

"GAMEY" TASTING GAME, HOW TO FIX- PART 1

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The majority of game that tastes gamey, nasty, raunchy, sour or just plain awful does so for one of two reasons: you messed up in the process of picking a target or you didn't treat the meat properly after you killed it ~ sadly common outcomes among today's generation of sport hunters who kill for antlers and not for meat.

Pick and treat your meat properly in the first place, and you will not have any gaminess to worry about, nor will you need to disguise the fine taste of properly prepared venison with strong flavored marinades. Venison which is butchered quickly and professionally with a high standard of hygiene and care is comparable to the finest cuts of lean beef, and it has absolutely no gamey taste.

However, if you pick an animal to shoot that is not a good meat animal, for reasons of age, sex or rutting condition, you don't have anybody to blame save yourself if the results are not pleasant. If you shoot an old, tough, nasty buck in rutting condition because you want trophies, your dinner will taste crappy and you will have silly pointy things to hang on your wall and brag about. Enjoy your bragging rights and choke on your tough, testosterone-laden dinner, and don't say you weren't warned.

If you want to eat as opposed to rustically decorate your fireplace, eyeball out a young doe with a nice chunky brisket-shaped chest bespeaking plenty of fat. Look for graceful rounding in the hindquarters as well; you want fat hams, and the rump is where well-fed deer tend to put on padding.

Choose your target not for massive size or horned protruberances, but for a body conformation that indicates a plump, young, tasty meat animal. Read agricultural texts or butchering handbooks for better information on how to judge this, and study the pictures of cows, pigs and sheep carefully until you are confident that you know by the eye at least some of the characteristics that distinguish a fine meat animal from a poor one. Then go out hunting; your taste buds will be better pleased with the results.

Some folks say that wild game fat is rancid; I suspect that these are the trophy-hunting folks who want to go shooting aged, tough males for the dinner table. Silly people. If you must take bucks, take the spikes; an old animal is a tough animal. You wouldn't eat a cow that old, would you? Well, maybe you would, but my palate will take a pass, thanks. I'll take the plump young meat animals every time, preferably 18 months to 2 years old.

Fresh yellow-white fat from a well-marbled deer which has been grazing in somebody's cornfield is perfectly good food; the main danger here is eating too much of it and getting fatty deposits on your hindquarters your own self. ;P Check each carcass as you process it by frying a small portion of the fat and tasting it; individuals can vary. But don't chuck this lovely stuff until you have at least tried it.

Don't hunt in areas where the deer are known for desperate grazing

habits; strong tasting fodder can and does affect the flesh. You'll figure it out if you shoot an otherwise good meat animal and it tastes like a pine pitch and mud marinade. Grouse is game that is famous for this problem in particular, but deer suffer from it too if they're browsing too much on scrub or tree bark. Get as quick a kill as you can, for mercy's sake and also for the meat's sake; an animal that dies in pain and fear is not as good eating as an animal that dies quick and clean.

So much for the hunting precautions. On to the butchering. Once you kill the animal, draw it as quickly as possible. Forget any silliness about cutting its throat; if you must finish it with a mercy stroke, use a brisket stick, thrusting your knife into the brisket at first a straight then an upward angle to sever the arteries around the heart. See a good butcher's handbook for pictures and information on the correct method of brisket sticking.

If you are not confident you can do an accurate brisket stick and the animal must be put down quickly, use a throat stab, not a throat slice. Insert (stab) the knife blade side facing outward as close to the animal's spine on the throat side as possible. Pull straight forward with a single swift move until everything from the front of the spine out to the throat is severed. This technique reliably severs a throat; slicing tends to be useless and unnecessarily cruel if you do not have the strength or the expertise to do it properly. Often, an inexperienced hunter will miss one or both jugulars or cut insufficiently deep to bleed the animal out quickly using the slice technique. The stabbing technique essentially can't miss and it *removes* the throat from the spine out, also severing the windpipe.

Yield: 1 servings

"GAMEY" TASTING GAME, HOW TO FIX- PART 2

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If you are approaching a downed deer that is still alive, approach from the back if possible. Those hooves are razor sharp and horns are no joke either. If you can get on its back and an arm around a doe's neck forcing the chin up, the throat stab-and-pull maneuver is easy and finishes the deer rapidly. If your downed quarry has antlers, use them as handles and pull the head up this way instead. Speed is of the essence; every second your downed quarry remains alive, terrified and struggling increases its suffering and decreases the quality of your fine steaks and chops.

Expect there to be some struggling and continued attempts to breathe even after the throat is severed. If this bothers you, sever the spine just between the skull and the first vertebrae with the deft insertion of a knife. **WARNING** - Don't attempt this technique on a live deer until you have practiced it and can do it reliably and quickly, one-handed, on a dead deer.

There is a reason I don't advocate spine severing, eye stabs or braincase stabs as the first method of dispatch - it's dangerous, as the knife can slip on a struggling animal and hurt you badly.

It's better to wait for a clean shot in the beginning, but should you miss and cripple, it is your responsibility to finish the animal as quickly as possible. Some hunters use a second bullet or arrow at this stage, but there are certainly reasons to prefer finishing with a knife. Should you wish to save the blood, mix it immediately with vinegar in roughly 10-1 blood to vinegar proportions to use in a civet or sauce. You have about one to two minutes before it clots completely and is unusable for most culinary purposes.

Get those innards outwards as quickly as possible and wash and/or wipe the carcass down with a towel. If you have to field transport, leave the skin on, but get the skin off as soon as you make it to camp and get the temperature of that carcass down by any means you can, as fast as you can. A carcass left at blood temperature will quickly sour and ruin good meat, and getting the skin off helps heat to dissipate. Ice can be helpful, but be aware that moisture is not a good thing in general for meat, so you want to keep it dry if possible as well as cold.

To start processing Bambi, fist the hide off the deer while it is still warm from the kill, and mind those thin stringy flat pieces of muscle under the forelegs that will stick to the hide and make your job a pain if you don't catch them early on and separate them by slashing lightly ahead of the muscle and into the silvery-white, slimy translucent membrane that separates muscle and hide. Pliers may help in getting the "slippers" off from the lower legs. Watch out for those nasty hairs that get stuck in the membrane and take forever to wash out. Pull that hide and get it off your butchering floor. Plastic tarps are your friend.

Don't pull the membrane from the muscle (the silverskin) if you plan to hang the meat. Personally, I don't age venison if it's a fat young doe, but that's a matter of taste. Once you've hung the meat, you can trim the silverskin, which should be a bit dry and hard in texture if you've hung it right (and it might even be blackened; this is common enough for an extended aging process). Some meat will go with it, but this is the price of aging.

Oh, and I have two favorite ways to process a carcass. One of them is the traditional gambrel hang, with a cross-hatched stick splitting the legs and the deer hung from a tree. The other, the one I pick when in my home facilities under ideal conditions, is a waist-height table with a raised metal surface which is holed to allow blood drainage.

Hang the deer up by its forelegs to let gravity do your work for you in removing those unpleasant bits. Unzip the front end of the deer carefully as you do not want the guts on your shoes in a hurry and by surprise, and have a barrel lined with a big Hefty garbage sack between the deer's legs. I make a *tiny* cut first, then slip my hand inside the carcass and keep two cupped fingers on the back of the knife as I cut. This keeps the guts from accidentally being slashed, which is as you probably can figure a really disgusting mess. Unzip slowly and let the guts fall down unbroken out of the slit you are making.

If you've done this technique right, you will have a mess of guts neatly in the barrel. Urge them into the right place with your hands. Wear latex gloves if you're fussy. Don't forget to get the stomach out too, and carefully sever any connections between the stomach and other organs. Let the stomach fall into the barrel; it's tough and won't burst unless you were clumsy with the knife earlier. The rest of the mass will likely remain attached; fish around the diaphragm (just under the heart and lungs) with a short bladed knife that is not too sharp and find the connections to cut when you're ready to dump the stomach and guts. You may find it helpful to haul out the guts in your fist and try to have the connective tissue visible before you cut into it. Small scissors can also be invaluable at this stage.

Yield: 1 servings

"GAMEY" TASTING GAME, HOW TO FIX- PART 3

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Don't forget to tie off the bung and find and *carefully* find and remove the bladder, or your meat will be unsanitary and smell funny. I once clumsily dropped a deer bladder I had just carefully removed, and it burst on my tennis shoes. The results were really unpleasant. Dispose of the bladder carefully and don't let go of the tube on the other end until you have a wastes bucket to dump it it.

Likewise, cut off the bung (the intestine leading up from the rectum) about eight inches from the bottom and tie it off carefully, after squeezing its contents to clear the area of your cut. Tie off both ends with a standard square knot. Without letting the cut ends touch flesh, dump the stomach and attached guts into the waste bucket and push the tied-off bung end through the rectum. Yes, I know this is gross. Do it anyways. Wear latex gloves and discard them when you are done touching these less than sanitary parts of the carcass. Take your knife and cut out the deer's entire rectum, with some flesh around it, including the tied-off bung. Carefully discard this unclean bit, without letting it touch the meat. Wash your hands. Wash any meat which has come in contact with this yuckiness very thoroughly, and cut out any discolored or suspect pieces. Discard the guts and waste away from your butchering area.

You can then fish around and grab a tough bundle of flesh up past the heart that is attaching the rest of the more solid innards to the carcass. Cut it as high up inside as you can reach, and pull. The whole mess will come down, so have another clean sack ready. This mess, except the green bubble attached to the liver, is good eating - don't waste it. Wash it well and save it on ice. Remove the nasty green gallbladder from the liver carefully and pitch it along with stomach and intestines.

You may wish to be extremely anal retentive about using all of your kill, and try to get something out of the deer's less pleasant parts. I used to be. Two experiences washing out deer stomach and intestines and using them in haggis and sausage was enough to convince me to never mind. They take hours to wash free of ick and they don't taste all that wonderful anyhow. The only use for deer gall that I know of is authentically medieval ink, which you make by mixing in pounded oak ashes. Not in my food processor, thanks.

Take a hose to the inside of the carcass at this point, or if you are field butchering away from a water source, wipe down with a damp cloth thoroughly. Dry the meat with a clean towel before proceeding. If the day is hot, throw some ice in the carcass instead and skip the dry towel - the moisture content of the meat might suffer, but the temperature is more important.

At this point, you have a whole mess of tasty and hopefully clean-smelling meat ready for your processing. You can hang at this stage if you like (I don't, especially with a doe whose hindquarters

are covered in nice yellow fat - mmmm!), but you can also proceed to dismember into neat freezer packages.

I separate the meat into: shanks for long braising (venison osso bucco is delish!), two shoulders, two hams which I usually bone out, a whole saddle roast (that's the butt end minus the bare bone you have left after the legs are gone), a crown tenderloin roast with the backbone split in half and about 6" of the ribs still on, two slabs of ribs for immediate BBQ slathered in homemade sauce, the neck for stewing and the flank for scrap. You can further reduce the saddle or the crown tenderloin roast into chops; it depends on how many folks you want to invite over to eat.

Now, all of this is *damn* fine eating and the only parts I would turn into burger or sausage would be the flank, the neck and the shoulders of a lean deer. (A fat deer makes a nice shoulder roast!). The innards are nothing to waste, either. Stuffed deer heart with breadcrumbs and onions and bacon is marvellous, and if you're a medieval cook like I am, haggis is always in the works when I get hold of a nice chunk of internals that includes spleen and liver and lungs. Boiled deer tongue is not unlike beef tongue if you are fond of such things, and you can also use the jowl and palate meat in slivers in any French recipes calling for ox palate. Warning: skinning a deer head really and truly sucks, so less than die-hard medieval recreation enthusiasts may choose to skip this step.

One small warning: the kidneys of a deer can range from flavorful to pungent and disagreeable; you can either discard or soak in milk overnight to reduce ammoniacal odor and taste. The kidneys of a rutting buck aren't even worth discussing; no marinade can save them. There is only one recipe worth thinking about for buck kidneys in my opinion, and it is this: bake the kidneys of a buck underneath a brick in the oven for 8 hours. When finished, discard the kidneys and eat the brick, which will taste better.

Even the bones of a deer can provide some amazingly good eating. Cut the bones into fairly small chunks (1-2") or have the butcher do it for you, roast them until lightly browned and boil down with the scrap meat for 4-6 hours for venison demiglace, which stores forever in the freezer and adds amazing flavor to all kinds of dishes.

Yield: 1 servings

"GAMEY" TASTING GAME, HOW TO FIX- PART 4

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If you must make sausage, make it well. Venison can actually make a very good sausage product that showcases rather than disguises its unique flavor. Much depends on whether you do the sausage "black" or "white" style, ie, do you bleed and rinse the meat thoroughly first for a more delicate product, or do you make a civet with the reserved blood mixed with vinegar? The former will produce a mild, delicate product which takes well to a bit of sage, basil and shallot in the mix. The latter takes to onions and garlic or perhaps fennel or caraway. The middle ground is to use fresh venison that is neither washed and beaten free of blood or civetted, and much depends on the individual carcass - age, sex, diet, condition, etc.

A lot of hunters ignorant of fine venison cuisine turn the works into deerburgers or hash or sausage, trying to disguise its taste rather than showcase it with fine cooking. I suppose if you shoot a rutting buck deer and then don't gut it out before it sours, burgers or sausage or dogfood is a reasonable destination for such a wasted kill. But geez Louise, if you have a mountain of fine gourmet steaks and roasts and chops in front of you and you make mush out of them or allow them to spoil, you have just effectively pissed money away into the snow. Also it's bad karmic brownie points, y'know? Eat what you kill. Don't waste good food, or the life of an animal, senselessly. The Goddess is watching you. ;P

It is all very well I suppose to want to kill the biggest boy deer with the biggest antlers if you wish to prove your fitness to rule the herd and to mate with the does. I guess it's a phallic kind of guy thing. ;P Since I'm not a guy, I'll just take good venison where I can get it and never mind the big rack of antlers, a sure indication to me of a less than prime meat animal.

Rare roasted venison, fragrant with bay leaves and garlic on a bed of wild rice with pecans, is serious cuisine. Deer neck braised Moroccan style with lemons and honey and olives, is delicious over cumin-scented couscous. Venison shanks osso bucco, steam-braised for hours in your oven, will fill the house with its tantalizing perfume until the neighbors sniff their noses into your yard and cry, "What's for dinner?"

In a rougher setting, wrap chunks of lean hind leg in bacon and shishkebab them over the fire with a little cracked black pepper, or throw a slab of deer ribs on the fire and baste at the last minute with the best sauce your granny ever gave you a recipe for.

If you must make sausage, make it well. Don't disguise the taste of the meat; enhance it with the freshest herbs and the finest ingredients. The conventional wisdom is that deer fat is rancid; sometimes this is so and more often in my experience it isn't. Fry a small piece and judge for yourself for each carcass. If there isn't enough of it, add some fresh pork fat of the best quality, and

possibly some veal meat, which does not overpower the venison as pork can do.

Whatever you do, enjoy the rightful reward of the hunt - the taste of venison in all its glory, not disguised but showcased and enhanced by careful handling of the meat and respectful cooking.

