

GAME MEATS, FISH, AND FOWL

**How to Prepare Wild-Caught Critters in Your Own Kitchen
for Emergency/Disaster Survival**

- Easily
- Quickly
- Inexpensively

James Talmage Stevens

Author of

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GAME MEATS, FISH, AND FOWL

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Preparing Game Meats, Fish, and Fowl

My love of country cooking was instilled in me by my Mother's parents. My Granddaddy Pace owned a gentleman's farm not too far outside the city limits of Greensboro NC. To get there from downtown, you'd drive northward on Elm Street until it dead-ended, took a hard right turn, drive a few blocks through McA-doo Heights—an uptown crossroads with a stop light in the center of town. At the light, then you'd turn left down the steep hill onto Church Street. Then it was a short drive to the city limits.

You could always tell where you were close to the where the country started. There was a classic brick church on the NE corner at the turnoff to White Oak, a mill town where all the large Revolution and Cone denim and corduroy mills were located. At that point, the road became Church Street Extension. The county high school was on the West side of the road, facing the church. After passing those landmarks, it was all country!

Down the hill on the left was the city reservoir. Before long, Granddaddy's Gulf "filling" station would appear to view on the right as the car climbed the hill towards Hamtown and Snoufferville, where we lived, a little farther up the road after the station, which was in the SW@ corner of the Pace farm. Granddaddy was proud to be the owner of the first filling station in the north county! I still remember the oiled floors in the station (retrieved from the oil changes!) and the icebox—real ice—chilling down the Nehi grape and orange sodas. Of course, there were Coke and RC Cola, too! Grandmother suspected

there were some other libations there also, but she didn't go into the station. She was not happy it was a jolt 'em down store for Granddaddy's friends—but he always said he could afford it for his friends. It goes without saying that he was a respected businessman in the community.

My Granddaddy was also a very accomplished hunter, because there was always some wild game hanging on a hook on the screened-in back porch or in the smokehouse.

My Grandmother knew how to cook wild as well as domestic animals—she was renowned far and wide for her fabulous Brunswick stew and Southern-style pork barbecue!

Hopefully, in this chapter, I can share some interesting ideas and recipes for using small and large game meats, fish, and game birds and waterfowl. If you're not presently a hunter or fisher, this information probably won't be particularly appealing to you.

However, in the future, there may be a need to hunt—or maybe an opportunity for you to go out into the field. If you're already a hunter or wild game *aficionado*, you've probably devised or concocted your own favorite dishes for your prize catch(es).

We're not dealing here with the subjects of field dressing, skinning, butchering, or preserving big game, fowl, or fish trophies brought home from the hunting or fishing expedition. There are some references at the end of this section for references to books about those skills.¹ This section provides the basics of preparing some tasty meals from your hunting and fishing prowess.

Handling Game Meats, Fish, & Fowl

Always work with cold—almost frozen—meat, fish, or fowl. There are several important reasons:

- handling is easier
- cutting is easier
- reduces spoilage
- reduces contamination
- odor is practically non-existent
- not as “sticky” as when warm
- work surfaces are easier to keep clean
- reduces exposure to food bacteria

Venison

Venison is by far the favorite big game meat in this part of Texas and throughout the US. Venison includes any game from the deer family. The most commonly eaten venison in the US is the Whitetail deer. Elk is the second most popular game meat, then moose follows as a distant third choice.

Here are some important points to remember about preparing venison for use and storage:

- Venison from a freshly-killed animal should age in a cool place for 1 to 2 weeks, according to your own particular taste.
- For the best flavor from venison, trim off all body fat before aging—it's the aging fat that causes the rancid flavor.
- Venison can be larded just prior to cooking with salt pork, bacon, or beef suet to provide cooking grease.
- Venison's wild game taste can be made a little mellower (“*sweetened*”) while cooking by using butter or beef suet instead of salt pork or bacon, utilizing lower oven, grill, or pan temperature to compensate for it.
- Cook venison “*medium rare*” when using butter—prevents burning both the meat and the butter.
- Venison steaks, chops and loin cuts, when cut from young animals properly dressed and aged, are especially good either broiled or grilled outdoors.

Note:

Handling instructions for game, fish, and fowl are not complicated.

Caution should be exercised to:
 (1) prevent cutting yourself and
 (2) cutting the animal's internal organs which could contaminate the edible meat.

Corning Meat for Storage

Notes

Any tough cut of meat can be corned, whether game meats or birds; beef chuck, flank or brisket; pork Boston shoulder, picnic shoulder, leg or blade end; lamb shoulder or leg. Wild fowl, such as duck or goose can be corned, also. However, birds may only be corned when cut into serving pieces.

