle from the bottom of the breastbone to the brisket.

- Hold the knife with blade facing upward.



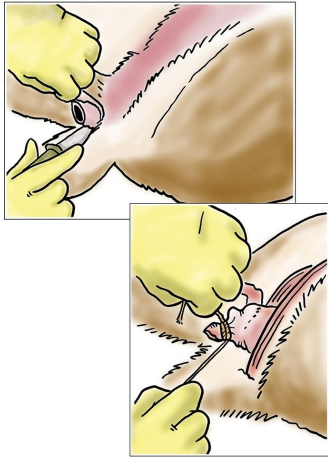
STEP 5: Split the rib cage at the breastbone.

- Cut through the breastbone with a knife or use a small saw on older or large animals.



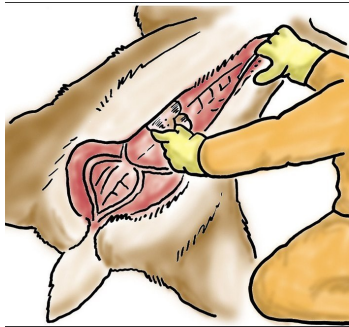
STEP 6: Follow the previous incision from the pelvis to the anus.

- Split the pelvic bone with a saw.
- Carefully cut around the urethra. Do not sever.



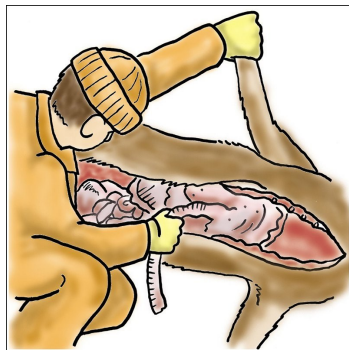
STEP 7: Carefully remove the anus.

- Cut around the anus, loosening its connective tissues.
- Tie off the anus with rubber bands or string.
- Pull the anus and large intestine into the body cavity.



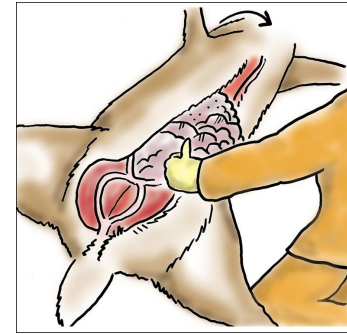
STEP 8: Make your final cuts.

- Hold open the rib cage. Reach into the cavity and cut the diaphragm free from the rib cage down to the backbone.
- Avoid cutting the stomach or intestines to reduce contamination.



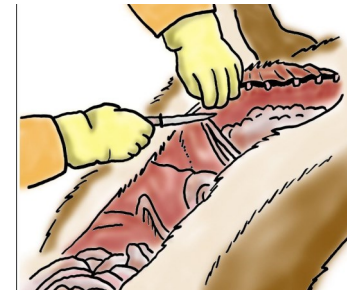
STEP 9: Roll the carcass onto its side to spill out the entrails.

- Loosen connective tissues as needed.
- Remove the windpipe and esophagus.



STEP 10: Place the liver and heart in resealable plastic bags and chill.

- Do not eat the meat if the organs smell bad, exhibit greenish discharge, have blood clots, are discolored, or exhibit any other abnormality. Do not take any risks if in doubt about the health of the deer.

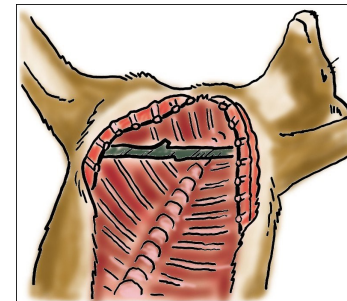


STEP 11: Clean, ventilate and dry the body cavity.

- Prop open the body cavity with a clean stick or branch.
- Remove all visible dirt, feces, hair, and bloodshot areas.
- Clean out entrail residue and drain excess blood.

If gut shot...

- Field dress as soon as possible to remove the entrails.
- Trim all visible feces or ingesta with a clean knife. Clean the knife regularly between cuts.
- If you need to wash the cavity to remove contamination, dry it thoroughly with a dry cloth or paper towels.
- Prop open the body cavity to circulate air.



STEP 12: Wipe the inside of the body cavity with a dry cloth or paper towels.