Bon appetit,

Tanith Tyr (camp butcher and chef for a fair share; California SF Bay area)

Yield: 1 servings

"LITTLE CHIEF" BEEF AND GAME JERKY

1/3	cup	sugar
1/4	cup	salt
2	cups	soy sauce
1	cup	water
1	cup	red wine
1/2	teaspoon	onion powder
1/2	teaspoon	garlic powder
1/2	teaspoon	pepper
1/2	teaspoon	tabasco sauce

Trim all fat from meat. Slice meat with the grain to about 1/4" to 1/2" thick. The meat slices nicely when semi-frozen, or your butcher will slice it for you in his machine. Place meat in the cool marinade and leave overnight, or for no less than 8 hours. Remove from brine and allow to air dry without rinsing. Smoke in your smoker for 12 to 16 hours or until jerky has dried out to your liking. Use your favorite fuel for smoking. Credit: Luhr-Jensen Posted to the BBQList by Carey Starzinger on Jul 03, 1996.--

Yield: 1 serving

(CBC) EAST-WEST BRAISED BUFFALO SHORT RIBS

1 x no ingredients

3 lb Buffalo (bison) short ribs
2 tb Canola oil
1/2 c Soy sauce
1 cn (19 oz) pineapple
Chunks in their own juice
1/4 c Brown sugar
1/4 c Honey or maple syrup
1/4 c Hoisin sauce
1 sm Onion, chopped
1 tb Minced fresh ginger
4 Cloves garlic, pressed
1 Canned chipotle chili in
Adobo sauce (or
2 ts Chipotle hot sauce)
1 c Water
Salt and freshly ground
Black pepper
1 Red and 1 yellow bell pepper
Seeded and sliced

In a Dutch oven, heat the oil over medium high heat and saute the ribs in batches until they are nicely browned. Drain off and discard any accumulated fat, then return the ribs to the pan. In a food processor, combine the soy sauce, canned pineapple and juice, sugar, honey, hoisin sauce, onion, ginger, garlic and chipotle chili. Process until sauce is smooth. Stir in the water and pour over the browned ribs. Cover tightly with a lid or with foil and bake at 300F for 2 hours, until ribs are extremely tender. Remove the ribs from the sauce with a slotted spoon and keep warm. Degrease the sauce if necessary and simmer it over medium heat until it is reduced and nicely thickened. Season with salt and pepper. Stir in the sliced red and yellow peppers and cook together for 5 minutes. Return the ribs to the sauce and stir gently to heat through. Serve over rice.

Source: CBC, Calgary

From: "Lightnin Dave"

Yield: 6 servings

ACORN STEW

3	lbs	round steak elk or deer; cut into bite size
3/4	cup	acorn flour
1/4	Tsp	Salt

DIRECTIONS Cook beef in about 1 quart of water. Let it simmer for about 3 hours or until meat is well done. Salt to taste. Shell acorns and grind them into very fine flour until you have approximately 3/4 cup of flour. Strain the broth from the meat (it will be used later). Shred the meat and, placing it in a wooden bowl, mix it with the acorn flour. (Note: metal utensils or bowl will discolor the flour) Pour hot broth over the mixture and stir. It is now ready to serve in individual bowls. Usually served with fry bread.

Yield: 4 servings

ALDER CONE SMOKED GROUSE WITH FERN ROOT GLAZE & SALAL SAU

2	tablespoon	licorice fern root
2	tablespoon	gewurztraminer icewine
3/4	cup	water
3	cup	dried alder cones
2		wild grouse breasts, bone in and sk; inless
1		juniper & salal berry sauce:
1 1/3	cup	water
1 1/2	cup	b.c. pinot blanc wine
3 1/2	cup	salal berries
1 1/2	tablespoon	maple syrup
1 1/2	tablespoon	black peppercorns
8		juniper berries
1 1/2	tablespoon	balsamic vinegar

Recipe from Northern Bounty: A Celebration of Canadian Cuisine. The ISBN is 0-394-22431-0. Recipe by Sinclair Philip, owner of the Sooke Harbour House on Vancouver Island. Sinclair believes in local ingredients, freshness and learning about and using wild ingredients from the native peoples. His restaurant has vegetable and herb gardens full of plants transplanted from the bush for use in the kitchen. At Sooke, chefs prepare this dish with a salad of foraged wild greens and flowers: amaranth, chicory, chickweed, lamb's quarters, orache, shepherd's purse, and sorrel.

Alder: a deciduous tree, member of the birch family with woody cone like fruits. Common in swamps and mountainous areas. [I am going to try black spruce cones- our commonest local tree. If that doesn't work I can fall back on store bought fruit wood chips or do a Chinese Tea Smoke.- JW]

Licorice Fern: I have no idea what it's geographic range is or what flavor it's root would impart. Based on it's name I am going to try diced Fennel bulb, Fennel seed or a _wee_ bit of Star Anise stewed in Port instead.-JW

Salal Berries: Salal is a low (up to 2 meter) evergreen shrub of the Heath family native to California, B.C. and Alaska with white to pink urn shaped flowers and round purple berries which turn black. [There are none locally so I will be experimenting with cranberries or black currants.- JW]

Directions:

In a small covered sauce pan, gently simmer fern root in icewine and water for 20 min. Pour into a glass jar, seal and let stand at room temp for 12 hours. Strain into a small saucepan and boil, uncovered, on high until reduced to a thick syrup. Set aside.

Heat alder cones in a large aluminum foil lined sauce pan over high heat until they smoulder. Reduce heat to low; place grouse breasts directly on top of the smouldering cones. Lightly brush the breasts with the fern root glaze; cover pan tightly. Smoke breasts for 3

hours or until cooked but not dry. Remove the meat from the bone and serve with Juniper-Salal Berry Sauce.

For the sauce: Pour 1 cup water and the wine into the bottom of a perforated double boiler. Place the salal berries in the top section.

Cover; simmer gently for two hours. Gently press berries with a rubber spatula to extract remaining juice. Discard berries; reserving syrup in the bottom of the double boiler.

To the salal syrup, add the maple syrup, peppercorns, juniper berries, remaining water and balsamic vinegar. Bring to the boil and immediately remove from the heat; let stand an hour before returning to the heat. Cook, uncovered, until slightly thickened. Refrigerate until needed.

posted by Jim Weller

Yield: 4 servings

ALLIGATOR STEW

2	lb	alligator tail; sliced or cubed
1/4	cup	olive oil
2	large	onions, chopped
1	large	bell pepper, chopped
4	cloves	garlic, minced
4	bay	leaves
1	cup	diced tomatoes
1	cup	long grain rice
2	cups	chicken stock
1/2	tsp	fresh datil pepper or 1 tsp pepper
1/2	tsp	salt
1/4	tsp	black pepper
1/4	tsp	dried thyme

Saute alligator meat in a small amount of olive oil until tender, and set aside. In a Dutch oven, cook onions, bell pepper and garlic in remaining oil

until soft. Add tomatoes, bay leaves, datil pepper or sauce and seasonings and simmer over low heat for five minutes. Add chicken stock and well-rinsed

rice and simmer for 20 minutes. Add the alligator meat, stir well, taste and

adjust seasonings. Simmer an additional five minutes to combine flavors.

After 20 years of protection, the alligator has made a remarkable comeback and alligator meat is available again. Since the body meat is too tough, only the tail meat is used. The best way to prepare alligator tail is to slice the meat across the grain into 1/4- to 1/2-inch strips. While good lightly breaded and fried, try this dish that includes the datil pepper, which gives it some heat.

Thanks for the recipe! Actually if you get a youngster, a good deal of the body meat can be used. Especially in light of the modern tenderizing machines. Farm raised gator has been available for years in fish markets

in FLA--I love the stuff!!

ALLIGATOR TAIL STEAK, SEMINOLE

2	pounds	alligator* tail meat
		juice of lemon
1	cup	flour
1/2	teaspoon	garlic powder
1	tsp	paprika
		salt and pepper to taste
2	eggs	beaten
1/2	cup	lard or butter

Cut tail into strips lengthwise, 4 x 2 inches wide. Sprinkle with lemon juice. Mix flour, garlic powder, paprika, salt and pepper. Blot the alligator pieces, and dip into flour, then into beaten eggs. Let eggs drip off and dip into flour again. Heat lard or butter in a large skillet and saute the alligator pieces quickly. Do not overcook or they will be tough. Serve immediately. Variation: Follow the above recipe and cook the alligator tail as directed. As soon as the meat is browned add 2 cups water and 1/4 cup fresh lemon juice to the skillet. Cover and simmer for 2-3 hours or until very tender.

APACHE WILD GOOSE

1		wild goose, well cleaned &
1		picked, do not skin.
2 1/2	quart	combread crumbs
1	large	onion, chopped fine
2		jonathan apples, diced
1		salt and pepper
1		sage
1		garlic
1		goose giblets

Boil giblets until tender, remove skin, and chop fine. Combine with combread crumbs, onions and apple. Mix well and add salt and pepper, sage, garlic and other seasonings to taste. Moisten and stuff goose. Place goose in roasting pan and spread with about 2 T. butter, and then sprinkle with a little flour. Roast in 350 degree oven until done, which will take about 15 to 20 minutes per pound. Baste often.

Source: "Indian Cookin", compiled by Herb Walker, 1977

Yield: 1 recipe

BAKED FRIED RABBIT

1		rabbit, cut in pieces
2	stalks	celery, chopped
2	qts.	cold water
1	tsp.	salt
2	slices	carrot
1/2	tsp.	peppercorns
1		onion, sliced
4	tbsp.	shortening

METHOD: Put the pieces of cleaned and washed rabbit in saucepan with the water and vegetables, seasonings, and spices tied in a small cheesecloth bag. Bring quickly to boiling point, then simmer until meat is tender. Remove pieces of rabbit, plunge them in cold water, drain. Sprinkle with salt and pepper, dust with flour, brown on all sides in hot frying pan in the shortening. Remove to baking dish, cover with strips of bacon and cook in moderate oven until tender. Make gravy in the frying pan.

BAKED MUSKRAT (A)

By: Alda Pierce

1		muskrat
		salted water
2	sl	salt pork
1	sm	onion
		butter or lard

After skinning the muskrat, cut off the head and feet. (Make sure you remove the musk parts, which are located under the front legs.) Soak an hour or two in slightly salted water. Place in a baking dish (may be left whole or cut up) and add two or three slices of salt pork and a small onion. Butter or lard should be rubbed on the meat before baking so it will not dry. Bake in a moderate oven until the meat is tender when tested with a fork. Serve with baked potatoes and hot scones (fried bread).

Yield: 4 servings

BAKED RACCOON (A)

1		raccoon
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Remove skin and inner parts of raccoon, singe over fire and wash. Then parboil for 1 hour. Place in roaster in about 3¹ of hot water. Add 1 carrot, apple, and onion. Bake until tender.

SOURCE: Pauline Seneca, Cayuga, Iroquois Cookbook

SHARED BY: Jim Bodle on FIDO Cooking in 10/92

Yield: 1 servings

BAKED YOUNG WOODCHUCK IN SOUR CREAM AND MUSTARD

6	lbs	woodchuck; cut into serving pieces
		flour
		salt and pepper to taste
		dijon mustard
3	slices	bacon
1	Pc	onion; diced
1/4	cup	carrot; thinly sliced
1/2	cup	mushroom; sliced
3	tbsp	parsley; chopped
1	Tsp	kitchen bouquet
1	cup	sour cream
1/2	cup	sweet cream

Note: Recipe can be used for other small critters such as squirrel, rabbit, or muskrat.

Soak the woodchuck pieces in salted water overnight or for several hours, then rinse dry, roll in flour, salt and pepper, and saute in fat until nicely browned.

When cool enough to handle, spread the pieces generously on all sides with Dijon mustard.

Place on strips of bacon in a shallow baking dish.

Saute the onion, carrots, and finally the mushrooms; add the parsley and Harvey's sauce, check for salt and pepper, then, over low heat, stir in the sour cream and the sweet cream, melding the two creams.

Pour over meat pieces and bake in a 350 F degree oven 40 to 50 minutes or until meat is tender (bake rabbit, squirrel, or muskrat 30 to 40 minutes). Check the dish once or twice and if it seems to need moisture add cream.

L. L. Bean Game & Fish Cookbook Angus Cameron & Judith Jones, 1983. Random House. ISBN 0-394-51191-3.

Typos by Jeff Pruett.

Yield: 4 servings

BARBECUE RACCOON

1 x no ingredients

1 raccoon
12 small sweet potatoes
1 med. onion (sliced)
3 med. carrots
1 T worcestershire sauce
salt and pepper
1 large bell pepper
1 cup water
1 bottle of barbecue sauce

Dress the coon, then cook until tender. Debone. Place coon in foil lined baking pan. Add remaining ingredients to baking pan. Bake at 350 degrees

Yield: 4-6 servings

BASIC INSTRUCTIONS FOR SKINNING MUSKRATS

1 text file

(basic methodology may be used for other animals)

The muskrat should be skinned as soon as possible after being trapped. Slit the skin on the inside of the hind legs from the paws to the vent and cut off both hind and fore paws and the tail. Then work the skin off inside out using the knife as little as possible, taking particular care when skinning around the eyes and lips. The skin should then be scraped with a dull knife to remove all flesh and fat, washed with lukewarm water to remove the blood, and placed fur side in on a wedge-shaped stretching board made of soft wood, to dry.

Remove the head from the carcass, then eviscerate the animal. Insert the knife blade, sharp edge up, at the tip of the breastbone. Cut through the thin meat over the belly down to, and encircling, the vent. Lay the body cavity open and remove the viscera by grasping them above the stomach, pulling down and out from the body cavity. Remove the heart and lungs, and wash the muskrat thoroughly with warm salted water. With a sharp knife, cut out the musk glands from inside the legs, the white tissuey skin, and all fat. Soak the meat for two or three hours in a weak brine solution (1 tbsp. salt to 1 quart water) to draw out the blood, then drain and pat dry.

Source: Ellis, Eleanor A. (1973) Northern Cookbook. Ottawa: Information Canada.

Typos by Bert Christensen Toronto, Ontario rosewood@interlog.com
<http://www.interlog.com/~rosewood>

Yield: 4 servings

BBQ DOVE

Ingredients:

A bunch of doves
Face's Picante Sauce (med.) That's the kind made in Texas
Bacon
Your favorite Bar B.Q. Sauce

Preparation:

Marinate dove breasts in picante sauce overnight.
Wrap each with bacon strip and fasten with toothpick.
Place on grill over slow coals and baste frequently with BBQ sauce.

Note: Don't over cook.....ENJOY !!!

Yield: 1 servings

BEAR CHOPS

6	med	bear chops
1	cl	garlic, halved
2	tbs	bacon fat
1	lrg	onion, chopped
4	lrg	carrots, diced and cooked
4	tbs	unbleached all-purpose flour
4	tbs	chili sauce
1/2	cup	dry wine
		salt and pepper to taste

Rub the chops with the halved clove of garlic. Melt the bacon fat in a skillet and sear the chops on both sides. Place the chops in a lightly grease baking dish. Saute the onions and carrots in the skillet until the onions are transparent but not browned. Mix in the flour, chili sauce and wine. Cook until thickened. On top of each chop, place an equal amount of the carrot mixture. Pour 1 cup of water into the baking dish; cover with foil and bake at 375 Degrees F. for 60 to 70 minutes or until tender.

BEAR LARD

By: Northern Cookbook by Indian and Northern Affairs Canada

info bear game

The gamy flavour of bear that many people find objectionable is concentrated in the fat, so the fat should be trimmed from the meat before cooking. Bear meat is not marbled like beef so large cuts and roasts should be larded with pork fat.

Bear fat can be excellent for pastry making, *provided* it is rendered first. Otherwise it will go rancid quickly even if frozen.