The following recipe utilizes the *Basic Brine Pickling Mixture* recipe above to corn meats:

BASIC CORNED MEAT

5 lb. meat or poultry
1 C. coarse salt

4 quarts *Basic Brine Pickling Mixture*

Slice meat 1" thick, or cut poultry into serving pieces. Rub the meat or poultry with the salt. Place a layer of salt in a large glass or ceramic dish. Lay meat on salt, then alternate layers of meat and salt until all meat is covered with a layer of salt. Place cover on dish, and place in refrigerator for 24 hr.

Rinse meat under cold running water to remove remaining salt and coagulated blood and juices, then place in a clean glass or ceramic dish. Pour *Basic Brine Pickling Mixture* through a strainer lined with cheese cloth to remove scum and particles, covering meat.

Place heavy object on meat to keep it under brine, then cover dish. Place in refrigerator for 24 hr. For the next 10-12 days, remove scum from top of brine solution. Remove from *Basic Brine Pickling Mixture* and wrap or place in plastic bags for refrigerating or freezing.

Storage For Game Birds & Poultry

Wild fowl, as well as chicken and turkey, are good meats to store in a food storage program. There are some restraints, however—the major one being their relatively short storage time, even when frozen.

The gamy taste in wild game results from the aging process, so all game birds and meats taste better when fresh. Long-term storage accents their gaminess.

Storage Periods

Game birds and poultry may be stored for short periods of time. The following chart outlines the storage capability of various birds, properly moisture/vapor-wrapped and frozen.

Chart 3
Maximum Storage Periods for Game Birds & Poultry^o

Poultry / Fowl	Refrigerated		Frozen	
	Raw	Cooked	Raw	Cooked
Chicken & other yard & game birds	1-3 days	2-4 days	12 mo. (whole) 6-9 mo. (<i>pieces</i>)	4-6 mo. 2-4 mo.
Ducks	1-2 days	2-4 days	6 mo. (whole)	4-6 mo.
Goose/gosling	1-2 days	2-4 days	6 mo. (whole)	4-6 mo.
Turkey	1-4 days	2-6 days	6-7 mo. (whole) 2-3 mo. (<i>pieces</i>)	4-6 mo. 2-4 mo.

RECIPES FOR VENISON

Notes

Directions for Making Basic Venison Jerky

In today's world, neither a smokehouse nor a teepee is needed to make jerky, and you certainly don't need smoke, either! These instructions can be used as given or modified to make jerky from either venison or beef. Just follow the basic procedures at the outset, then experiment a little as you gain experience. Soon, you'll produce "world-class" jerky—and other game meat delights.

- To produce 1 lb. of beef jerky, take 4 lbs. of lean meat with a minimum amount of connective tissue and fat. The best cuts are from the round or eye of the loin. Trim fat to avoid greasy-tasting jerky.
- Jerky is approximately 75% protein.
- Slice across the grain in thin strips—approximately $\frac{1}{8}$ ". Slicing with the grain requires a wider strip, approximately $\frac{1}{2}$ "-1", and the jerky is not as tender. You may want to use tenderizer on the venison. Be sure to follow the instructions on the container.
- Dip each slice of venison in your favorite marinade, sauce, or jerky seasoning.
- Soak 1-8 hours (or overnight), then remove excess liquid by laying on cloth or paper towels to drain.
- Sprinkle meat slices with salt, pepper, and sugar to taste. Don't over-season with salt, since jerky tastes saltier and stronger when dried.
- Place meat in smokehouse, dehydrator, or oven. Heat to 150°-175°F until meat slices become more "tough" than "brittle."
- The drying process cannot be hurried. Drying is greatly dependent on the thickness of the slices, the humidity level during drying, ambient temperature inside the drying device, etc.
- Allow dried jerky to cool, then place in self-sealing type, heavy-duty plastic bags, plastic containers with air-tight lids, or glass jars with tight-fitting lids. Always store in a cool, dry place.
- Meat must be refrigerated to protect from spoilage.
- To eat, cut or bite off a piece, and chew like chewing gum. Jerky actually improves in flavor as it's chewed.

BASIC BEEF JERKY

3 lb. lean beef roast (or other meat, poultry or fish)

Marinade Ingredients:

1 T. salt

$\frac{1}{4}$ C. soy sauce

$\frac{1}{3}$ C. Worcestershire sauce

$\frac{1}{2}$ tsp. ground pepper

Cut meat into thin strips, approximately $\frac{1}{4}$ " thick, and place in a baking dish. Mix marinade ingredients and pour over strips. Marinate approx. 24 hr. in refrigerator, turning once or twice. Drain. Place cake cooling racks over cookie sheet and cover with paper toweling. Place strips on rack and let dry in 150°F oven until quite dry and tough, about 3-4 days.