- Use clean water and dry the insides thoroughly if you choose to rinse out the cavity.
- Rapidly chill the carcass by inserting ice packs, milk jugs full of ice, or plastic bags filled with snow into the body cavity and

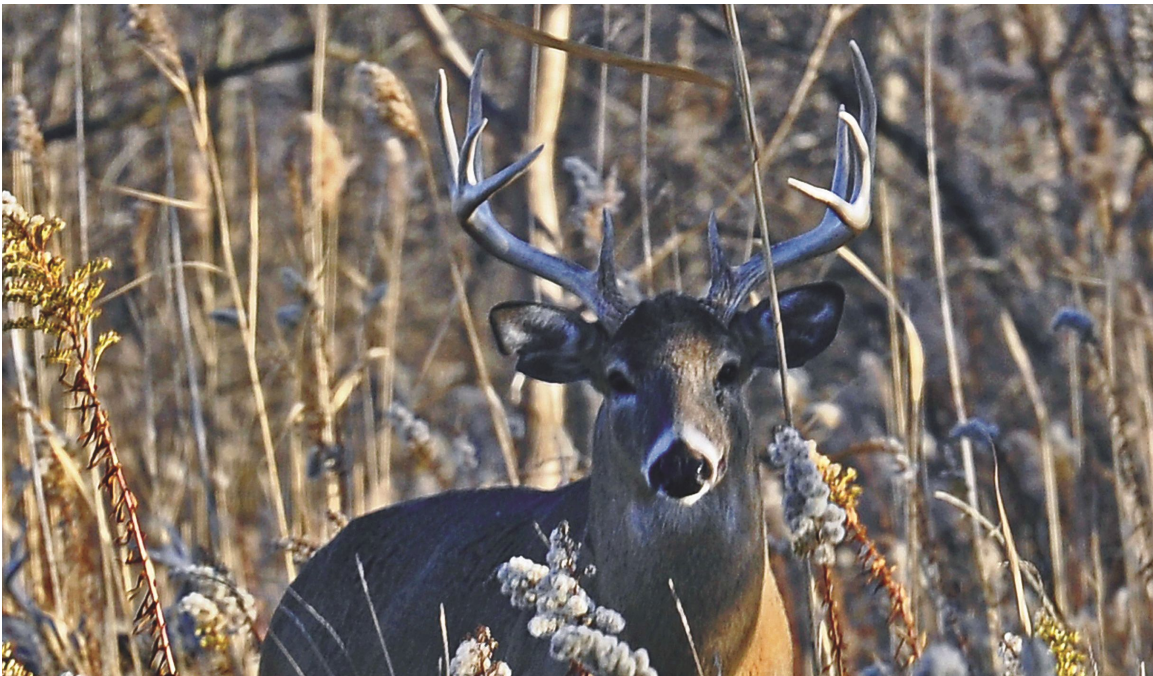
tying the cavity shut with string. If snow or ice is not available, allow adequate air circulation into the cavity and keep the carcass out of direct sunlight.

- Upon arrival at home or camp, remove the hide and refrigerate the carcass (below 40°F) as soon as possible to prevent spoilage and maintain the quality of the meat.
- Always remove the hide before taking the carcass to the processor.

Note: Please be sure to follow your state laws when it comes to tagging requirements or identification of your animal. In many states, deer must be tagged immediately after harvest and before the carcass is moved. The tag must be attached to the ear and remain attached until the animal is processed for consumption or prepared for mounting.

Download this pocket guide of Field Dressing A Deer from Penn State:

<http://extension.psu.edu/publications/uk100>



Venison Cuts and Cooking Methods

ROUND and SIRLOIN
Cuts: roasts, steaks, e.g., eye of round and bottom round

TENDERLOIN
Cuts: roast, steaks, medallions (from interior cavity)

LOIN (BACKSTRAP)
Cuts: roasts, butterflied chops, loin chops

GROUND VENISON
Made from any cut of venison

STEW
Made from any cut of venison

OTHER CUTS and OPTIONS
Cuts: shank, neck, shoulder roast, fajita strips, jerky

COOKING METHODS: BRAISE, GRILL / BROIL, MARINATE, POT ROAST, ROAST, SKILLET / PAN-FRY, STEW

Poster source and full version: <http://extension.psu.edu/publications/agrs-112>

Venison Meatballs

Meatballs are a great way to feed a crowd and use up ground venison. They can be served with Marinara sauce over spaghetti or as a sandwich, and freeze well to be enjoyed later.