To render bear fat, cut the suet into cubes and heat it slowly in a heavy covered kettle, then strain it. Bring the strained liquid fat to a boil and simmer it for 10 minutes to sterilize it, then pour into sterilized air-tight containers. If the containers are sealed and stored in a cool place, the fat will stay sweet and edible for months. One Inuit cook I know swears the best pies are made from the lard of a young (yearling) bear, killed in the summertime at the end of the raspberry season. And the meat is extra mild and sweet then too.

BEAR LARD

By: Northern Cookbook by Indian and Northern Affairs Canada

1 text file

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From "Northern Cookbook by Indian and Northern Affairs Canada" Posted by: Jim Weller

Yield: 1 servings

BEAVER INFORMATION

information

From 'Northern Cookbook' edited by Eleanor Ellis, Indian Affairs and Northern Development, Ottawa 1973.

The industrious beaver is the largest rodent on the North American Continent, and is found in all the waterways of the forested areas of the north. Its rich brown fur has long been prized by trappers and hunters, and the search for beaver pelts instigated much of the early exploration of the continent. Because of its contribution to the development of our Dominion, the beaver has been chosen as an emblem of Canada.

If the beaver pelt is to be prepared for market, care should be taken in skinning the animal. Lay the beaver on its back in a clean place and cut off the legs at the first joints. Then, with a sharp knife, slit the pelt, starting at the lower lip. Insert the knife in this slit and, with the sharp edge up, cut the pelt in a straight line down the belly to the vent. Work out from this centre line cut and, with short strokes,, separate the skin from the flesh. Carefully pull the legs through the skin, leaving four round holes in the pelt. Cut off the tail where it meets the fur. Skin carefully around the eyes and cut the ears close to the skull. Finish removing the pelt, taking as little flesh and fat with it as possible, then lay it on a flat surface, fur side down, and sponge off all the blood marks with lukewarm water. Complete directions for stretching and cleaning pelts are available from the Game Management Officers.

Beaver meat is dark red, fine grained, moist and tender, and when properly prepared, is similar in flavour to roast pork. Cut the head from the carcass and eviscerate the animal as follows: Make a cut through the thin layer of meat from the breastbone to the vent, encircling the vent, and being careful not to puncture the intestines. Lay the body cavity open, and remove the viscera by grasping them above the stomach and pulling down and out from the body cavity. Carefully cut out the tiny musk glands from under the skin on the insides of the legs and be sure to remove the castor gland under the belly near the tail. Trim off all the fat, then wash the carcass thoroughly with warm water.

Yield: 1 servings

BEAVER TAIL SOUP

By: Herb Walker

		bones from a beaver
1	beaver	tail
4	wild	onions
4	qt	water
4	sweet	bay leaves
1	tb	wild mustard
1	tb	bush spice powder
1	tb	salt

Separate the bones from the meat and break the bones into six pieces. Skin the tail by broiling the tail over the campfire. The scaly skin will come off in a blistered sheet to reveal the white solid meat underneath. Put the bones and pieces of tail in a large kettle, add the water and salt. Bring to a boil, lower the heat and simmer for 30 minutes. Keep the surface clean with a large spoon, then add the sliced onions, bay leaves, wild mustard and spice bush powder. Keep on simmering for another 30 minutes.

Remove the beaver tail pieces. Let drain on a plate and set aside to be added to the soup at a later time. Strain the soup through a fine sieve into another large pot and boil down to about a quarter of its original volume. Clarify with the white from an egg.

Cut the meat from the tail into cubes about 1/2 inch square, add to the soup and serve hot. You can add to the taste with freshly cut mint, sprinkled over the individual servings.

Yield: 1 recipe

BLACKFOOT INDIAN JELLIED SNAKE

By: Indian Cookin

1	md	snake
2	c	indian vinegar
1	handful	mint
2	fingers	coltsfoot salt

Cut off the head and skin and take out the intestines. Cut into 1' pieces. Wash in cold water. Put the vinegar, mint and coltsfoot salt in some kind of container; put the pieces of snake on top and cover with cold water. Let stand overnight. Put the container over the hot coals in the morning and simmer slowly for about 35 minutes. Remove from the fire and cool. The dish is ready to eat when the jelly has set.

Yield: 1 recipe

BLUEBERRY DUCK ROAST

By: Aboriginal Tourism - Native Cuisine

1 1/2	c	blueberries
2	tb	vinegar, white
2	ts	brown sugar
1	ts	salt
1 3/16	ts	pepper
1/4	ts	ground cloves
1/4	ts	nutmeg
1	tb	vegetable oil
4	to	6 wild duck breasts

Combine all of ingredients except duck breasts in a blender. Process to a coarse puree. Remove bones from duck breasts, leaving skin intact. Place breasts on a rack in roaster and coat each one with blueberry mixture. Bake at 375°F for 30 minutes, basting often.

Yield: 1 servings

BRAISED BEAR CHOPS

1 see instructions

Cut from the loin the required number of chops. Broils these until brown and well seared. Now put them in the Dutch oven, season with salt and a liberal portion of freshly-crushed black pepper, half cover with boiling water, put on the lid tightly, and simmer until tender. The time required will depend upon the age of the bear or the toughness of the meat.

www.SailorRandR.com/recipes/recstore/

From: "Stewburner" <stewburner@sailorradate: Tue, 7 Oct 2003 19:25:59 ~0700

Yield: 1 servings

BRAISED MUSKRAT MOUNTAIN STYLE

1 single directions

After skinning and cleaning, remove all glands, fat, and white tissue inside legs. Cut into pieces and soak in salted water overnight. Marinade 3 hours, then dry and roll meat in seasoned flour. Fry in hot fat until browned, then add half cup water. Cover and simmer until done. A few onions and vegetables may be added.

Source: <http://www.SailorRandR.com>

From: "Stewburner" <stewburner@sailorradate: Wed, 3 Sep 2003 07:02:46

~0700

Yield: 1 servings

BRAISED RABBIT

		recipe
2	2 1/2 lb	rabbit, cut in pieces
1	cup	flour
		salt and pepper
1	cup	lard
1	med	onion; chopped
2	pcs	bay leaf
0.5	tsp	wild sage
0.5	tsp	thyme
1	cup	water

METHOD: Wash and cut up two 2 1/2-lb. rabbits or one of 4 lbs. Dredge well with seasoned flour, then brown pieces in hot shortening. Place in baking dish, add 1 medium onion, chopped, 2 bay leaves, a little sage and thyme and water to cover. Cook in a moderate oven, 375 F., until tender (about 1 hour for the 2 1/2 lb. ones and 2 hours for the 4 lb. ones). Before serving, thicken gravy with flour

BROILED SQUAB

1 method only

Remove feathers and pin feathers. Cut along the backbone with a small, sharp knife, being careful not to cut the entrails. Remove contents of body without breaking lungs, kidneys, crop, and windpipe. Wet cloth in warm water to which a little baking soda has been added (1/2 teaspoon to 1 quart), wipe inside and outside, and then wipe dry. Season with salt and pepper. Flatten breastbone and place bird on broiler with skin side near flame. Baste with butter. Turn and broil 12 to 15 minutes until done.

From The Settlement Cookbook, 1951 ed.

MMed by Dave Sacerdote

From: Dave Sacerdote Date: 03-26-96

Yield: 1 squab

BUFFALO

text

Perhaps the buffalo was present also in the Great Basin at one time. It became extinct here before it did on the plains to the east. These huge animals were often driven over cliffs and stoned or dubbed to death.

Antelope were charmed into rope corrals by the antelope shaman, who had this power. Perhaps feathers were tied to the rope, and moving in the wind, attracted the curious beast. Snares of woven bark were used on small animals. Sometimes nets were stretched and rabbits were driven into them, then killed with clubs or their necks wrung. The rabbit drives were a 'communal' gathering, where several bands got together and joined their nets together. The larger animals were sometimes hunted with the atlatl, or throwing spear, or with the bow and arrow after it appeared in the Great Basin about 500 A.D.

BUFFALO Pemmican

1 x no ingredients

1 Buffalo
1 6 lb Choke cherries

Take one buffalo. Skin. Cut the meat in thin strips and sun-dry on racks (takes several days to dry). When meat is dry, pound it into a coarse meal. Set aside. Break and boil bones of buffalo. Skim off fat and extract the marrow from the bones. Render all fat from buffalo in cauldron (or in hide-lined pit in ground with hot stones). Pound choke cherries into coarse meal. Retain seeds and skins. When buffalo fat becomes liquefied, add meat, fat, and cherries. Place mixture into bladder or water-tight skin containers (parfleches) and seal (sew shut). NOTE: This mixture has been know to last for as long as 80 years! From: "Anita Bautsch"

Yield: 1 batch

BUFFALO STEW (TANKAME-A-LO)

By: Offered by Ishtacota ~ Cherokee Nation, Husband of Ket

2	lbs	of buffalo stew meat, cut into 1 in; ch cubes
1	can	stewed tomatoes
2	stalks	of celery, cut 1 inch long
4	qts	water
2	lbs	of red or white potaotes... (not ru; ssets)
1	cup	barley

who learned this from great great grandfather of Serenety (Cherokee Orgin)

Brown the buffalo cubes on high heat until seared about 3 min

Add 4 quarts of water, potatoes and carrots and boil untill

Veggies are tender. add stewed tomatoes and celery and barley cook

An additional 5 minutes.

Remove from fire and place into baking dish.

Bake at 425 degrees for 30 minutes.

Remove from oven and enjoy.

Note: this stew tastes really great, you can use elk or bear or even rabbit in place of buffalo.

Yield: servings: five-

CARIBOU HEAD

recipe

'They don't know anything, that's what I say,' said English of the hunters who throw away the heads of caribou they've caught. 'They're stupid.' For hunters who are being wasteful, English offered some advice on roasting caribou heads. Start by skinning the head, cutting out the glands, which look like clumps of fish eggs. Some people leave the bit of fur around the nose. Wash the head, being careful to remove fur that may have stuck to the head. Be sure to run water down the mouth and nose to clean out any willows or grass that the animal may have had in its mouth when it was shot. Place it in some water in a roasting pan and cook in the oven for 2-3 hours at 350 degrees. Be sure to puncture the eyes with a knife or fork. They can explode. Turn the head every hour, at the same time checking the meat with a fork. Once it's tender, it's done. If you like, add a packet of onion soup or onion-mushroom soup mix. Angus Beaulieu of Fort Resolution had much the same recipe for oven roasting, but he saves the mixture of grease and water that's left, strains it then uses it for boiling, then frying rice. 'I can't explain the flavour, but it's very tasty,' he said. Successful cooking of the head begins right after the caribou is shot, said Angus. 'You have to cut the head off or slit the throat right away for it to be any good,' Angus said. 'Even if you leave it for five or 10 minutes, the food in the stomach swells and comes up and covers everything.' For boiling, Angus cuts up the head into smaller parts so they will fit into the pot. Take a knife and draw it back toward the neck from either side of the mouth to remove the bottom jaw. With an axe, he cuts a V shape starting just below the eyes to separate the nose part from the head. Throw the pieces in a pot and boil until cooked. Alfonz Nitsiza said the head is often the first part of the caribou hunters from his home of Wha Ti eat. After they've caught some caribou and are ready to start skinning and cutting them up, they light a fire. 'We throw the whole thing into the open fire and let the hair burn off,' said Alfonz. 'The skin is used like tinfoil. It stops the meat from burning. We turn the head around so all the hair burns off, then poke it with a stick and stand it by the fire to cook.' The hunters then go to work skinning and cutting up the caribou they've caught, turning the head every now and then. 'By the time you finish two or three caribou it's done,' said Alfonz.

CARIBOU HEAD RECIPES

caribou head

Throwing away the heads a waste of good meat, elders say

Richard Gleeson Northern News Services

Yellowknife (Nov 22/99) - A little warning to NWT caribou hunters – don't let Mabel English catch you leaving the heads behind.

'They don't know anything, that's what I say,' said English of the hunters who throw away the heads of caribou they've caught. 'They're stupid.'

For hunters who are being wasteful, English offered some advice on roasting caribou heads.

Start by skinning the head, cutting out the glands, which look like clumps of fish eggs. Some people leave the bit of fur around the nose. Wash the head, being careful to remove fur that may have stuck to the head. Be sure to run water down the mouth and nose to clean out any willows or grass that the animal may have had in its mouth when it was shot.

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CARIBOU HEART

By: Aklavik Métis Local # 56, in Métis Nation - NWT Cookbook

1	caribou	heart
1	c	fine bread crumbs
1	stalk	celery, chopped
1	sm	onion, chopped
1/2	ts	each poultry dressing and salt
1	ds	pepper
4	tb	melted butter

I suppose this recipe is pretty standard anywhere (except maybe for the caribou part). Aklavik is a tiny hamlet on the Mackenzie River delta about 30 miles from the Beaufort sea. It is within the tree-line (barely) and caribou is a staple there. My new son-in-law is from Aklavik (and our extended family has hooked up with yet another of the First Nations.... Chuck is Innuit, not Dene.)

Wipe heart with clean damp cloth, then soak overnight in salted water, covered Drain, trim off blood vessels, fat and small thread-like cords Wash heart thoroughly with cold water, drain and pat dry Make stuffing by combining bread crumbs, celery, onion, seasonings and butter Fill cavity with stuffing Place on a rack in a roaster and pour 1 cup of water in bottom of roaster Cover and bake in 325°F oven for 3 hours or until tender

Yield: 4 servings

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CHEROKEE PEPPER POT SOUP

1	lb	venison or beef short ribs or shank
2	qt	water
2	lg	onions, quartered
2	ripe	tomatoes, seeded and diced
1	lg	sweet bell pepper, seeded and diced
1	c	fresh or frozen okra
1/2	c	diced potatoes
1/2	c	sliced carrots
1/2	c	fresh or frozen corn kernels
1/4	c	chopped celery
		salt and ground pepper to taste

This tasty recipe comes from the Recipes From The First Nations website. Check them out for more delicious recipes including Indian Salsa, Chippewa Indian Frybread, Prickly Pear Ice, Pumpkin Soup and more! Click here:<http://www.melborponsti.com/speirs/first/index.htm>

Put meat, water, and onions in a heavy soup kettle. Cover and bring to a boil over high heat. Reduce heat to low and simmer for 3 hours. Remove meat, let cool, and discard bones, returning meat to pot. Stir in remaining vegetables and simmer, partially covered for 1 1/2 hours. Season with salt and

Yield: pepper. serves

CHIPPEWADILL JELLIED EEL

By: Herb Walker

3	lb	eel
2	tb	coarse salt
2 1/2	c	water
1/4	c	white wine
2	wild	onions, finely chopped
2	bunches	fresh dill
10	whole	peppercorns
2	ts	salt
2	bay	leaves
1/4	c	fresh lemon juice
2	tb	fresh dill

Skin the eel by cutting around the neck behind the fins. Wrap the head in a piece of paper towel or newspaper. Take hold of the skin with a pair of pliers and pull towards the tail. Then split the eel open and take out the entrails. Cut the eel into 2' pieces and wash well in running water. Put in a single layer in a shallow pan. Sprinkle with coarse salt and pour in enough water to cover the pieces completely. Soak for 10 minutes, drain and rinse well in running cold water.

Place the eel in a fireproof casserole. Add the water, wine, onion, dill, peppercorn, salt and bay leaves. Bring to a boil over high heat. Reduce heat and simmer for 20 minutes. Remove from heat, stir in the vinegar and sprinkle finely chopped dill on top. When thoroughly chilled, the liquid should form a soft jelly. Serve from the casserole.