Curing period while jerking may be interrupted, since the drying time is not critical—only the end result matters.

A note for the non-hunter...

The adjacent jerky recipe is for any meat you'd like to "jerk". These are basic instructions for jerking and using beef as the meat of choice.

This jerking method may also be used for making venison jerky or any other type of meat, poultry, or fish.

BASIC VENISON ROAST

3-4 lb. venison roast

 $\frac{1}{2}$ envelope dry onion soup

Place roast on large piece of heavy-duty foil. Sprinkle dry onion soup on meat. Seal foil tightly on all edges. Bake at 325°F in shallow roasting pan approximately 45 min. per lb. A moist roast will result because foil seals in juices. Thicken juices to make gravy.

VENISON ROAST à la ROCK SALT (French Style)

2-3 lb. venison roast

fresh-ground black pepper

6-8 fresh garlic buds

3-4 lb. rock salt (ice cream salt)

Preheat oven to 450°F. Trim all fat from roast. Insert garlic buds into top of roast with small incisions about 3" apart. Dust with black pepper. Sear roast on all sides in a dry hot skillet. Immediately place roast in a large roasting pan on a bed of rock salt. Cover roast with remaining salt, using warm water to hold the salt in place on sides, if necessary. Place roast in oven. Cook for approximately 15 min. per lb. Remove roast from oven when done to your taste. Break away hardened rock salt and brush off any remaining salt crystals. Serve hot. *Yield: 4-6 servings.*

BASIC VENISON STEW2 $\frac{1}{2}$ lb. cubed venison

1 bunch shallots, chopped

 $\frac{1}{4}$ lb. butter

3 T. flour

2 stalks celery, chopped fine

2 C. water

1 med. bell pepper, diced

bay leaf

 $\frac{1}{2}$ lb. carrots, diced

thyme

1 large onion, chopped

salt & pepper

Sauté venison cubes in butter in heavy pot until browned. Pour off drippings. Add celery, bell pepper, carrots, onions, and shallots and lightly sauté. Make a paste from hot drippings and flour. Add this to pot, then add water; mix thoroughly. Add seasonings to taste. Cook at medium heat until tender, about 3 hr., adding water as necessary. *Yield: 6 servings.*

BASIC CHICKEN-FRIED VENISON STEAK

venison steaks

 $\frac{1}{4}$ lb. saltine cracker crumbs

1 egg, beaten

 $\frac{1}{4}$ lb. butter

Cut steaks approximately $\frac{1}{4}$ " thick. Dip in beaten egg, then coat with cracker crumbs. Fry in butter until brown. *Don't overcook!*

BASIC PAN-FRIED VENISON STEAK

venison steaks (or chops)

salt & pepper

 $\frac{1}{4}$ lb. melted butter

fresh-ground black pepper

Dip steaks into melted butter, season with salt and pepper. Sauté to medium-rare. Brush with melted butter and add fresh-ground black pepper.

TERIYAKI VENISON STEAK

venison steaks

Teriyaki marinade ingredients: $\frac{1}{4}$ C. soy sauce

1 clove garlic, crushed

1 tsp. ground ginger

1 tsp. sugar

Mix marinade ingredients. Trim all fat from steaks. Marinade several hours. Broil or barbecue steaks to desired doneness. *Don't overcook!*

BASIC MARINATED VENISON ROAST

Notes

3-4 lb. venison roast

Basic Marinade ingredients:

1/2 C. red wine vinegar	6 whole cloves
1 C. water	12 peppercorns
1 med. onion, minced	1/2 tsp. caraway seeds
1 clove garlic, crushed	1/2 T. salt
1/2 C. celery tops, chopped fine	1 carrot, grated
1 T. honey	2 bay leaves
1 tsp. MSG (optional)	

Mix all ingredients of *Basic Marinade* in bowl. Marinate roast 24-48 hr. Remove from *Basic Marinade*. Roast meat in 375° F oven until done as desired. Baste with marinade and drippings.

BASIC CREAMED VENISON

1/4 C. shortening	1 bay leaf
2 lb. venison, cubed	2 C. water
1 clove garlic	4 T. butter
1/2 C. minced onion	4 T. flour
1 C. diced celery	1 C. sour cream
1 C. diced carrots	noodles of choice for 6,
1 tsp. salt	cooked <i>al denté</i>
pepper to taste	1 can currant jelly

Melt shortening in heavy frying pan. Add meat and garlic, brown on all sides. Arrange meat in baking dish. Place vegetables in frying pan with fat; cook for 2 min. Add salt, pepper, bay leaf and water; pour over meat.