Ingredients

- 1 pound ground venison
- 2 eggs, beaten
- 6 Tbsp. grated Parmesan cheese
- ½ cup breadcrumbs or quick oats
- 1-2 Tbsp. olive oil
- ¼ cup chopped fresh parsley
- 1 Tbsp. Italian seasonings (thyme, oregano, basil)
- 1 clove minced garlic
- ¼ cup minced onion (optional)
- ½ tsp. salt
- ½ tsp. black pepper

Directions

1. In a large bowl mix all ingredients and form into 1½ inch meatballs.
2. Lightly oil a large, heavy skillet or use a nonstick sauté pan and cook the meatballs over medium heat until browned and cooked through, turning frequently, for about 15 minutes.
3. The meatballs can also be cooked in the oven at 375°F for about 25-30 minutes, until cooked through. Enjoy your meatballs with your favorite sauce or in a sandwich.
4. To freeze any leftover meatballs, allow them to cool 15-30 minutes and freeze them in an airtight container, such as tightly wrapped in butcher paper or vacuum sealed.

VENISON



Nutrition Facts

Serving Size 3 oz.
Servings Per Container 4

Amount Per Serving	
Calories 290	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 195mg	65%
Sodium 390mg	16%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 34g	
Vitamin A 10%	• Vitamin C 10%
Calcium 15%	• 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

Venison "Veal" Cutlets

These tender morsels can be eaten simply or interchanged with any veal recipe (e.g., venison veal parmesan, venison veal marsala, venison veal piccata).

Ingredients

- 1 pound venison steak or chops
- ½ cup onion, sliced
- ½ cup fresh herbs such as parsley, rosemary, thyme or 2 Tbsp. dried Italian seasoning
- 1 quart water
- 2-4 Tbsp. salt
- 1 egg, stirred
- ½ cup milk
- ½ cup seasoned bread crumbs
- 1-2 Tbsp. olive oil

Directions

1. Starting in the morning, cut the venison into pieces about the size of a deck of cards (chop size). Then pound the venison until they are about ¼-inch thick, using a meat mallet (tenderizer).
2. Drain and change the salted water at least every hour (every half hour

for the first 2 hours is even better). The venison will start to lose its red color and become pale and tender like veal. It is best to have all day for this process, but it can be achieved in 3-4 hours.

3. Once the venison has transformed into veal-like quality, 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 Tbsp. of olive oil in a fry 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. These are delicious hot out of the pan with just a squirt of lemon and parsley or you can proceed from here to make venison parmesan, etc.

* Venison meat tends to have far fewer calories and fat than veal.

VENISON



Nutrition Facts

Serving Size 3 oz.
Servings Per Container 4

Amount Per Serving	
Calories 110	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 110mg	5%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 15g	
Vitamin A 2%	Vitamin C 0%
Calcium 4%	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

Game Birds

Check with New York State’s Department of Environmental Conservation to find out the rules and regulations for hunting in your area and to sign up for a Hunter Safety Course. It is important to find a hunting mentor to help transition from safely target shooting to safely hunting birds. A family member, friend, sportsman’s club or game preserve are good places to start.

Health and food safety considerations

Choice of ammunition and shot is important health consideration for wild fowl consumption. The use of lead shot for upland game birds and small game 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 an animal can leave traces of 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 dress animals right away and keep meat cool and clean to avoid bacterial contamination of the meat.

any wild game species do not have known nutritional content in the USDA Many wild game species do not have known nutrition content listed in the USDA Food Composition Databases which is used to create nutrition fact labels. Cornell researchers are filling this gap by facilitating the addition of ruffed grouse, Canada goose, and Eastern wild turkey. Yet many species are still missing, such woodcock and white-tailed deer.

Nutritional value of upland 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. Nutrient Data Laboratory Home Page, www.ars.usda.gov/ba/bhnrc/ndl. Compiled by Moira

Wild fowl is a healthy, lean source of poultry meat. There is nearly half the amount of fat in the wild duck and goose meat compared to domestically raised duck and goose, as noted in the chart below.

Comparison of wild 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 & 27. Nutrient Data Laboratory Home Page, www.ars.usda.gov/ba/bhnrc/hndl. 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.

Dressing Game Birds

In the field, you can quicken cooling time by removing the entrails. 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. If it's a hot day, you can even pack ice in the cavity and continue to hunt.