Yield: 1 recipe

CHOPMEAT AND BEANS OVER RICE

text file

My mom used to call this poor food, since it was usually cooked between checks and we used the government rice and cheese and sometimes beans.... a couple pounds ground meat (most use beef but if we had venison we used that) Browned with onions and salt and pepper some diced peppers some hot sauce some corn if you want some peas or nuts if you want heck, anything you think will go one BIG can of baked beans a couple cups of cooked rice basically you brown the meat and onions and whatever veggies you add, and then toss in the big can of baked beans and sauce. You can add a little more barbecue sauce if you want, or ketchup. Cube up some cheese and melt it in there if you want Serve it over rice. We just loved it when we were kids, and my husband loves it now.

COOKING METHODS FOR VENISON

By: Jim Weller

1 x no ingredients

You can do anything with venison that you would beef. Just remember that it is drier- less fat, so steaks should be marinated/tenderized/ pounded and cooked just to medium, not over-done. It is important to realize that wild meat can vary in quality and toughness, whereas commercial beef is a pretty uniform product. Venison factors are: 1- Age and sex of animal. Meat can be as tender and mild as veal in a young doe. (And you always get steer meat in a store never bull. Castration does make a difference.) 2-Clean kill. If a deer is stalked while it is peacefully grazing and dropped dead in its tracks, it will taste far better than an animal that has been chased by hounds, then gut shot, then it runs a few more miles before collapsing. The blood is full of adrenaline and the acidic by-products of exercise and exertion and the flesh is tainted by the torn up organs. 3- Aging and butchering. When I was a kid growing up in Eastern Ontario, we went deer hunting in the fall, when it was cool and deer were hung to age and tenderize, then butchered at a local abattoir that handled beef and pork professionally. We received nicely wrapped, properly cut and trimmed frozen packages. It was generally pretty good. (Up here caribou is shot all year long and traditionally butchered immediately [before it spoils in the summer or freezes solid in the winter] And some hunters are more skilled at butchering than others... I have been made "gifts" of quarters of caribou that have been field frozen with the fur on and wrapped in green garbage bags and stored in somebody's back yard for a month or two! I have also received superb sausages made by a man who apprenticed as a sausage-maker in Germany. If you know where your meat came from, you will know whether it should be tenderized or just cooked. If your steaks are coming from a commercial game farm, they will be from a young animal, carefully slaughtered and aged. I would treat them the same as any prime beef T-bone. Probably charcoal BBQ'd or gas grilled to just medium rare and sprinkled with a little salt and pepper AFTER it has been cooked... nothing fancy, no marinades and no strong BBQ sauces. That way you will be able to truly taste the venison. For wild meat you may want to marinate first, if it's tough. **** For extremely gamy meat, try soaking the meat in water for several hours to remove any blood, then soak in salted water for several hours and thirdly soak the drained meat in milk overnight. This helps remove strong odors. [I use skim milk made from powder, about half strength for economy.] After this treatment most meat is quite edible regardless of its age and handling. At the very least it can be ground and used in spicy spaghetti sauces and chili. Jim Weller

CORNISH HENS WITH TOASTED RICE STUFFING

1	tablespoon	butter
1/2	cup	pecans, chopped
1	cup	water
2		cornish hens, thawed
1/4	teaspoon	black pepper
1	pkg	uncle ben's long grain & wild rice original recipe
1		orange juice
1 1/3	cup	raisins
1/4	cup	salt
1/2	teaspoon	butter, melted

Melt butter in a sauce pan. Add rice only and pecans and saute over low heat, stirring occasionally, until rice turns golden brown. Add seasoning packet, orange juice, water, raisins to rice mixture and stir well. Bring to a boil, cover, and reduce heat. Simmer for 25 minutes or until liquid is absorbed. Remove from heat and cool. Remove packet from cavity of Hens and discard. Wash Hens inside and out and drain well. Season with salt and black pepper. Fill cavity of each Hen with 1/2 to 3/4 cup rice mixture. Cover and warm remaining rice to serve with Hens. Tie drumsticks together with string and place on a rack in a roasting pan. Brush each Hen with melted butter. Roast in a 350°F. oven for 1 hour or until juices run clear when Hen is pierced. Baste occasionally with melted butter while roasting. Remove from oven. Remove and discard string. Serve Hens on a bed of the remaining Rice Stuffing.

Yield: 2 servings

CREE WILD DUCK

By: WhiteWulfsMoM@aol.com

1	wild	duck, cleaned
2 1/2	quarts	combread crumbs
1	large	onion, chopped fine
		duck giblets
2	tbsp.	margarine
		pepper
		sage
		garlic
2		apples, diced 1/2 cup flour

Boil giblets until tender, and chop into fine pieces. Combine the combread crumbs, onions and apples. Mix well and add pepper, sage, garlic and other seasonings to taste. Moisten and stuff the goose with this mixture. Place goose in roasting pan and spread with about 2 tablespoons margarine, and then sprinkle with a little flour. Roast in 350 degree oven until done, about 15 to 20 minutes per pound. Baste often.

CRUSTED TENDERLOIN WITH CHIPOTLE ONIONS

1	tablespoon	juniper berries
1	tablespoon	coriander seed
1	tablespoon	dried oregano
1 1/2	teaspoons	black peppercorns
1/2	teaspoon	kosher salt
5	whole	allspice
2	whole	cloves
1 1/2	tablespoons	chopped pecans
4	cloves	garlic, chopped
1	beef	or buffalo tenderloin (4 to 5 lb.); fat trimmed, rolled, and
1	canned	chipotle chili
1	onion (1/2 lb.)	, thinly sliced
1	tablespoon	salad oil
2	cups	beef broth
		salt and pepper

Notes: Oden uses buffalo tenderloin, but it's costly (see *Where to buy buffalo*). Beef tenderloin is a good option. Both roasts take about the same time to cook. However, if buffalo is cooked beyond rare, the meat becomes dry.

1. In a blender, finely grind juniper berries, coriander, oregano, peppercorns, kosher salt, allspice, cloves, and pecans. Add the garlic and whirl to form a paste. 2. Rub seasoning paste all over tenderloin. Set meat on a rack in a 12- by 17-inch roasting pan. Roast in a 425° oven for 20 minutes. 3. Meanwhile, rinse canned chipotle chili, discard the seeds and veins, and mince the chili. 4. Mix onion slices with oil and put in roasting pan around meat (not on rack). Continue to cook until a thermometer inserted in center of the thickest part of meat registers 130° for rare, 30 to 40 minutes longer. 5. Transfer roast to a platter and let rest in a warm place 10 to 15 minutes (to allow juices to settle and meat to firm slightly for neater slicing). 6. Skim and discard any fat from drippings in roasting pan. Add minced chipotle and broth to onions in pan. Set pan over high heat and scrape browned bits free, stirring until mixture boils vigorously. Pour into a bowl. 7. Slice meat and offer chipotle-onion sauce to spoon over portions. Add salt and pepper to taste.

Buffalo tenderloin is in limited supply and is at least twice as expensive (from about \$23 a lb.) as beef tenderloin. You can order buffalo tenderloin several days to a week ahead from specialty meat markets. Or order from these overnight delivery sources (shipping costs extra). Denver Buffalo Company, (800) 289-2833 Native Game Company, (800) 952-6321 Polarica Game USA, (800) 426-3872

Yield: 10 to 12 servings

Preparation Time (hh:mm): 1 hour

DEER CASSEROLE

By: Nancy Deer With Horns

1	lb	venison; ground
3	lg	raw potatoes; up to 4, peeled and sliced
10	oz	cn vegetable beef soup
10	oz	cn cream of mushroom soup
1	sm	onion; diced pepper; to taste garlic salt; to taste

Preheat oven to 325 degrees F.

Place sliced potatoes in bottom of casserole dish. Break ground deer meat on potatoes. Add garlic salt, diced onion, pepper and soups.

Cover and bake for one hour or until potatoes are done.

Yield: 6 servings

DEER OR ELK TENDERLOIN WITH WILD HUCKLEBERRY SAUCE

2	pounds	deer or elk tenderloin (beef can be; substituted), sliced into steaks 3/4" to 1 inch. salt and freshly ground black peppe; r to taste
4	tbsp.	butter
3/4	cup	finely chopped onions
2	cloves	of garlic, minced (optional)
1/2	cup	balsamic, red or white vinegar
6	tbsp.	wild huckleberry jam or other berry; jam fresh sage or parsley for garnish (; optional)

Pat steaks dry with paper towels and season with the salt and black pepper.

In a large well seasoned skillet, melt the butter. When the foam in the butter starts to die down and the butter is just turning clear, add the steaks and cook about 3 minutes on each side for medium rare (longer if you want the meat well done). Remove steaks to a platter and keep warm.

Add onion and garlic (if you are using it) to the pan and saute' for 1 minute or so. Stir in the vinegar, jam and any juices that have collected in the steak serving platter. Cook for about 2 minutes to reduce a bit. Pour this sauce over the steaks and garnish with fresh herbs if desired

DEERSTEW

recipe

one backstrap, sliced into chunks (can also use neck meat, or anyother part-but backstrap and neck are best for this one) sear meat with small amountof bacon grease (in iron skillet either on stove, grill or cookpit). set aside

in big dutch oven put in 1/2of pot water (i like to use saltey water) add spices (i use wild onion, peppermint, garlic, stuff from the garden i put up this fall). if i have turtle stock (from turtle soup | use that, or chicken stock or even turkey works good too) i add some of it to the pot to taste.

set it on the fire. add the meat.

if your corn, and beans are canned then throw them in when the meat has been cooking for 45 min or so. if they are fresh throw them in before the meat. if they are dry, parboil them untill alittle soft first, then throw them in after about 20 min or so. if the squash is canned throw in after 45 min. if fresh slice and put in after the meat.

cook on slow rolling boil for a good hour. check meat, is it tender and tasty? take off heat if so and make your bread (i have my dough made up before hand to fry it at this stage). if not cook some more.

oh yeah, the strawberry bread is just sweet bread (homemade or store bought) cut in pieces. Cover the bread with strawberries you have cut up and added sugar to (they will have made their own syrup).

some of the ingredients are not NA, but this meal can be prepared in the woods, in the kitchen or anywhere you can haul your fixens and build a fire. we can use mostly fresh stuff couse we are in florida near pensacola.

denise

DRESSING BEAVER

By: 'Northern Cookbook by Indian and Northern Affairs Canada

info game beaver

These are 'pan Indian', not specifically Algonquin or Cree.

Beavers were over trapped and became endangered in the early 20th century but, like all rodents, they breed frequent and large litters and they have rebounded successfully to the point of becoming a nuisance to farmers in many areas from their dams flooding low lying fields and blocking culverts along country roads.

They are delicious.

If the pelt is to be prepared for the market, care should be taken in skinning the animal. Lay the beaver on its back and cut the legs off at the first joint. Then, with a sharp knife, slit the pelt starting at the lower lip. Insert the knife in this slit and with the sharp edge up cut the pelt in a straight line down the chest and belly to the vent. Work out from this centre line cut and with short strokes separate the skin from the flesh. Carefully pull the legs through the skin leaving four round holes in the pelt. Cut off the tail where it meets the fur. Skin carefully around the eyes and cut off the ears close to the skull. Finish removing the pelt taking as little flesh and fat as possible, then lay it on a flat surface fur side down and sponge off all the blood marks with lukewarm water.

Beaver meat is dark red, fine grained, moist and tender and when properly prepared similar to roast pork.

Cut the head off and eviscerate: make a cut through the thin layer of meat from the breast bone to the vent, encircling the vent and being careful not to pierce the intestines. Lay the body cavity open and remove the viscera by grasping above the stomach and pulling down and out from the cavity. Carefully cut out the musk glands from under the skin on the inside of the legs and be sure to remove the castor gland under the belly near the tail. Trim off all the fat and wash the carcass thoroughly with warm salted water.

DRESSING BEAVER

By: Northern Cookbook by Indian and Northern Affairs Canada

1 text file

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Yield: 1 servings

DRUNK RABBIT FOR FIVE

2	medium	sized rabbits
1	large	onion(diced)
2 1/2	quarts	of water
4	tsp.	of powered red chili
1	tsp.	salt
2/3	cups	blue commeal
2	tbsp.	sunflower oil
1	jigger	of mescal

Cut the rabbits into serving pieces and place in a Dutch oven. Brown the rabbit in the sunflower oil. Add water, diced onion, red chili, and salt.

Cover and simmer for approx. 1 1/2 hours or until meat is tender. Stir in the mescal. Gradually add commeal until the mixture thickens. Simmer for about 5 more minutes. Serve with beans and corn tortillas.

DUCK CONFIT

By: Emeril Lagasse, 1998

4	duck	leg portions with thighs attached,; excess fat trimmed and re (about 2 pounds)
1	tablespoon	plus 1/8 teaspoon kosher salt
1/2	teaspoon	freshly ground black pepper
10	garlic	cloves
4	bay	leaves
4	sprigs	fresh thyme
1 1/2	teaspoons	black peppercorns
1/2	teaspoon	table salt
4	cups	olive oil

Lay the leg portions on a platter, skin side down. Sprinkle with 1 tablespoon of the kosher salt and black pepper. Place the garlic cloves, bay leaves, and sprigs of thyme on each of 2 leg portions. Lay the remaining 2 leg portions, flesh to flesh, on top. put the reserved fat from the ducks in the bottom of a glass or plastic container. Top with the sandwiched leg portions. Sprinkle with the remaining 1/8 teaspoon kosher salt. Cover and refrigerate for 12 hours. Preheat the oven to 200 degrees F. Remove the duck from the refrigerator. Remove the garlic, bay leaves, thyme, and duck fat and reserve. Rinse the duck with cool water, rubbing off some of the salt and pepper. Pat dry with paper towels. Put the reserved garlic, bay leaves, thyme, and duck fat in the bottom of an enameled cast-iron pot. Sprinkle evenly with the peppercorns and salt. Lay the duck on top, skin side down. Add the olive oil. Cover and bake for 12 to 14 hours, or until the meat pulls away from the bone. Remove the duck from the fat. Strain the fat and reserve. Pick the meat from the bones and place it in a stoneware container.

Cover the meat with some of the strained fat, making a 1/4-inch layer. The duck confit can be stored in the refrigerator for up to one month. The excess oil can be stored in an airtight container in the refrigerator and used like butter for cooking.

Yield: 4 cups

DUCK RECIPE

By: Sindy Allbritton <sinal@earthlink.net>

1	or	2 ducks (if they are wild, you will; need two)
2	yellow	onions, cut in chunks
1	rib	celery, chopped roughly
		salt and pepper (optional)
		cold water (2 plus cups needed)
		bacon for larding (optional)
1	roasted	rack pan
		raspberry sauce
2	pints	raspberries or 1 package frozen (2; if the packages are small
2	to	4 tbsp water (if using fresh berries)
4	tbsp.	wild honey, or sugar
2	tsp.	vinegar (red wine type or fruit vinegar is best)
1	tsp.	salt (optional)
		pepper to taste (optional)
		mixture ground allspice, cinnamon, nutmeg, ground cloves and

Preheat oven to 350 degrees.

Wash duck well and pat dry (if they are wild you might want to soak them overnight in a salt and water solution, then wash and dry, trim fat (keep for other use). Salt and pepper bird(s) well if using (I at least like to use salt, but could be a problem for some healthwise) Stuff the cavity with the onions and celery.