Bake in 250°F oven until meat is tender. Melt butter in frying pan; stir in flour. Add meat broth, then boil until thick. Remove from heat. Add sour cream and more salt, if needed. Pour *Basic Creamed Venison* over meat and vegetables. Serve with noodles and currant jelly. *Yield: 6 servings.*

VENISON HAWAIIAN

3 lb. venison (approx.)	1 #303 can pineapple chunks
1 C. water	<i>Basic Hawaiian Sauce</i> (see
1 tsp. salt	below)
2 or 3 green bell peppers, cut up	Chinese noodles or rice

Cut meat into 1" cubes. Brown meat cubes on all sides. Add water and salt, simmer gently until meat is tender, approximately 1 hr. Keep adding water as it evaporates. Clean seeds from green peppers and cut into 1" squares. Add salt to water, boil green peppers for 5 min. in salty boiling water and drain. Add pepper squares and pineapple chunks to browned meat.

Basic Hawaiian Sauce:

4 T. cornstarch	1/4 C. vinegar
1 1/4 C. pineapple juice (or orange juice)	4 T. soy sauce
1/2 C. sugar	

Mix cornstarch with a little cool liquid so it doesn't lump, then combine all ingredients and cook until sauce is thick and clear. Pour *Basic Hawaiian Sauce* over meat mixture, simmer 5 min. Serve over Chinese noodles or cooked rice. *Yield: 6 servings.*

WILD PIG

The wild pigs discussed in this chapter are the feral hogs (razorbacks and wild boar) and javelinas (collared peccary, musk hog, desert hog, and wild pig) because they are especially good-tasting meats. They are easy to prepare—cook them the same way you cook pork. They are especially good barbecued over an open fire, Texas-style! For my own taste, however, they taste better Hawaiian-style—cooked in the ground!

RECIPES FOR WILD PIG

BASIC BARBECUED WILD PIG

any size pig / various cuts
garlic salt

1 large onion, sliced
1 btl. barbecue sauce of choice

Place trimmed meat in roasting pan, sprinkle with garlic salt, use large fork to penetrate meat. Break onion slices into rings, spread rings over meat. Bake meat wrapped tightly in aluminum foil in 350°F oven for 1 hr. Remove from oven and cover with sauce, recover with aluminum foil tent. Cook at 300°F for 1½-2 hours until done, checking occasionally until meat is separating from bones. Baste with sauce each time inspection is made. *Yield: approximately ½ lb. / serving.*

BASIC BOILED PICKLED PIG

5 lb. wild boar, javelina or pork meat / cuts

4 quarts brine (see *Basic Brine Mixture* recipe)

Place meat or cuts in boiling *Basic Brine Mixture* until meat turns gray at the bone or center of the cut. Skim top fatty materials from top of boiling mixture and discard. Serve hot with mixed vegetables and cornbread for a country meal that's delicious!

Salt Pickle for Preserving Domestic Pork

Even though the friendly barnyard porker is not a game meat, this bit of information is best located here. My Grandmother Pace left me this hand-written instruction for curing pork:

GRANDMOTHER PACE'S DOMESTIC PIG PICKLE

10 gal. water
1 lb. saltpeter

20 lb. salt
8 lb. brown sugar

Place cuts of meat in boiling mixture; cook until cooked throughout, skimming off the scum as necessary. Once cooking is completed, leave in brine to cure. See **Chart 2** for soaking times.

SMALL GAME

Notes

There are still a few who enjoy hunting squirrels and rabbits, even though the sport seems to have lost some of its appeal. Here are a couple of recipes to help make the best of the hunt.

RECIPES FOR SMALL GAME

FRIED SQUIRREL OR RABBIT

rabbit or squirrel	$\frac{1}{2}$ C. melted butter
$\frac{1}{4}$ C. salt	2 C. crushed corn flakes
1 qt. water	$\frac{1}{2}$ C. shortening

Soak dressed and cut-up game into serving pieces. Soak in salt and water solution 2-6 hr. Drain thoroughly. Dip pieces in melted butter, then roll in crushed corn flakes.

Brown in hot fat, then reduce heat. Cook at low temperature for approximately 1 hr. (If game is older, add $\frac{1}{2}$ cup water to pan, cover and cook slowly an additional $\frac{1}{2}$ hr.) Salt and pepper to taste. *Yield: 3-4 servings.*

Note:

Small game can be substituted in almost any recipe calling for chicken!