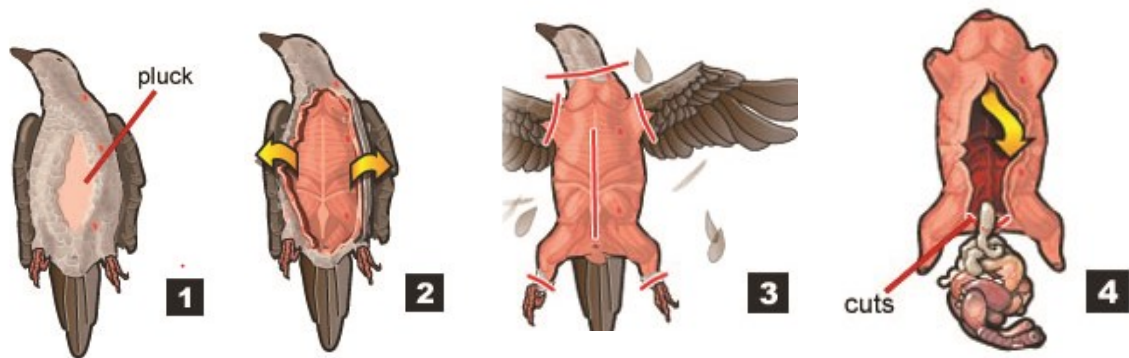
Birds can be hung to age for a few days to increase the tenderness of the meat, though it is not necessary for many recipes. To do this, hang them in a cool, (35-40°F) dry place for 2-3 days with feathers still intact. Then proceed with the processing steps. Once the meat is processed you can store the meat in 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.

Remember to bring a sharp hunting knife, clean cloths or paper towels, 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).



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

Feathers and Furs

Besides the tasty and nutritious meat, there are other uses for the animals you harvest.



Feathers can be used for making fishing lures, decorations, and the down for filling pillows. Squirrel tails can also be used for making fishing lures and Mepps will even pay a nominal fee for them.

See www.featheremporium.com for tips made with mallard duck or grouse feathers.

Pulled BBQ Goose

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 and legs from 1 goose, about 2-3 pounds, skinless
- 1-2 Tbsp. olive oil or butter
- 1 small onion, chopped (optional)
- 3 cloves garlic, crushed
- 2-4 cups apple juice, cider, or chicken stock
- favorite barbecue sauce

GAME BIRDS



Directions

1. Heat olive oil in a large skillet and brown the goose meat 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, being careful to remove all leg bones. Discard the cooking liquid. Mix the goose meat with your favorite BBQ sauce and heat through. Great for sandwiches or served as a main course.

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

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

Pheasant Fingers

This is a great recipe to make after a youth pheasant hunt. It's tasty and simple to make if you are just learning to cook.

Ingredients

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

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 cornflakes. For “hot” fingers add ½ Tbsp. 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.

GAME BIRDS



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

Wild Turkey with Sherry and Broccoli

This recipe is a great way to use leftover turkey that's already been cooked.

Ingredients

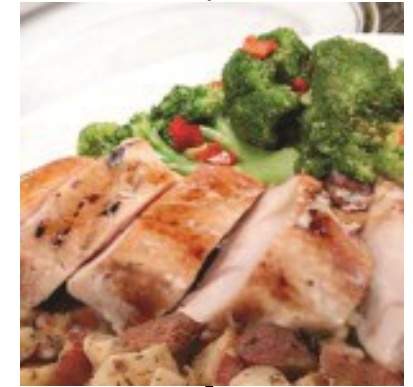
- 1 pound turkey, wild caught (cooked pieces)
- 1 bunch broccoli, washed and chopped
- ¼ cup butter
- ¼ cup flour
- 1 ½ cups skim milk
- 1 cup chicken broth
- ½ cup sherry wine
- 2 tsp. Worcestershire sauce
- 2 Tbsp. grated Parmesan cheese
- salt and pepper to taste

Directions

1. If starting with raw turkey pieces, sauté 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.

GAME BIRDS



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

Small Game

Wild rabbit has fewer calories, more protein, and less than half the fat that farmed rabbit does. It also has double the iron, and more magnesium, phosphorus and potassium!

Nutritional comparison of farmed rabbit to wild rabbit

Based on 3 ounce portions (85g):	Farmed rabbit	Wild rabbit
Nutrients:		
Energy (kcal)	116	97
Protein (g)	17.05	18.53
Total fat (g)	4.72	1.97
Total saturated fat (g)	1.412	0.587
Minerals:		
Fe (mg)	1.34	2.72
Mg (mg)	16	25
P (mg)	181	192
K (mg)	281	321

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, www.ars.usda.gov/ba/bhnrc/ndl.