Rub the roasting rack well with room temperature bacon or other grease/oil. Place ducks on rack breast side up, lard the breasts with bacon strips if you are using. Pour water into the bottom of the pan and bake for 1 1/2 hours (this is for a well done bird!). Meanwhile prepare the sauce.

Place all ingredient into a blender or food processor and puree well. Strain into a sauce pot (straining is optional, personally I like the seeds) and bring to a simmer. Cook for 10 minutes and keep warm—serve as sauce for carved roast duck meat.

Duck seasoning can be varied easily (turnips, garlic, green or wild onions, fresh herbs, apples or other fruits can all be added to the cavity). Other berries/fruits work in the sauce.

The leftover duck bones can go for Duck Soup and any leftover meat can go into making a poultry version of Indian Tacos.

DUCK STUFFED WITH WILD RICE

By: Mignonne

2	long	island ducklings (3 1/2 to 4 lbs. e; a.)
		salt and ground pepper to taste
3	t.	hazelnut or sunflower oil (i used o; live oil)
1 1/2	c.	sliced wild mushrooms
1	c.	blanched hazelnuts
1/2	tsp.	dill seed
4	c.	cooked wild rice
2	t.	chopped fresh dill or parsley
1	cup	green onion; sliced

Native Peoples magazine says

The recipe that follows offers the alternative of using more commercially available Long Island ducklings, but the stuffing of wild rice studded with wild mushrooms and hazelnuts gives even the domestic descendants of the wild mallard the flavor of the North Woods. To complement the ducks and stuffing, we suggest serving two other Northeastern specialties, cranberry sauce sweetened with maple syrup and hazelnut-honey baked squash.

I did not have time to order the wild rice from Grey Owl foods like I wanted in time to make this recipe for thanksgiving so I bought some wild rice at the local grocery, and thought it still turned out great. (morels, crimini, shiitake or oyster mushrooms)(I used a combination of portabella and shiitake in order to have enough) Rinse the ducks and pat dry. If you want to use giblets in the stuffing, trim off the tough outer layer from gizzards, thinly slice giblets and reserve. Season ducks inside and out with salt and pepper.

Heat oil in a large skillet over medium-high heat. Add giblets and sauté for 1 minute. Add mushrooms, onions, hazelnuts, and dill seed. Sauté for about 1 minute, until mushrooms and nuts are just golden. Add wild rice and the fresh dill or parsley to skillet. Season with salt and pepper and toss. Allow stuffing to cool.

Preheat oven to 450 degrees. Loosely stuff the neck and body cavities of ducks. Close neck flap with a skewer and cover exposed stuffing near the tail with aluminum foil so it will stay moist. Prick skin all over with a sharp forks so the ducks will self-baste in their fat. Reduce oven temperature to 350 degrees and roast the ducks, allowing about 30 minutes per pound. Prick skin and baste ducks with dripping two or three times during roasting. Ducks are done when juices run clear with no hint of pink when thigh is pierced.

Other Notes: There is quite a bit of difference in the amount of fat on a wild duck and a domestic one. Since mine was a domestic bird, I did not do any basting. I also put it on a rack so that it would not be sitting in all that fat. If roasting a wild duck then go by the other suggestions.

Yield: serves 6 to 8.

ELK STEW WITH ACORN DUMPLINGS

4	slices	bacon,halved
1 1/2	lb.	elk or beef chuck steak,trimmed and; cubed
1	quart	plus 1/2 cup water
1 1/4	cups	chopped onion
2	bay	leaves
1	teaspoon	salt(optional)
3		potatoes,peeled and diced
3		carrots,peeled and diced
1	large	turnip,diced
1/4	cup	acorn meal or hazelnut meal
		acorn dumplings
1/2	cup	acorn meal or hazelnut meal
1/2	cup	whole wheat flour
1 3/4	teaspoons	baking powder
1		egg,beaten
2	tablespoons	milk
2	tablespoons	vegetable oil

In a large skillet over med. heat, cook bacon until some of it's fat is rendered. Add elk and brown with the bacon. Add 1 quart of water,onion,bay leaves,and salt. Cover and simmer for 1 1/2 hrs. Add potatoes, carrots and turnip and cook 30 min. longer. Combine remaining water with acorn meal and stir into the simmering stew. In a bowl,combine dumpling ingredients and beat until smooth. Drop by tablespoons into the simmering stew. Cover tightly and steam 12 to 15 min.

Yield: serves 6.

FLATHEAD GOULASH/INDIAN MACARONI:

1	small	onion, diced
3	cloves	garlic, crushed
1	stalk (rib)	celery, diced
1	to	2 tbsp. cooking oil
1	lb	deer or elk meat (of course you can; use other ground meats--good!)
1 8	oz.	can tomato paste
1 28	oz	can tomatoes
1	tbsp.	chili powder
		salt and freshly ground pepper to t; aste
		cooked macaroni (1 package)
		sour cream--low fat or regular

In a large skillet, heat the oil. When hot add onion, garlic and celery and saute until tender and golden. Add the ground meat and saute' until brown.

Add tomato paste and canned tomatoes. Season with the chili powder, salt and pepper and cook for 10 minutes.

Pour this mixture over the cooked macaroni in a large pot. Mix very well. Serve topped with a nice dollop of the sour cream (gamish if you like with celery leaves).

FLOSSIE MARKIE. MOOSE BURGERS

By: Native Council of Nova Scotia

2 1/2	lbs	moose meat (grounded)
1	egg	2 c.
		bread crumbs
		salt & pepper
		garlic salt
		1/2 c. steak sauce.

Mix all together, make into patties and cook over low heat- approx. 10 min. On each side. Onions are optional. -cooked or raw

FRENCH FRIED SKUNK

2		skunks, skinned and cleaned
1	tbsp.	salt
		water to cover
2	cups	of bear fat or lard
2	egg	yolks, beaten
3	cups	milk or cream
1 1/2	cups	flour
1/2	tbsp.	baking powder

Clean and wash the skunks, making sure that the scent glands are removed. Cut up into small serving pieces. Put a soup kettle on the stove and add the meat. Cover with cold water and bring to a boil over high heat. Lower the heat and boil until the meat is tender, about 40 minutes. Remove all the pieces of meat and let drain. Make a batter by mixing together the egg yolks, milk, flour, salt and baking powder. Mix well until the batter is about like cake batter. Heat the bear fat or lard in a deep pan. Dip the pieces of skunk in the batter and then fry them in the deep fryer until golden brown. Drain and serve.

FRIED BEAVER TAIL

By: Northern Cookbook

2	beaver	tails
1/2	c	vinegar
1	tb	salt
2	ts	soda
1/4	c	flour
1/2	ts	salt
1/4	ts	pepper
1/4	c	butter
1/4	c	sherry or cooking wine
1	ts	dry mustard
1	ts	sugar
1	tb	worcestershire sauce

Skin beaver tails, clean thoroughly and wash well in a solution of salt water. Let soak overnight in cold water to cover, adding 1/2 cup vinegar and 1 tablespoon salt to water.

The next day, remove from the brine, wash, then cover with solution of 2 teaspoons soda to 2 quarts water. Bring to a boil, reduce heat and simmer 10 minutes. Drain.

Dredge beaver tails in seasoned flour.

Melt butter in heavy fry pan and saute tails at low heat until tender.

Mix wine with mustard, sugar, garlic powder and Worcestershire sauce.

Add to beaver tails and simmer gently for 10 minutes, basting frequently.

Yield: 1 servings

FRIED RABBIT

recipe

METHOD: Wash rabbit (skinned and dressed) with acidulated water. Then soak in tepid water for 10 minutes. Place rabbit in boiling water, boil 10 minutes and drain. Cool and cut into joints. Dip each piece into beaten egg, then in bread crumbs, season with salt and pepper. Saute in shortening, cooking until tender. Thicken the gravy in pan with flour, blend with milk or cream to make a milk gravy, boil it up once, season with salt and pepper, serve with the fried rabbit. Garnish with sliced lemon.

FRIED VENISON STEAKS (A)

venison

Wipe haunch with a clean cloth well saturated with vinegar. Slice steaks at least 1" thick. Pound each steak well and dredge in flour that is well seasoned with salt and pepper. Heat fat (bacon grease or shortening) in a heavy skillet to which about 1/2 stick of butter has been added. When fat is smoking add steak pieces, but do not crowd. Brown well on one side, turn and fry the other side. Watch that the fat does not burn so it may be necessary to add more, lower the heat before more steaks are fried. Serve at once.

SOURCE: Kathryn Jamerson, *Allegheny Seneca, Iroquois Cookbook*

SHARED BY: Jim Bodle on FIDO Cooking in 10/92

Yield: 1 servings

FROG LEGS

frog legs
eggs
corn meal
salt
lard for frying

Skin the froglegs, wash and cut off feet. Soak at least 1 hour in salt water.

Lightly beat egg. Season legs with salt and pepper. Dip in cornmeal (or bread

crumbs) then in egg and again in cornmeal. Fry in deep hot fat (375°).

Drain

fat before serving.

GAME BIRD STEW

By: Stephen Ceideburg

1	lb	to 7 pounds of game birds, cut in p
1	qt	water (or stock), cooled slightly f
3	wild	celery stalks, cut in long pieces
1 1/2	wild	onions, sliced
1 1/2	c	fresh garden peas (or chopped day l
2	tb	peppergrass seeds (substitute grou
1	ds	cayenne pepper
1	ts	coltsfoot ash (substitute salt in s
1	ts	lemon juice
2	tb	flour
1/4	c	cold water

This recipe is suitable for most game birds. Make sure the stew doesn't boil while the meat is in the liquid.

Place game birds in a stew pot with the water. Add celery and wild onions. Stew slowly for 1 hour and remove scum from surface. Add peas, peppergrass seeds, cayenne, coltsfoot ash, and lemon juice at the end of the first hour. Continue to simmer for another hour. Do not allow to boil.

Remove meat and vegetables from stock and keep warm. Bring the stock to a rapid boil. Boil for 20 minutes. Strain.

Place flour in a small screw top jar. Add cold water, cover, and shake to blend thoroughly. Slowly pour this mixture into the stock while stirring. Cook over moderate heat to thicken as desired. Return solid food to thickened stock and serve over steamed rice.

Yield: 6 servings

GAME COCKPOT

1 x no ingredients

Venison - Rabbit - Squirrel - Duck

(A handy recipe to memorize...)

3 to 4 lbs. game meat (very fresh or frozen)

Marinade *

1 lg. onion, cut up

1/2 lg. green pepper, cut up

1 or 2 stalks celery, sliced

2 cloved garlic, chopped

salt and pepper to taste

1/2 tsp. oregano

1 T. dry parsley (or several fresh sprigs)

3 T. catsup or tomato sauce

cayenne pepper to taste

1 C. liquid (cider, tomato sauce or water)

Soak fresh or frozen meat overnight in marinade in refrigerator. Cut up meat

and brown with vegetables in hot skillet 5 to 10 minutes. Place all meat and

other ingredients in cooker. Cover and let cook on low 8 to 12 hours.

*Marinade (popular for all game)

1/2 C. vinegar

2 cloves garlic, minced

2 T. salt

Cold water to cover game

Mix ingredients together in bowl just large enough to cover game with water.

Soak frozen or fresh game overnight in refrigerator. No need to stir this marinade. Use for red meat or game birds.

Note: Soaking a hen or turkey overnight in salt water makes for a plumper juicier bird too.

GLAZED VENISON

By: Bette Campbell

text file

The best cut of venison to use for this recipe is the backstrap. Cut into 1-inch strips and marinate in buttermilk or salt water overnight to remove the wild taste. Throw marinade away, and rinse backstrap steaks well. Salt & pepper to taste, stud each steak with fresh garlic minced pieces to taste. Wrap a piece of bacon around each steak and secure with toothpick. Place on grill at a medium level. When they are almost done to taste, brush real maple syrup on each side until they have almost caramelized. This is so simple and easy, and guests will definitely ask for seconds. This works nicely with most any wild game—elk.

GOAT OR VENISON SUMMER SAUSAGE

2	pounds	ground goat meat or venison
		add:
1	tsp.	black pepper
1/2	tsp.	garlic powder
1	tbsp.	liquid barbecue smoke
1	tbsp.	mustard seed
1	tbsp.	morton's tender quick salt
3/4	cup	water

Combine all ingredients. Divide each 2 pounds of mixture in half and place each half on a sheet of foil. Shape the mixture into logs (like salami) and roll up in the foil.

Refrigerate overnight or up to 24 hours.

Remove from foil, lay on wire rack on cookie sheet and bake at 350°F for one hour or grill with medium-hot indirect heat for an hour or so.

Re-wrap in foil and refrigerate or freeze until ready to serve.

GRISE FIORD SEAL STEW

By: Pamee Noah

1		seal meat
1		soya sauce
1		flour
1		potato, onions, carrots, celery, ect
2	Tsp	soy sauce
2	Tsp	corn starch
2	Tsp	beef base

From Pamee Noah of Grise Fiord on Ellesmere Island in Nunavut, Canada's most northerly civilian settlement. [Alert Air Force Station and Eureka Weather Station are further north but are not really communities in the normal sense of the word.]

Cut up seal meat into small chunks. Marinade overnight in soya sauce. Using a plastic shaking bag, flour the meat and then deep fry it. Proceed as for basic beef stew. Flavour with more soya sauce, add beef soup base if the stock needs enriching and thicken with corn starch.

Recipe by: Pamee Noah, Grise Fiord Source: News/North, www.nnsl.com Posted by: Jim Weller

Yield: 1 batch

HAM AND SQUIRREL IN WINE

1/2	lb	ham slice; diced and browned, (or 1
2	squirrels	cut into pieces
		flour
		salt and pepper to taste
2	tb	butter
2	tb	oil
1	c	dry white wine
1/2	ts	marjoram
1/2	ts	rosemary
2	cloves	garlic; (minced)
1	ds	tabasco
1/2	ts	worcestershire sauce

Brown the ham pieces until crispy or cook and crush bacon. Shake the squirrel pieces in flour, salt, and pepper and saute until brown in butter and oil, turning often for about 12 minutes. Add remaining ingredients, cover, and cook over fast simmer for 20 minutes more.

Yield: 1 servings

HONEYED GOAT BRISKET (VENISON OR BUFFALO MAY SUBSTITUTE)

By: Alva Irish

		dash oil
6	goat	young goat briskets
1 1/4	cups	wine, kosher sweet
1	package	onion soup mix
		dash parsley
		dash garlic powder
1/2	cup	honey

Preheat oven to 325 degrees Fahrenheit. Put meat in roasting pan. Pour wine in a 2- cup measuring cup. Add honey and stir well. Sprinkle parsley, soup mix and garlic powder over meat. Pour on wine mixture. Bake for 2 hours. Baste. Add water or wine if needed. Cool a little and slice.

HOT CUMBERLAND SAUCE

1 x no ingredients

1 ts Dry mustard
1 tb Brown sugar
1/2 ts Powdered ginger
1/8 ts Cayenne
1/4 ts Salt
1/4 ts Ground cloves
1 1/2 c Port wine
1/2 c Raisins; opt'l
2 ts Cornstarch
2 tb Cold water
1/4 c Red currant jelly
1 tb Grated orange rind
1 tb Grated lemon rind
1/4 c Orange juice
2 tb Lemon juice

Combine the first seven ingredients and the raisins, if used, in a sauce pan and bring to a simmer for 5 min. Make a slurry of the cornstarch and water and add; simmer another two minutes until sauce thickens. Add the remaining ingredients and stir together. Serve with game, ham, roasts and tongue.