RABBIT STUFFED PEPPERS

1-2 lb. rabbit, dressed and cooked	1 tsp. MSG (optional)
$\frac{1}{2}$ lb. uncooked bacon	1 tsp. oregano
$\frac{1}{2}$ tsp. black pepper (freshly ground)	$\frac{2}{3}$ C. cooked rice
$\frac{1}{2}$ can condensed tomato soup	3 small onions, chopped
4 green bell peppers (halved, seeded and blanched)	1 T. lemon juice
catsup	$1\frac{1}{2}$ tsp. salt
parmesan cheese (grated)	

Remove rabbit meat from bones; grind with bacon. Combine rice with ground meat, tomato soup, onions, lemon juice and seasonings, mixing well. Place pepper halves in baking dish; stuff with filling. Top each with catsup and Parmesan cheese.

Note: if rabbit is smaller, adjust recipe proportionately.

Bake, covered, at 375°F for 35 min. Uncover, then bake for 10 min. longer. *Yield: 6-8 servings.*

FISH

Notes

Almost everyone likes to fish, and almost everyone loves to eat freshly-caught and cooked fish. Here are a couple of recipes for fish you'll probably like. Almost all fish can be cooked with the same seasonings—the family differences will be the most distinguishing characteristic for the taste.

RECIPES FOR FISH

BASIC FOIL-BAKED FISH

fresh fish	$\frac{1}{2}$ medium onion per fish
salt and pepper to taste	lemon wedges (if preferred)

Split fish belly, gill to tail, and eviscerate. Rinse fish interior in running water. Salt and pepper interior, laying in sliced or quartered onion.

Wrap in foil and place in coals. Cook only until flesh is white throughout. (May be baked 30-40 minutes at 325°F.) Serve immediately. There's no need to remove scales or bones—the flesh will fall away from both when cooked properly. Serve with fresh lemon slices or quarters.

Tip:

Soak fresh or frozen fish in milk or buttermilk to improve the taste.

Discard milk without using it in other foods.

BASIC SMOKED FISH

3-4 large fish	2 C. salt
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Brine Mixture:

2 C. salt	8 qt. water
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Remove fish heads, eviscerate and clean thoroughly. Soak 6-8 hr. in brine mixture. Drain, then rinse in fresh cold water. Drain again, removing all excess moisture.

Put 2 C. dry salt in shallow pan, dip fish, allowing fish to pick up as much salt as will cling to the skin and body cavity. Pack in deep pan, sprinkling remaining salt in pan between layers and over fish. Leave in salt for 6 hr. if split, 12 hr. if whole. Remove from salt, rinse and drain before smoking and drying. Dry in sun or smoker until flesh shrinks and becomes brittle.

MARINATED FISH FILLETS

marinade of choice	butter or margarine
1-2 lb. fish fillets or whole (cleaned)	fresh lemon or lemon juice

Marinate fillets for 30 min. In cast iron skillet, melt 2 tsp. butter. Place fish in hot skillet, cooking each side approximately 5 min. Baste with remaining marinade, applying some to each side while cooking and after turning. Dash juice of lemon on cooked fish when serving.

MARINATED FISH STEAKS

marinade of choice	butter or margarine
1-2 lb. fish steaks	fresh lemon or lemon juice

Marinate fish steaks for 15-20 min. Place in baking pan, putting a pat of butter and some of the lemon juice on the top of each fish steak.

Bake at 350°F for approximately 7-10 min. each side. Midway through baking time, turn steaks, basting with remaining marinade. Sprinkle lemon juice on fish when serving.

GAME BIRDS, WILD FOWL & POULTRY

Notes

Game birds and wild fowl provide a welcome addition to the basic lifestyle, with a lean and tender source of animal protein. Poultry is a mainstay in many homes, and their wild cousins provide sport as well as food. It may be difficult and expensive to hunt wild fowl, small or large, in some areas of the country. However, wild fowl are available from farm-raised fowl sources in most large grocery stores.

The biggest advantage to farm-raised fowl is the convenience and year-round availability. Farm-raised game is usually more tender, has a more delicate and less gamy flavor, but may have a little more fat than wild game birds. I suggest you question the farm operator about the diet of the game—it greatly affects the flavor of the meat. There also may be limited breeds of farm-raised birds available, depending on local demand. The most popular fowl breeds are pheasant, quail, woodcock, dove, pigeon, duck, goose, partridge, and chukkar.

Game birds are very low in fat—approximately 5% to 7%—so basting with butter, stock, fruit juices, or your favorite alcoholic beverage will add moisture to the cooking pot or pan. Marinating prior to cooking with one of the bastes previously mentioned will help reduce the gamy taste, as well as tenderize the meat of wild fowl or game.

Using strong-flavored herbs and spices, such as garlic, peppers, rosemary, sage and thyme will make the flesh more savory to the taste. The same is true of strong-flavored vegetables, such as onions and leeks, for example. Let your imagination run a little “wild” to achieve the best taste for your wild game birds.