Field Dressing a Rabbit

1. Wear plastic or latex gloves.
2. If you want, skin the small game animal, such as a rabbit, before making the cut to remove the entrails (see step 3). If you skin a rabbit, also remove the head, feet, and tail. (See **Figure 1**.)
3. Placing the blade at the anus, cut through the skin and pelvic bone.
4. Cut up to the breastbone, placing a finger under the blade to avoid cutting any organs.
5. Reach into the body cavity, and pull the esophagus and windpipe loose. (See **Figure 2**.)
6. Remove the entrails.
7. Wipe out the cavity, and allow the carcass to cool.

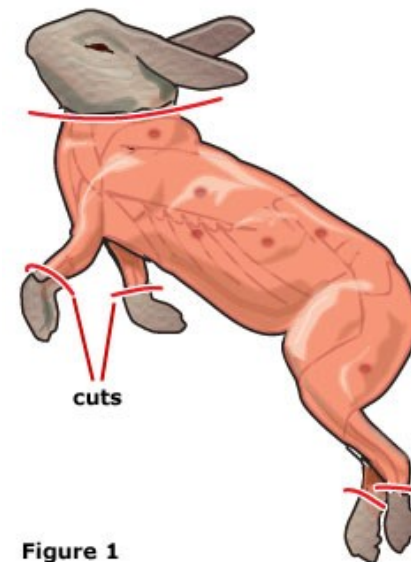


Figure 1

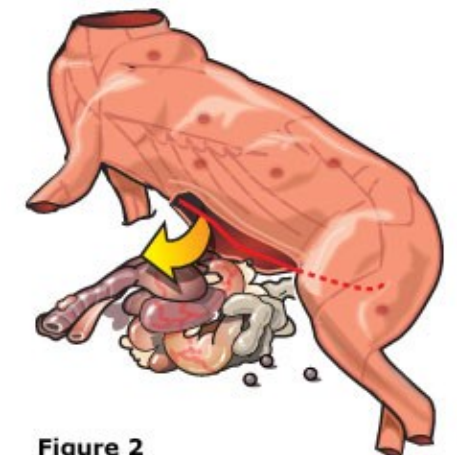


Figure 2

Squirrel or Rabbit braised in Apple Cider

Here is a recipe to enjoy a couple different specimens of the Fall Harvest; squirrel or rabbit, and apples. When acorns, hickories, and apples are abundant, the squirrels are fat! Below is one of my family's favorite recipes, which is very easy and tasty.

Ingredients

- 1 Tbsp. butter
- 1 Tbsp. olive oil (or vegetable oil)
- 1 dressed squirrel, cut in pieces and very lightly floured OR 1 dressed wild rabbit (1 ½ to 2 pounds), cut in quarters
- 1 medium onion, cut in chunks and separated
- 1 cup diced carrots
- 1½ cups apple cider
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. dried thyme
- 1 bay leaf
- 2 apples, peeled and quartered

Directions

1. In a Dutch oven or similar braising pan, melt butter and olive oil over medium heat. Add squirrel pieces and brown on all sides. Add onions and carrots and cooks for 3-5 minutes. Stir in cider and scrape up any brown bits in the pan. Add thyme, salt, pepper and bay leaf.
2. Reduce heat and cover, braising until squirrel is tender and cooked through, about 45 minutes. Add apple pieces on top, cover and cook an additional 15 minutes, until apples are tender.
3. Remove the squirrel pieces and take the meat off the bone. Place the meat back in the pan and increase the heat, bringing the cooking liquid up to a gentle simmer.
4. Reduce the cooking liquid to a nice thick sauce (about 5 minutes). The mixture can be served on toast as an appetizer or served over whole grain rice as a main course.



Presentation of Game

Many people have a negative association with eating wild game meat. Perhaps they have had a bad experience eating wild game that was overcooked, or mishandled in some way to get labeled as “too gamey” or “tough as shoe leather”. Other people just cannot get past the idea of eating “Bambi” or are intimidated by the unfamiliar food. The recipes and tips in this book should help even the harshest critics realize that wild game meat is delicious and also highly nutritious. Nice presentation of wild game meat is an important step in proper preparation.



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 are willing to try it. If it looks nasty, well, you’ll have a harder time convincing people that it tastes good.

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 portions on the plate so that it looks balanced and food is not spilling off the plate.

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! You can always be creative, but a traditional way to set the table is forks on the left, knife and spoon on the right, drink above the knife and spoon slightly to the right, and a napkin under the fork. Enjoy your feast with family or friends or treat yourself to a well-deserved gourmet meal!





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