Yield: 2 cups

INDIAN MEAT PIES

2 pounds ground beef or game
1/2 lb pork if game is used
1 medium green pepper, chopped
1 medium onion, chopped
1 teaspoon salt, pepper to taste
indian fry bread

Brown meat, pour off fat. Add onion and pepper, saute 5 minutes. Drain. Pinch off enough fry bread to make 16 patties, 6 inches in diameter. (Don't have very thick.) Fill each patty with 2 tablespoons of meat mixture, fold over and seal edges with tines of a fork dipped in flour. Fry, turning once, to a light brown. Drain on paper towels. Makes about 16 meat patties.

INDIAN MISH MASH

2 Lbs ground wild meat (venison or ground beef will do)
4 Tbls of lard or oil
2 medium sized onions, chopped
4 medium sized squash (yellow or zucchini)
3 cups fresh corn, or canned
2 4-oz cans of green chilis
1 8-oz can tomatoes
salt and pepper to taste

In a large heavy skillet, saute onion in lard or oil until onion is wilted.
Add ground meat and cook until browned. Add remaining ingredients and
simmer,
covered for 1 hr.

Yield: 6 servings

Preparation Time (hh:mm): 01:20

INUIT 'ICE CREAM'

By: Putchkies

caribou tallow
seal oil
water
berries

Grate caribou tallow into small pieces. Add seal oil slowly while
beating by hand. After some seal oil has been used, then add a little
water while whipping. Continue adding seal oil and water until white
and fluffy. Any berries can be added to it.

JELLIED MOOSE NOSE

By: Northern Cookbook' from the Ministry of Indian Affairs,

1	upper	jawbone of a moose
1	ts	salt
1		onion, sliced
1/2	ts	pepper
1	clove	garlic
1/4	c	vinegar
1	tb	mixed pickling spice

Cut the upper jaw bone of the moose just below the eyes. Place in a large kettle of scalding water and boil for 45 minutes. Remove and chill in cold water. Pull out all the hairs - these will have been loosened by the boiling and should come out easily (like plucking a duck). Wash thoroughly until no hairs remain. Place the nose in a kettle and cover with fresh water. Add onion, garlic, spices and vinegar. Bring to a boil, then reduce heat and simmer until the meat is tender. Let cool overnight in the liquid.

When cool, take the meat out of the broth, and remove and discard the bones and the cartilage. You will have two kinds of meat, white meat from the bulb of the nose, and thin strips of dark meat from along the bones and jowls. Slice the meat thinly and alternate layers of white and dark meat in a loaf pan. Reheat the broth to boiling, then pour the broth over the meat in the loaf pan. Let cool until jelly has set. Slice and serve cold.

Yield: 6 servings

JUNIPER MARINATED MEDALLIONS OF CARIBOU FILLET

By: Jim Weller

10	juniper	berries
2	tb	oil
2	lb	caribou fillet
1		onion; chopped
1		carrot; diced
2	c	red wine
2		cloves
1	bay	leaf
1	sprig	rosemary
		salt
		fresh ground black pepper
		flour for coating
		butter for frying
4	tb	cream
1	tb	black currant jam

Fry the crushed juniper berries in the oil until they change colour slightly. Cool. Marinate the caribou fillet in this oil and juniper mixture overnight, in a cool place. Cut the caribou fillet into steaks, or medallions, about 3/4 inch thick. Trim the edges then set the medallions aside.

Fry the trimmings in a little oil until brown and crispy. Add the chopped onion and carrot and fry gently until onion is golden brown. Pour in the red wine, add the cloves and herbs and reduce gently til half volume. Strain and set sauce aside.

Season the medallions with pepper, toss in flour and then fry in butter until well browned but pink inside. Salt them and put on one side to keep warm.

Pour some of the sauce into the frying pan and scrape to mix in the meat juices. Add the cream, and stir to incorporate it into the sauce; do not allow to boil. Finally, add the black currant jam.

Pour the sauce over and serve.

(For those of you who never see a caribou, sub venison, buffalo or even beef tenderloin. Also good with wild goose breasts.)

Yield: 6 servings

LAKOTA ELK STEW

By: Nancy Deer with Horns,

1 1/2	lb	dried elk meat
2	c	wild rice
8		onions; wild are best
12	dried	wild turnips
1/2	ts	salt
1/2	ts	pepper

Soak turnips in water 1 hour, then place in large pot with elk; simmer about 2 hours.

After simmering, add the onions, rice, salt and pepper. Boil 10-15 minutes, cover, and simmer for 5 minutes. Add your own seasonings when finished.

Yield: 6 servings

LITTLE PORCUPINES (GAGOONZ)

1 x no ingredients

1 lb ground venison or fatless round steak

1/3 cup uncooked light brown wild rice

1 small onion minced very fine

1 seeded green pepper minced very fine

1 tsp salt

1/4 tsp pepper

1 can tomatoes

1 can tomato soup

Combine meat, uncooked rice, onion, green pepper, salt, pepper, mix thoroughly. Shape into 16 firm meat balls. Bring soup and tomatoes in their liquid to a boil in frypan with tight cover, put in meat balls, reduce to very slow simmer. Simmer tightly until done with rice popping out of balls like porky quills – about 40-45 minutes. – Olga Masica, Minneapolis

LOCUST

text

Gather the Locust (Cicada or Katydid, as we call them) at night. Pick up those that are out of their shell. Remove the shells from the others. Do NOT let the sun shine on them or they will spoil. Wash them very good. Now fry them in a little lard. Eat them hot or cold, either way they taste good when you are hungry

This Indian recipe was copied from great granny's book. (grandmother of Josephine Watts Case, born 1870 in Miss. died 1959.

LOIN OF VENISON WITH SAVORY WINE SAUCE

By: dre de Bon temps menu in Northern Bounty, A

1	c	olive oil
1/2	c	carrot; finely chopped
1/2	c	celery; finely chopped
1/2	c	onion; finely chopped
4	cl	garlic; minced
2	sprigs	fresh thyme
2	bay	leaves
3	lb	loin of venison, with bone
2	tb	clarified butter
		salt to taste
		fresh ground black pepper
		savory wine sauce:
3	c	beef stock
2	tb	butter
		reserved venison bones
1/4	c	minced shallots
1	cl	garlic; minced
1	sprig	thyme
2		tomatoes; coarsely chopped
3	tb	sherry wine vinegar
1/4	c	port
2	tb	red currant jelly
		salt to taste
		fresh ground black pepper

a marinade of the first 7 ingredients. Bone the loin; trim and discard fat and sinew. With a cleaver chop the bone into 1" pieces and reserve for the sauce. Slice loin against the grain into 6 pieces. Arrange in a single layer in a casserole dish. Pour over the marinade, cover and refrigerate 24 hours. Meanwhile prepare the sauce. Bring stock to a boil, reduce heat and cook uncovered until volume reduced by 1/2. Set aside. Melt butter in a large, heavy saucepan over high heat. Add bones; brown quickly, stirring often. Add shallots, garlic and thyme, cooking until soft and lightly colored. Add tomato; cook several more minutes. Add wines and vinegar, bring to a boil and reduce by half. Add stock and currant jelly. Reduce heat to low, cover, and simmer 1 hour, skimming as necessary. Remove from heat, strain and return to clean pan. Salt and pepper. Refrigerate until needed and reheat before serving. To cook the venison, remove from marinade, pat dry, and season with salt and pepper. Sauté in clarified butter, searing all sides quickly. Transfer pan to preheated 400 deg oven for 5-7 minutes until medium rare. Slice each piece against the grain into 3-4 pieces and serve with the reheated sauce.

Yield: 6 servings

LYNX

By: Northern Cookbook by Indian and Northern Affairs Canada

1 text file

Lynx weigh up to 40 lbs. and is one of the few tasty carnivores. The meat is white and very tender and can be quite fatty in the fall and early winter. Excellent stewed.

Yield: 1 servings

MARINATED MOOSE NECK

By: Northern Cookbook by Indian and Northern Affairs Canada

3	lb	moose neck meat
2	md	onions; chopped
1		carrot; sliced
1	cl	garlic; minced
1	ts	salt
10		peppercorns
5	juniper	berries
1	tb	chopped parsley
1	bay	leaf
		juice of 1 lemon
1/2	c	salad oil
10	oz	bottle beer
10	oz	bottle ginger ale

Wash meat well in salted water. Remove any tough membranes and all the tendons. Cut meat into 1 1/2' cubes. Drain.

Mix all the ingredients in a large glass, crockery or earthenware bowl, cover and let stand in a cool place 2 days, stirring twice a day.

Place meat and marinade in a large kettle and bring slowly to a boil. Cover, reduce heat and simmer for 2 hours or more until tender.

Remove the meat and set aside. Remove and discard the bay leaf. Strain the liquid forcing the vegetables through the strainer. Return the liquid to the stove, bring to a boil and thicken it with a paste made of 2 tablespoons flour mixed into 1/2 cup water. Stir until smooth. Add the meat and heat thoroughly. Serve.

Yield: 6 servings

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Yield: 6 servings

MARINATED PORCUPINE CHOPS

By: Indian Cookin

6	porcupine	chops
3	fingers	coltsfoot salt
1	qt	maple sap
2	sm	wild onions
4	wild	leeks

Pour the sap in a birch bark container or other non-metallic container. Cut up the onions into small pieces and add to the sap. Place the porcupine chops one at a time into the solution, placing one wild leek between the chops. Let stand overnight in a cool place. In the morning grease the stone griddle with fat and remove the chops from the marinade and fry on the griddle. Serve on hot commmeal cakes.

See: STONE GRIDDLE COOKING

Yield: 1 recipe

MEAT PIE

1	lb.	ground buffalo or beef
1/2	tsp.	salt
1 1/2	tsp.	pepper
1/4	tsp.	curry powder
1	tsp.	ground garlic
1	tbsp.	celery salt
2	tbsp.	basil
4	c.	biscuit dough*

Preheat oven to 400 degrees. Mix first 7 ingredients. Roll dough. Cut in 2 inch round. Spoon meat mix on each. Fold in half. Seal edges. 1/2 inch apart on greased cookie sheet; bake 15 minutes. Serve immediately. May be made up to 6 hours in advance. But bake just before serving. *If using prepared biscuits, separate each biscuit into 2 biscuits. Instead of biscuits, this can be cooked before and placed on party rye.

MEDALLIONS OF VENISON WITH CHINESE WOLFBERRY SAUCE

By: Chef Daniel Koh's

		ingredients
		1 tsp : salt
1	tbs	: whole black peppercorns, crushed
250	g	: venison fillet
1	tbs	: oil
		fried grapes
12	:	grapes
1	tbs	: flour
1	:	egg, lightly beaten with 1 tbs water; r
		some : bread crumbs
1	cup	: wolfberry sauce

Method

* Sprinkle salt and crushed peppercorns on to the venison fillets. Sear fillets, brushed with a little oil, under a hot grill or in a sizzling hot pan (with 1 tbs oil). Finish cooking in a 180 deg. C pre-heated oven for 10 minutes.

* To make the fried grapes, coat the grapes with some flour. Dip them into the beaten egg and then toss in the bread crumbs. Deep-fry until golden brown.

* Present as in the picture and coat on wolfberry sauce.

MUSKRAT

recipe

I got away with this once without too many tee hee's so I tell you what. A Native American treat, is beaver. I have had a lot of beaver meat usually roasted just like a beef roast or ground into burger and used in multiple ways, and it was delicious. I live among several reservations in my area. Most of the food that I have had is pretty straight forward, simply made and as good as the cook who makes it. A lot of game and fish native to the area and of course fry bread, Indian tacos etc.

Mostly, all you need is a mind open enough to try any and all game, muskrat, beaver, groundhog, suckers, assorted critters, wild plants, and a host of other things like various innerds unfamiliar to urban and even most country dwellers.

Here is recipe I have made and enjoyed more the once.

- 1) Trap or otherwise kill a muskrat.
- 2) skun it
- 3) gut it
- 4) Section it (2 front legs, 2 back legs with thighs and the back)
- 5) wash it all clean in the creek
- 6) salt and pepper (a little celery salt or seed is good if you got it.)
- 7) dredge in flour
- 8) fry in bacon grease til done.

Serve with mashed cattail root, and boiled dandelion greens, both of which are better with some of the bacon grease spilled on them. If the raspberries or black berries are ripe, have them for dessert.

Note: Use a key hole fire when you cook, as you can control your cooking fire better. Make sure you put it out when your done or Smokey and/or some local Native American will kick your @\$\$.

'Old What's Her Name' say's 'Old men and wet dogs smell the same'
UFFDA!

MUSKRAT

By: Northern Cookbook by Indian and Northern Affairs Canada

1 text file

As muskrat is mainly herbivorous, its flesh is sweet and palatable, similar to rabbit, although darker, and is fine grained. It can be delicious roasted, broiled, braised or stewed.

They should be skinned and cleaned as soon as possible, then washed in warm salted water. Be sure to remove all the musk glands from inside the legs as well as the white tissue skin and all the fat.

Soak the meat in a weak brine for 2-3 hours to draw out the blood before cooking.

Try them: dredged in seasoned flour and pan fried with sliced onions. battered and deep fried. or ground in a meat loaf.

Yield: 1 servings

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1 text file

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Try them: dredged in seasoned flour and pan fried with sliced onions. battered and deep fried. or ground in a meat loaf.

From "Northern Cookbook by Indian and Northern Affairs Canada" Posted by: Jim Weller

Yield: 1 servings

NATIVE BOILED BEAVER

By: Aboriginal Tourism - Native Cuisine

		hind quarter of beaver
1	lg	onion
3		carrots, sliced
2	ts	salt
		water

Boil beaver for 1/2 hour. Drain and rinse. Repeat method twice. Cover with water again then add remaining ingredients. Cover and boil until tender. Dispose of the vegetables if you want as they will hold most of the wild taste from the beaver.

Yield: 2 servings

NATIVE WAY MUSHRAT (MUSKRAT) FIDDLEHEAD STEW

1	x	no ingredients
---	---	----------------

Muskrat
Fiddle-head ferns
Potatoes

I lived on a Passamaquoddy Rez in Maine for 10 years and still go back a lot. It is one of the "Abnaki" tribes (they say Wabanaki, Dawn People. One thing I really liked there (to my surprise) was "Mushrat" (Muskrat) stew with fiddle-head ferns and potatoes, which is a springtime dish of great esteem. I can't tell you how it's prepared, but maybe someone here can. The mushrat, it was pointed out to me, is a very clean animal that swims, and eats only vegetation. The fiddleheads are a species of fern that grows by river banks. It is cut low to the ground when it first comes out of the ground and forms that coiled up shape like the far end of a fiddle. Coiled up, in other words. They collect them in net onion bags. It is a real pain to clean them, but worth it. You have to put them in cold water and uncurl each one and take off the brown stuff that looks like the stuff on peanuts. Then you have to par boil them a while and throw off the first water. Then they are gently cooked again in water in a pan that has had salt pork "fried out" (fried gently) in it. Near the end of the cooking, often cut up potatoes are added. Fiddleheads are delicious, hard to explain what they are like. I don't know how the muskrat is prepared, but apparently as any stew. This dish – muskrat, potatoes and fiddleheads – is only do-able for about 3 weeks max, of the year. The muskrat tastes like turkey.