Basic Cooking Methods for Poultry & Wild Fowl

Both poultry and wild fowl are considered “birds”, so this section is designed to help with the basics of preparing them for the table. *Follow special preparation instructions in Chart 4 for cooking ducks and geese. Stuffing is best made in its own pan—some of the fats from wild birds can be both greasy and slick.*

Poultry and Wild Fowl Cooking Tips

There are some things to remember when cooking game birds and fowl. Remember these tips when cooking poultry and wild fowl:

- The slower and longer game birds are cooked, the better the taste.
- When a wild bird is properly cooked, the flesh will practically fall off the bones.
- Most game birds taste better when cooked with fruits, such as pineapple chunks or slices, orange sections or slices, apples, lemon and lime slices, cherries, and strawberries! Be imaginative!
- When roasting in the oven or in a covered pan, both carrots and potatoes will absorb excess fat in the utensil. Discard them!

Basic Steaming

Place bird on a rack or in a steaming basket in a pot with at least 1" of boiling water and a tight-fitting lid. Check pot to assure water does not boil away, adding water as necessary. Keep poultry above water level; cover pot and steam whole birds for 1 hour and cut-up birds for 45 minutes.

Basic Roasting

When oven-roasting poultry, always place bird breast-up in a shallow roasting pan. Rub the body cavity with salt, butter, and herbs—sage, basil, thyme—and add cut-up pieces of celery, onion, garlic, and/or quartered apples to help mask the wild or gamy taste.

When poultry is cut into pieces, turn skin up. Brush skin with a light coating of oil or butter.

Cover bird loosely with foil, and cook at 325°-350°F for approximately 40 minutes per pound, if bird weighs less than 7-8 pounds.

Birds weighing more than 8 pounds need to be cooked for 20-25 minutes per pound. Remove foil during last 20 minutes of cooking time. If using a roasting bag, follow manufacturer's recommendations for utilization and cooking times.

Basic Broiling

Cut bird into halves, quarters, or pieces, leaving skin on. Brush pieces with oil or butter. Place pieces skin-side down on a lightly-oiled broiler rack with a drip pan. Position pieces to allow slow cooking. Turn pieces 3-4 times, brushing with butter, oil, or sauce of choice. Chicken pieces require 20-30 minutes cooking time. Turkey, ducks and geese require 30-60 minutes time.

Basic Braising

Braising may be accomplished by two methods:

Pan braising: sear to brown coating by pouring a small amount of oil into a hot, heavy pan or skillet, then turning bird (whole or in pieces) over until browned on all sides. To complete cooking, add 1/2 stick of butter to pan, lower heat to medium, cover with a tight-fitting lid and allow heat to steam bird in its own juices for approximately 2 hours, turning occasionally to prevent burning of bottom pieces. (Uncover last 30 minutes to allow outer meat to brown, if not seared prior to braising.) Juices make excellent sauce or gravy!

Oven braising: virtually the same as in a pan or stove, the only difference is using a pot with a tight-fitting lid in the oven. Cook at 350°F until bones separate easily from meat. Brown during last 30 minutes of cooking by removing lid and leaving uncovered in oven. Add vegetables, fruits, or herbs during last hour of cooking to add flavor and make a one-pot meal. Add water, salt and pepper, garlic salt, etc., to make a great-tasting soup!

Basic Stewing and Simmering

Place bird in water to cover in a large pan or pot on top of stove. Season with onions, garlic buds, celery, carrots, and any other vegetable(s) of choice. Bring water to boiling, then reduce heat to simmer. Correct seasonings. Cook for 1 1/2-3 hours, until meat falls off bones. Makes a wonderful stew that's both hearty and healthy.