Classification: Traditional
Nation/Tribe: Abenaki
(posted by Sue4711@a... in the NA Message Board / NA Cuisine)

From: The Native Way Cookbook: The Cookbook Of The Grandmothers At:

<http://www.wisdomkeepers.org/nativeway>

"Visit the White Buffalo Sites and the Native American Ring"

Yield: 4 servings

OJIBWAY MOOSE STEAKS

By: Aboriginal Tourism

1	kg	moose steak
		salt and black pepper to taste
250	ml	bread crumbs
1	cn (375 ml)	pasta sauce
250	ml	grated mozzarella cheese

Season steaks with salt and pepper. Coat steaks with bread crumbs and bake at 350 F (180 C) for 10 minutes, turning once. Add pasta sauce and cook for an additional 15 minutes. Add mozzarella cheese and cook until cheese is melted.

Yield: 4 servings

OJIBWE VENISON BAKE WITH WHITE CORN DUMPLINGS

By: David Wolfman

1/2	kilogram	venison – trimmed and sliced 100 g; rams onion –diced
60	grams	celeriac –diced
60	grams	carrots –diced
30	grams	flour
40	milliliters	vegetable oil
350	milliliters	venison or beef stock
25	grams	tomato paste
		dumplings
45	grams	corn flour/ all purpose flour
2	medium	eggs
5	grams	baking powder
5	grams	chives – chopped
		salt and pepper
30	milliliters	water
		garnish
75	grams	celeriac – shaped
75	grams	beets – shaped
50	grams	carrots – shaped
30	grams	butter

Bake Trim and diced into medallions the venison. Season and dust lightly with flour.

In a hot saute pan, brown medallions of venison, remove after browning.

Cut onions celeriac and carrots into a mirepoix, brown in pan.

Deglaze pan with 50 ml of stock, add tomato paste, and continue to deglaze.

Add the rest of the stock, bring to a boil add the medallions back and simmer until tender. Once tender remove medallions, strain off the liquid, check consistency and reduce further if necessary. Dumpling Mix white corn flour and flour together, add baking powder, salt, pepper and chives, mix well.

Add eggs and water, combine together and let rest, Boil 2 liters of water for poaching dumplings.

Form dumplings into quenelle shapes and poach for 5 - 7 minutes remove and hold for service.

Shape celeriac, beets and carrots into barrel shapes, blanch and refresh.

Toss in butter and serve with entree. NOTES: For final presentation, Place three medallions in the middle of the plate, dividing the plate into three place three dumplings on the perimeter of the plate, in between the dumplings place one of each of the turned vegetables, nappe the reduction over the medallions and serve immediately.

Th

Yield: serving size :

OOGRUK FLIPPERS

By: Raymond Seetomana

1 sm oogruk
fresh blubber

Cut the flippers off from the oogruk (seal). Put the flippers in fresh blubber, about two weeks. Take the loose fur off the flipper. Cut flipper into small pieces and eat the meat.

Yield: 2 servings

OOGRUK FLIPPERS (SEAL)

By: The Eskimo Cookbook

1 small oogruk
fresh blubber

Cut the flippers off from the oogruk. Put the flippers in fresh blubber. Let them stay there for about two weeks. Take the loose fur off the flipper. Cut flipper into small pieces and eat the meat.

NOTES: From 'The Eskimo Cookbook,' prepared by students of Shishmaref Day School in Shishmaref, Alaska and published exclusively by The Easter Seal Society for Alaska Crippled Children and Adults (1952).

PARTRIDGE STEW

By: Indian Cookin

3 partridges
6 tb bear grease
1/2 tb coltsfoot salt
1 handful mint leaves chopped
1 handful miners lettuce
4 wild onions

Skin and draw the partridges. Wash real good inside and outside. Put the partridge on a long stick and brown over the open fire. Baste the partridge with bear grease until it is golden brown. Put the partridges, the rest of the bear grease, miners lettuce leaves, onions, coltsfoot salt, and mint in the pot and cover with cold water. Place the stone basket in the pot and add the red hot stones. Bring the water to a boil by adding more hot stones. Keep it at a slow boil for 2 hours, stirring once in a while. If you want to you can thicken the stew with some flour. Can be served on hot griddle cakes.

See: ASSINIBOIN HOT STONE COOKING

Yield: 1 recipe

PAWNEE ROAST PRAIRIE CHICKEN

2	prairie	chickens, preferably free-range salt and pepper, to taste
2	cups	diced celery
2	cups	chopped onion
3	to	4 tablespoons chopped fresh sage or; 3 to 4 teaspoons dried
6	tablespoons	honey or molasses
4	med.	size sweet potatoes
2	tablespoons	chopped fresh chives
1	tablespoon	hulled sunflower seeds, lightly toa; sted

Preheat oven to 350. Rinse prairie chickens and pat dry. Place them in roasting pan. Season cavities with salt and pepper. Mix celery, onion, and sage together and stuff cavities. Truss birds and brush each with 1 tablespoon of honey. Roast for 2 min. per lb., or until juices from thickest part of thigh run clear when pricked, basting occasionally with pan juices. Scub potatoes and prick once or twice with a fork. Roast potatoes in oven with chicken for 45 to 60 min., or until fork tender. When done, slit potatoes on top and push ends in to plump open. Drizzle with remaining honey and sprinkle with chives and sunflower seeds. Season to taste with salt and pepper

Yield: serves 4 to 6.

PEMMICAN

1	lb	caribou jerky
2	tablespoon	brown sugar
2	oz	raisins
2	oz	cranberries
5	oz	suet

Run the dry jerky through a food grinder a few times. In a loaf pan add the cranberries, raisins and brown sugar. When the mixture is well blended, melt the suet and stir it in. Let the suet cool and harden. This approximates the old style pemmican made to preserve meat without refrigeration and to add some vitamin C values.

Yield: 1 batch

PEMMICAN BY DORTHEA CALVERLEY

By: Dorthea Calverley

venison or buffalo
saskatoon berries or
chokecherries
melted fat

During the summer the Indians dried Saskatoon berries as well as meat. When the chokecherries were ripe the band assembled at some convenient spot to make pemmican.

To the chant of traditional songs, the women beat strips of dry-meat (a hollow log, up-ended, and bound with a thong of rawhide to prevent splitting served as a container) with stone pounding implements until it was almost like powder. The mass was mixed with melted fat in a bark trough, then packed very tightly into skin bags, and sewed up so that no air could enter, folding the skin over until no air remained in the bag. Saskatoons and chokecherries pounded up, pits and all added to the flavour, if not the digestibility. Some women, as in any society were very clean and careful when preparing food, and some were not. A well-known good pemmican-maker commanded a higher price as a bride.

'Sweet' pemmican was made by cracking the big animal bones and boiling them with water. The melted fat came to the top, and when congealed, was used for mixing.

Also the paunch or stomach of the animal was used as a container. People who are horrified by this idea should remember that until a very few years ago sausage casings were made from the cleaned intestines of pigs or lambs.

If kept dry, pemmican would remain good for years. Even today, many native people embarking on long trips into remote areas make a supply, for it is one of the most concentrated foods known to man. It will sustain life indefinitely and needs no refrigeration.

The Indians used pemmican for emergency rations due to the large amount of work involved in making it. They killed fresh meat whenever they could. The Pouce Coupe Prairie was famous for good quality pemmican, but the whole Peace River country 'exported' it for centuries before the white man arrived. It was partly to raid the country for Peace River Pemmican that the Cree made their periodic raids from the Edmonton area.

After the fur-trade began, pemmican was sought after as well as furs. The fur brigades needed great amounts to carry them on long journeys to Lake Superior, during which time the voyageurs had no time to stop and hunt. In fact it was to help the Indians to shoot more buffalo for pemmican that the white men gave them guns. With their new weapons and with the added incentive of obtaining trade goods for the product, the Indians forgot their ages-long tradition of conservation. Where they used to take no more than they needed, they now slaughtered

mercilessly and wantonly. By 1830, the herds of bison no longer wintered on Pouce Coupe's Prairie, but clung in one's and two's to the coulees and isolated valleys. In 1906 the last, a tame one, was shot near Fort St. John.

Archeological 'digs' have not taken place in the area, except for fossils. Pioneers yet living know where 'Indian Hill' is, a few miles west of Dawson Creek. Hector Tremblay Jr. in an interview here in August, 1973, remembered the great summer pemmican making gatherings there not fifty years ago. There was an Indian cemetery there too, now ploughed over.

The white pioneer women knew the preserving quality of fat. It was customary to grind up quantities of beef or moose, fry or bake it in patties, and pack it in crocks. Over it enough rendered lard was poured to cover it well. Crocks of preserved meat were lifesavers when gangs of men had to be fed at threshing, wood sawing, or 'building bee' time.

Sometimes black, rounded masses are ploughed up when breaking fields. Many people believe them to be pemmican, or even 'fossilized pemmican'. There is not a chance in a thousand that is anything more than a kind of giant, underground fungus known as 'tuckahoe'. Museums must have dozens turned in, for some people cannot be persuaded that they have not made a notable find. The comparatively lightweight and 'mushroom' smell when they are dug up convinced the informed person at once as to their nature. They are fairly common.

Yield: yield: 4 servin

PHEASANT AMERIND

2	lb	pheasant hen, cleaned (up to 2 1/2; lb)
1		onion, quartered
1		bay leaf
6		peppercorns
1	small	carrot, sliced
1		celery stalk, sliced
1	teaspoon	salt
4	tablespoon	butter
1	pinch	thyme, powdered
1/4	teaspoon	rosemary, dried and crumbled
1/4	cup	mushrooms, chopped
2	tablespoon	flour
2	tablespoon	black walnut meats, finely chopped

COOK BIRDS: Split pheasant down the breastbone (or have your butcher do this). Rinse the halves, place in a deep pot and barely cover with water. Add bay leaf, onion, carrot, celery, salt and peppercorns.

Bring to rolling boil, then turn down heat and simmer for approximately 30 minutes, or until tender. Remove foam and scum as it forms. Remove bird(s) from broth, reserving the broth.

Using a heavy skillet, saute the halves in about 2 T of the butter until golden. Place birds into small roasting pan or casserole with just enough water to cover the bottom of the pan. Sprinkle with thyme and rosemary. Bake, lightly covered with foil, for 30-40 minutes at 350 degrees F.

MAKE GRAVY: While the birds are in the oven, strain the broth and boil rapidly down to about 2 cups.

Brown the mushrooms using the same skillet in which you browned the pheasant. Remove the mushrooms and keep them warm.

Melt the remaining 2 T of butter in the skillet. Add the flour, stirring up the browning from the pan. Cook over moderately high heat until golden brown. Blend in the broth using a wire whisk.

Add mushrooms and continue cooking approximately 1-2 minutes. Turn down heat, cover and keep warm until pheasant is roasted.

When the pheasants are cooked, remove them from the oven and scrape the herbs from the skin. After placing the pheasant halves on a warm platter (or leaving them in the casserole), pour the gravy over the pheasant. Garnish with the chopped nut meats and serve. This dish is particularly good with wild rice.

NOTES:

* Pheasant in the North American tradition – This recipe is adapted from the exceptionally good, controlled-circulation *Recipes Only Magazine*. The original dish was created by Mary Richard for use in

her Teepee Restaurant, in Winnipeg. I found some of the ingredients hard to locate in a hurry and used what I had available with good results. You can substitute rock Cornish hen, guinea fowl, or chicken for the pheasant and hazelnuts, filberts or walnuts for the black walnuts.

G. Roderick Singleton
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Yield: 2 servings

PHEASANT SPAGHETTI

		sauce - (double for 2 birds)
1	can	tomato sauce
1		onion
1	green	pepper
1	can	tomato paste
3	to	4 cups spaghetti sauce
1/2	lb.	sauteed mushrooms
1/8	tsp.	pure garlic powder
2	rd.	tsp. worcestershire sauce
2	rd.	tsp. sugar
2	rd.	tsp. chili powder
		or 1 tsp. chili powder and 2 or 3 j; alapenos
		shredded fresh parmesan cheese

Bone meaty sections of pheasant. salt and pepper lightly and dredge meat with flour, brown in fry pan in oil. Put the bones in just water and bring to boil, then simmer till tender. Take out meat, save the broth - remove meat from bones. Mix all ingredients for sauce, along with a little parmesan cheese. Put boned meat w/browned meat (cut-up) add to sauce. Simmer all ingredients for 2 to 3 hours. Add a little more cheese to taste when its almost done. Serve hot over cooked spaghetti noodles, and top with Parmesan cheese. This make a lot!

PHEASANT WITH APPLES

2	tablespoons	unsalted butter
2	young whole	pheasants about 2 1/2 lbs each
18-20	Pcs	small pearl onions
1	teaspoon	salt
1/2	teaspoon	fresh -ground black pepper
1	cup	chicken stock
1/2	lb.	mushrooms
2	tart	apples peeled - cored and; thinly sliced
1/2	cup	dry white wine
1/2	cup	cream

BECAUSE PHEASANT IS HUNTED IN THE WILD IT IS OFTEN SKINNED & DRESSED USING MOIST HEAT METHOD OF COOKING AS IN THE RECIPE BELOW... THIS MAKES A MUCH

JUICY & TENDER BIRD DISH 1)-preheat oven 375 degrees melt butter in a skillet over med. heat, add the pheasants and brown them on all sides transfer the pheasants to a deep flameproof dish ...best would be a cassrole dish..... set them aside add more butter if neccesarry to the skillet and add the onions saute' the onions stirring often until they start to turn brown then remove from th cheat..... 2)- season the pheasants w/ salt & pepper pour the stock in the bottom of the cassrole dish & roast for about 25 minutes..... remove the dish from the oven & add the browned onions & the mushrooms & the apples cover now & roast all of this for about another 20 -25 minutes.....

3)- transfer the birds to a carving board & cover w/ foil to keep them warm.....remove the vegetable & apples from the dish w/ a slotted spoon & place them in a bowl cover the bowl to keep warm.....pour the wine into dish & bring this to a boil over a high heat..... scrape the bottom to remove any browned bits & THEN RE-DUCE THE HEAT THE LIQUID UNTIL 1/2 CUP REMAINS..... then reduce the heat & simmer add the cream & stir well to blend add the vegetables back to the sauce & then remove from the heat cut the bird nap the bird w/ the sauce & serve.....

Yield: 6-8 people

PHEASANT WITH APPLES

By: KarenShadowdancer

2	tablespoons	unsalted butter
2	young	whole pheasants about 2 1/2 lbs eac; h
18	-20	small pearl onions
1	teaspoon	salt
1/2	teaspoon	fresh -ground black pepper
1	cup	chicken stock
1/2	lb.	mushrooms
2	tart	apples peeled - cored and thinly sl; iced
1/2	cup	dry white wine
1/2	cup	cream

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Yield: serves 6-8 peop

PHEASANT WITH RAMPS AND WILD MUSHROOMS

2 lb. pheasant; split in half
12 ramps (both white bulbs and green leaves)
1 T. butter; melted
1/2 tsp. salt
1/8 tsp. ground black pepper
10 fresh morels or other wild mushrooms
2 tsp. fresh thyme leaves or 1/2 ts Dried thyme leaves
1/2 c broth

GARNISH:

Fresh thyme sprigs with flowers

Heat oven to 350 F. Rinse pheasant and pat dry. Remove any excess fat from body and neck cavities. Thoroughly rinse ramps; pat dry. Cut white bulbs from green leaves of ramps. Slice green ramp leaves lengthwise; set aside. Place bulbs in 8" baking pan. Place pheasant halves, skin sides up, on top of bulbs. Brush with melted butter; sprinkle with salt and pepper. Roast 40 to 50 minutes or until fork-tender.