Chart 5

Poultry & Wild Fowl Preparation

Type of Fowl	Dressed Avg. Wt.	Wt. per Serving (Uncooked)	Attributes Of Bird	Cooking Guidelines
Home-Raised Chicken				
Broiler or fryer	1½-4 lb.	¼ - ½ lb. (<i>bone-in</i>) ¼ - ½ lb. (<i>boneless</i>)	young & tender; all-purpose meat for any chicken recipe	broil, fry, braise, roast, or steam
Capon	4-7 lb.	½ lb.	largest chicken; more white meat; tender & flavorful	Roast
Roaster	3-5 lb.	½ lb.	large, plump and young chicken	Roast
Stewing hen	3-6 lb.	½ lb.	larger, mature chicken; more fat & less meat	braise or stew; use for ground chicken, soups, stews or stock
Small Chickens and Game Birds				
Grouse Guinea fowl Partridge Pheasant Pigeons Prairie chicken Ptarmigan Rock Cornish hen Squab	1-2 lb.	1 bird	small; tender & meaty birds	roast, braise, broil, fry
Wild Turkey				
Fryer or Roaster	4-9 lb.	¾ - 1 lb.	smaller & younger bird; tender & meaty	broil, roast, fry
Hen or Tom	10-20 lb.	½ - ¾ lb.	larger & older bird; more flavor and fat, traditional size bird	10-19 lb., roast in oven 20+ lb., roast or braise in heavy skillet
Wild Duck				
Special preparations instructions:				
<ul style="list-style-type: none"> Remove excess fat from body cavity Remove wing tips and 1st joint Prick skin all over body, rub with garlic salt Boil 10 min. To reduce fat, skim it from the water Don't coat skin with oil or grease 			<ul style="list-style-type: none"> Place celery, onion or quartered apples in cavity Salt cavity, place duck on rack in roasting pan Roast 400° f. approx. 15 min., then remove Reduce heat to 325° f., cook 20 to 25 min. per lb. Pour off accumulated fat for sauce or stuffing 	
Male or Female	2-6 lb.	1 lb.	wild flavor; most often plump and fatty	<ul style="list-style-type: none"> less than 3 lb., fry or broil 3-6 lb., roast or braise
Wild Goose				
Special preparations instructions:				
<ul style="list-style-type: none"> remove excess fat from body cavity Sprinkle salt in body cavity, then parboil 10 min. Prick skin on legs, wings and chest Place on rack in roasting pan Roast at 450° f. for 30 min., turn every 10 min. 			<ul style="list-style-type: none"> reduce heat to 325° f. Remove goose from rack & pour off fat Stuff and place goose directly in roasting pan Continue to cook until done, spooning off fat 	

Upland Game Birds

Notes

These game birds include the families of dove, pigeon, woodcock, common snipe, quail, partridge, pheasant, grouse, ptarmigan, prairie chicken, and the king of birds—wild turkey!

RECIPES FOR UPLAND GAME BIRDS

All the small birds can be cooked by the same recipe—there will be only a slight taste difference due to family characteristics of each type of bird. There are many books on the subject of cooking in the field and at home.³ Here are just a few ideas for preparation of the small upland game birds—whether you bag them yourself or buy them at the market!

BASIC DOVE PIE

10 doves	1 large onion, chopped
2 qt. water	2 T. bacon grease
2 tsp. poultry seasoning	flour
1 tsp. salt	pastry for 2-crust pie
dash of pepper	

Place doves in boiling water, add poultry seasoning, salt, pepper, onion and bacon grease. Simmer for 1 hr. or until doves are tender. Remove doves from broth; remove meat from bones. Return meat to broth; cook for 30 min. longer. Thicken broth with flour. Fit half the pastry into pie pan; pour dove mixture into pan. Cover with remaining pastry. Bake in 400°-425°F oven until top is browned.

Yield: 4 servings.

BASIC BAKED PHEASANT

1 to 2 pheasants, quartered	1/3 C. chopped onion
1 can cream of chicken soup	1 clove of garlic, minced
1/2 C. apple cider	1 (4-oz.) can mushrooms
4 tsp. Worcestershire	paprika
3/4 tsp. salt	

Preheat oven to 350°F. Place pheasant in 9" square baking dish. Blend soup, cider, Worcestershire sauce, salt, onion, garlic and mushrooms. Pour over pheasant. Sprinkle generously with paprika; bake for 1 hr. or longer, or until tender. *Yield: 4 servings.*

BASIC TURKEY SAUSAGE

Fresh turkey or wild fowl sausage is extremely easy to make from the less-desired or bony/tendonous parts. It can even be seasoned to taste like pork—without the fat and grease of pork! Experiment to devise your own special recipe to suit your personal taste.

2 lb. ground turkey/wild fowl of choice	1 tsp. black pepper
1 tsp. sage	1 tsp. salt (optional)

Combine all ingredients and mix well. Refrigerate overnight to allow flavors to develop deep flavor. Shape into 15-18 patties. To serve, cook in a lightly oiled skillet over medium heat until done.

³ This is where Captain James A. Smith's **DRESS 'EM OUT!** excels—he not only gives step-by-step explanations about dressing out field birds and waterfowl, he but he also has recipes for in-the-field preparation!

Seasoning Variations:

- Add red pepper (cayenne, jalapeno, or other hot pepper of choice) in place of black pepper.
- Substitute Italian seasoning for sage.
- Add garlic to the above recipes.

Notes**Note:**

For those who are fortunate enough to bag wild fowl, here are some recipes for preparing excellent dishes, and for enjoying them to their fullest. These recipes are not intended for preparation in the field—the equipment requirements are far too serious for that!

Wild fowl can be substituted in almost all recipes for chicken—the taste will vary accordingly!

Water Fowl

For those who hunt the larger game birds, the most commonly taken are the duck family:

Pond ducks including:	bald pates and black duck; teals : blue-winged, cinnamon, green-winged, mallard, pintail, and wood duck
Diving ducks, including:	canvasback, greater and lesser scaups, and redhead ducks
Wild geese, including:	Canada, snow, and white-fronted geese

If you've gone hunting and taken fowl, you deserve the honor and recognition you'll get when the entire family enjoys the meal with any of the following entrées:

RECIPES FOR WILD WATER FOWL**GREEK DUCK**

8-12 duck breasts	10 whole cloves
1/4 C. table oil	20 allspice berries
5 small onions, quartered	2 T. wine vinegar
1 can (6 oz.) tomato paste	salt and pepper to taste
1 C. water	2 oranges, cut in quarters
2 bay leaves	1 tsp. cinnamon
1T. orange peel (freshly grated)	

Brown duck breasts in oil over medium heat for approximately 30 min. Add remaining ingredients, sprinkling cinnamon over the top, cover and simmer for 2 hr. *Yield: 2 breasts per serving.*

WILD DUCK à l'ORANGE

2 wild ducks	1/2 tsp. ground ginger
6 bacon slices	1/2 tsp. salt
1 (6-oz.) can frozen orange juice concentrate	1 T. cornstarch
1 garlic clove	1 C. water
3/4 tsp. dry mustard	

Clean ducks; tie legs and wings close to body. Place in shallow pan, breast-side up. Lay strips of bacon over ducks. Roast in 450°F oven for 20-25 min. per lb. Combine undiluted orange juice concentrate, garlic, mustard, ginger and salt in small saucepan. Heat mixture to boiling. During last 10 min. of roasting, remove bacon and brush sauce over birds generously. Mix cornstarch with a little cold water and stir into remaining sauce; add remaining water. Stir over low heat until thickened. Serve with duck. *Yield: 4 servings.*

DUCK PILAF WITH SAFFRON RICE**Notes**

1 duck, cleaned and dressed	2½ C. water
garlic salt	¼ tsp. Spanish Saffron
pepper	3 T. raisins
dash of MSG (optional)	¾ C. brown rice

Trim fat from duck; disjoint. Sprinkle liberally with garlic salt, pepper and MSG. Place pieces in shallow 9" x 15" roasting pan. Broil for 10 min. each side, or until skin is brown and crispy. Remove pieces from pan; drain off fat. Put remaining ingredients in pan and stir well.

Place duck on top of rice, skin up. Cover pan with foil. Place in 225°F oven for 2 hr. or longer, until all liquid is absorbed by rice. Remove foil and brown 10 min. at 350°F. *Yield: 6 servings.*

Quick-List™

Game Meats, Fish, & Fowl Preparation Supplies Inventory

In-Field Equipment & Supplies : Game Gear

rifle	rifle ammunition	scope	gun case
shotgun	shotgun ammunition	protective glasses	game bag
sportsman's scale	tape measure	nylon rope	orange vest
gambrel to hang game	pack frame for game	block and tackle lightweight	field glasses
flashlight	Batteries	duct tape	waterproof tarp

In-Field Equipment & Supplies: Fishing Gear

vinyl sheeting/heavy	hunting knife	carving knife	boning knife
fish hooks	pocket knife	hook remover	hip boots/waders
lures/artificial bait	fishing gear/rod & reel	fishing line	wading belt
fillet knife	lure container	fish net	Gaff
fish scaler	bait bucket/bait well	hat	Sunscreen
ice chest/48-quart	stringer	cleansing agents	chemical coolant/blocks

At-Home Equipment & Supplies

chopping block	cutting board	boning knife	butcher knife
cleaver	butcher's saw	sharpening steel	rubber gloves
larding needle	basting bulb	scale	spice shakers, lg. alum.
large pans/mixing	sausage casings	sausage seasoning	meat grinder/electric
dish cloths	kitchen towels		meat grinder, hand-op.

Seasonings

salt/table	salt/pickling	salt/rock	salt/pickling
pepper/ground	peppercorns	white pepper	Ginger
dry mustard	thyme	rosemary	Marjoram
paprika	allspice	fennel	Coriander
cayenne pepper	mace	sage	cumin/ground
cumin/seed	cloves	nutmeg	bay leaves
jalapeno pepper			

Other Equipment & Supplies

portable heater	fuel	matches	Poncho
tent	gas lantern	sleeping bag	air mattress/ground cushion
canteen	camp cooking set		