Remove pheasant from baking pan to 2 plates; keep warm. Meanwhile, in small skillet, combine mushrooms and thyme with drippings from baking pan. Saute until mushrooms soften; 3 to 5 minutes. Stir broth and ramp leaves into mushroom mixture; cook 3 to 5 minutes. With slotted spoon, remove mushroom mixture to plates with pheasant. Remove and discard any excess fat from liquid in skillet; serve liquid as sauce with pheasant. Garnish pheasant with thyme sprigs, if desired.

Substitution Notes:

1. Use cornish hens in place of pheasant
2. Use a mixture of white onion, green onion, and garlic in place of ramps
3. Use any store bought mushroom of choice in place of morels or other wild mushrooms
4. Use vegetable or chicken broth in place of the white wine that was originally called for
5. Use rosemary in place of thyme
6. Use Nasturtiums or other edible flower in place of thyme for garnish. Be sure to use flowers that are grown without pesticides and DON'T use florist flowers because they have been treated with preservatives for shipping

Yield: 2 servings

PIUGA

info

BISHOP, Calif. (AP) - Pandora moths are a tasty treat for Paiute Indians who have long eaten the larva. Traditionally, they have relied on the caterpillar as an easily gathered staple rich in protein.

The tribe in California's Owens Valley calls the caterpillars 'piuga' (pronounced pee-UH-guh).

The pinkie-sized caterpillars can be plucked from the ground or scooped from steep-sided, circular trenches dug around infested trees to trap the 'ripe' caterpillars as they descend to pupate in the area's loose volcanic soil. The caterpillars are roasted by mixing them with hot sand heated by a wood fire. It's sort of like a backwoods clambake - 'but these pop,' said Raymond Andrews, a Paiute who plans to harvest the larvae this summer.

Once cooked, the caterpillars are sifted and washed. They're then boiled for an hour to further soften their skins. They can be eaten immediately by popping off their heads, like crawfish, or dried and stored.

'To me, it tastes like mushrooms and eggs, mixed together,' Andrews said.

Each provides a low-carb, high-protein, eight-calorie treat, according to a nutritional analysis commissioned by ethnologist Nancy Peterson Walter.

Locals estimate that 5,000 trees in the Inyo National Forest are ringed by trenches, underscoring how widely collected the caterpillars once were. But this summer, Andrews expects fewer than a dozen Paiute to head into the woods to gather piuga.

For younger generations, the caterpillars hold little appeal.

'It's work and they probably think they're nasty,' Andrews said with a laugh.

PLAINS PEMMICAN

2	cups	shredded buffalo jerky or beef jerk; y
1	cup	chopped dried chokecherries or tart; red cherries
0.6	tablespoons	melted tallow (beef fat) or butter

Combine all ingredients and form 6 patties. Refrigerate until serving. The Sioux considered pemmican sacred and it was an honor to receive it.

Yield: serves 6.

POT ROAST WITH BASIL, SUN-DRIED TOMATOES, AND PINE NUTS

1/3	cup	dry-packed sun-dried tomatoes
1/2	cup	boiling water
1	clove	garlic chopped
3	pounds	boneless beef round or pot roast venison, goat, mature rabbits or; lamb may substitute
1	medium	onion sliced
2	tablespoons	chopped fresh basil
1/4	teaspoon	salt
1/8	teaspoon	ground black pepper
2	tablespoons	chopped pine nuts toasted

Combine tomatoes and boiling water in a medium bowl. Add garlic. Let stand about 5 minutes. Place roast in a 3 1/2 quart slow cooker. top with onion, basil, salt and pepper. Pour tomato mixture over all. Cover and cook on LOW about 8 hours or until roast is tender. Remove roast to a serving dish. Sprinkle with pine nuts. Serve with tomato drippings, if desired.

Yield: about 8 serving

POTATOES & EGGS IN PIGEON & WALNUT SAUCE

1 x no ingredients

2 Pigeons, 225g each

Salt and Pepper

3 md Onions

2 md Tomatoes

1 Chilli, dried, soaked in

-warm water to soften it

2 tb Oil, olive

50 g Nuts, walnuts

-broken

100 g Cream Cheese

Milk

5 Eggs

1 1/4 kg Potatoes, new, whole or

-larger potatoes sliced and

-quartered.

-== to decorate ==-

Parsley -OR-

Watercress -OR-

Coriander [cilantro]

Slice 2 of the onions and lay them in the bottom of a heavy based casserole. Split the pigeons and season them thoroughly on each side; lay them on top of the onions. Peel the tomatoes, slice them thinly and lay them on top of the pigeons.

Cover the casserole with foil and then a lid and cook over a VERY low heat, over an ovenproof mat if necessary, for 2-3 hours or till the pigeons are really tender. Give the casserole a shake now and then to make quite sure nothing is sticking.

Let the pigeons cool in the casserole then remove them and chop the flesh coarsely. Strain the pan juices and reserve them- the vegetables make a beautiful base for a soup.

Cut the remaining onion into thick slices and fry gently in the oil until they are golden brown on each side; cool slightly. Put the onion, pigeon meat and pan juices into a food processor with the chilli pepper [drained, deseeded and chopped], the walnuts and the cheese. Puree the mixture adding sufficient milk to reduce the consistency of the sauce to that of a thick mayonnaise.

Hard boil the eggs and cook the potatoes in a steamer or microwave. Arrange the cooked potatoes, whole or sliced and the halved eggs, yolk side up, on a serving platter while they are still warm and pour over the sauce.

Garnish the dish with chopped parsley, watercress, or fresh coriander and serve it with a good green salad. You can also accompany it with fresh hot peppers.

"A dish of 'potatoes with pigeon sauce', rather than 'pigeon with potato sauce' sounds odd to Europeans who think of potatoes purely as a rather bland accompaniment to a 'star attraction' meat dish. Not so the Incas who, rightly, valued the potato as wonderful food in its own right.

from THE BRITISH MUSEUM COOKBOOK by MICHELLE BERRIEDALE-JOHNSON
typed by KEVIN JCJD SYMONS, in Adelaide, Australia for FIDO Cooking

Yield: 6 servings

PREPARING A RABBIT FOR COOKING

(butchering technique)

In order to prepare a rabbit for cooking, it must first be skinned and drawn, after which it may be cut up or left whole, depending on the cookery method that is to be followed.

To skin a rabbit, first chop off the feet at the first joint; then remove the head at the first joint below the skull and slit the skin of the stomach from a point between the forelegs to the hind legs. With this done, remove the entrails carefully, proceeding in much the same manner as in removing the entrails of a chicken. Then slit the skin from the opening in the stomach around the back to the opposite side. Catch hold on the back and pull the skin first from the hind legs and then from the forelegs. If the rabbit is to be stewed, wash it thoroughly and separate it into pieces at the joints. If it is to be roasted or braised, it may be left whole. A rabbit that is left whole presents a better appearance when it is trussed. To truss a rabbit, force the hind legs toward the head and fasten them in place by passing a skewer through the leg on one side, through the body, and into the leg on the other side. Then skewer the front legs back under the body in the same way. In such a case, the head may be left on or removed, as desired.

PRESERVING WALRUS

walrus meat

Sometimes the animal is deboned and cut into large slabs, which are tied into bags with the skin side out. These bags are buried in pebble beaches and aged for future consumption

Fermented walrus meat is buried for six months and tastes like a really sharp blue cheese.

A traditional meal for walrus: tea, bannock, a pot of walrus stew spiced with coiled intestines and igunaq (aged walrus meat). Elders say igunaq tastes like cheese. Some members of the younger generation describe it differently.

PUEBLO RABBIT

1	med.	sized rabbit (approx. 4 lbs. 0
2	tablespoons	vegetable oil
3/4	cup	chopped onion
4	cups	chicken broth and 4 cups water
1	cup	red wine vinegar
1	tablespoon	med. hot ground new mexican red chi; li salt to taste
1/2	cup	yellow cornmeal or ground sunflower; seeds tortillas or adobe bread for servin; g

Cut rabbit into serving pieces. Heat oil in a heavy Dutch oven and brown rabbit pieces well. Add onion, broth, water, vinegar and chili. Simmer, partially covered for 1/2 hour, until rabbit is tender. Season with salt. Slowly pour in cornmeal, stirring constantly. Let simmer, uncovered, for an additional 10 to 15 min., until sauce is slightly thickened. Serve with tortillas or adobe bread

Yield: serves 4.

RABBIT

By: Melungeon Cook Book:

		a pair of young rabbits
		pepper
1	minced	onion (some folks like chives and n; ot onion)
		thyme, just a sprig,
		green or hot pepper.
2		tomatoes
1	quart	beef stock
3	tbs.	flour
		salt
		parsley
		vinegar (?? any substitute for this; ? it is a tenderizer)

Send the boys a huntin' and pray they get at least two young Rabbits. Take them Rabbits and clean them. Cut the Rabbits into pieces. Let the meat stand overnight in a mixture of Vinegar, Onion, Thyme, Parsley, Salt, Black Pepper, and Green or Red Pepper. A person would use just however much they wanted to, so that it would taste to suit you. When you get ready to put the Rabbit on to cook for supper, then remove the Rabbit pieces from the liquid mixture, rinse the pieces good in cool water, air dry the pieces and get the skillet hot. Fry the Rabbit pieces on all sides. Take the done Rabbit out of the skillet. Then brown the Onions with a little dab of Lard in the bottom of the hot skillet. Add the Tomatoes. Let smother yet a ways before adding the Beef Stock and other seasonings. Let this come to a boil and simmer for about an hour or more. You can put the Rabbit back onto the mixture to simmer, coating the meat good with the sauce. Now some folks would leave the Rabbit on the plate, and serve the sauce like Gravy over Potatoes and/or Rice. Suit yourself.

RABBIT PIE

recipe

Rabbit made into pie is also a desirable way in which to serve rabbit. To prepare such a dish, skin and clean one or more rabbits and cut them up into as small pieces as possible, removing the largest bones. Put these pieces into a baking dish, and over them place bacon cut into small strips. Sprinkle all with chopped parsley, salt, and pepper, and add a few slices of onion, as well as some strips of carrot and potato, if desired. Pour a sufficient amount of boiling water over the whole and allow to simmer slowly until the meat is partly cooked. Then place in the oven and cook until the meat is tender. Next, dredge the contents of the baking dish with flour and cover with a 1/4-inch layer of baking-powder biscuit dough. Make several slits through the dough to allow the steam to escape. Bake until the dough becomes a well-browned crust. Serve hot in the baking dish.

RABBIT STEW WITH DUMPLINGS

By: Indian Cookin

1		rabbit
2	ts	coltsfoot salt
		cold water
3	wild	onions
2	handfuls	mint
15	to	20 arrowhead tubers
3/4	c	flour
2	tb	baking powder
1/2	ts	salt
1		egg
1/2	c	condensed milk

Cut the skinned and cleaned rabbit into serving pieces. Place in the kettle and add cold water to cover. Put the basket in the kettle and drop in the red hot stones until the water boils. Keep water boiling slowly for an hour by changing the stones as they cool.

Lift the rabbit pieces out of the liquid. Take the meat off the bones and return the meat to the kettle. Add salt, onions, mint, arrowhead and dandelions to the kettle and simmer for about 30 minutes.

For dumplings, mix flour, baking powder and salt. Beat egg and milk together, add dry ingredients and stir just enough to moisten them. Drop the dumpling mixture by the spoonful on the bubbling liquid and cook for another 15 minutes. Remove the basket of stones without disturbing the dumplings. Stew should sit for about 5 minutes before serving.

Sec: ASSINIBOIN HOT STONE COOKING

Yield: 1 recipe

RABBIT WITH MUSTARD SAUCE

1	medium	onion
		a 3-pound rabbit, cut into 8 pieces
2	tablespoons	vegetable oil
2	tablespoons	unsalted butter
1 1/4	cups	dry white wine
1 3/4	cups	chicken broth (1 3/4 fluid ounces)
1/4	cup	dijon mustard
1	teaspoon	cornstarch
2	tablespoons	chopped fresh parsley leaves

Finely chop onion. Pat rabbit pieces dry and season with salt and pepper. In a deep large heavy skillet heat oil over moderate heat until hot but not smoking and brown rabbit pieces on all sides in 2 batches. Transfer rabbit as browned to a large bowl.

In skillet cook onion in 1 tablespoon butter over moderately low heat, stirring, until softened. Add wine and boil until liquid is reduced by about half. Return rabbit to skillet and add broth. Simmer rabbit, covered, until tender, about 40 minutes.

Transfer rabbit to cleaned large bowl and boil sauce until reduced to about 2 cups. In a small bowl whisk together 1/4 cup sauce and mustard and whisk mixture into sauce. In another small bowl stir cornstarch into 1 tablespoon cold water and whisk into sauce. Simmer sauce, whisking, 3 minutes, or until thickened. Whisk in remaining tablespoon butter, parsley, and salt and pepper to taste. Return rabbit to skillet and cook over moderately low heat, turning rabbit to coat with sauce, until heated through.

Yield: 4 to 6 servings

RACCOON

Clean coon, par boil in plain water with plenty of red pepper. When tender remove from pot, add salt and pepper. Bake in oven until brown. Groundhog can be prepared the same way. So can possum, though the source says it is greasy and should be eaten only in small amounts.

And a baked squirrel recipe: (from Cherokee Cooklore, copyright 1951 by the Museum of the Cherokee Indian, Cherokee, North Carolina)

Dress a freshly killed squirrel with his skin left on. To do this you singe the fur off in the fire and then scrub the skin with ashes out of the fire. Wash the squirrel good on the inside and the outside. Rub the squirrel inside and outside with lard. Bake him before the fire or in the oven until he is well brown. Cut the squirrel up and put him in a pot, add a little water and cook until the meat is done. Add a little meal to thicken the gravy and cook until the meal is done.

ROAST BEAVER

By: 'Northern Cookbook by Indian and Northern Affairs Canada

1	md	beaver, about 8 lbs
1/2	c	vinegar
1	tb	salt
2	ts	soda
1	md	onion; sliced
4	strips	bacon or salt pork
1/2	ts	salt
1/4	ts	pepper

Wash beaver thoroughly with salt water then let soak overnight in enough cold water to cover. Add 1/2 cup vinegar and 1 tb salt to the water.

The next day, remove the beaver from the brine, wash and cover with a solution of 2 ts soda to 2 quarts water. Bring to a boil, reduce heat and simmer 10 minutes.

Drain, then place beaver in roasting pan. Cover with sliced onions and bacon; season with salt and pepper. Place lid on roaster and bake at 375 until tender. Serve with a tart jelly.

Yield: 8 servings

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		w

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F

Yield: 4 servings 1

ROAST BUFFALO

1 x no ingredients

From Mary Faith Young Fort Seward Wagon Train Cooks

ROAST BUFFALO MEAT

(Pit Method)

Meat prepared this way is worth all the effort--the taste is out of this world!

Dig a pit 5 1/2 feet deep, 6 feet long and 3 feet wide. Place 3 1/2 feet of coals in the bottom (it takes about 8 to 9 hours of burning to get the coals needed to line the bottom of the pit) and cover with about 1 inch of dry sand.

Cut meat into 10 to 15 pound roasts. Salt each roast and wrap with a bay leaf and 1 cup barbecue sauce (recipe below) in heavy aluminum foil.

Place packets of meat in the pit. Cover pit with tin, then cover with 6 to 8 inches of dirt to seal in the heat. Meat should be sealed in the pit at least 12 hours; a few more hours for larger roasts. Allow about 1/4 pound meat per person.

BARBECUE SAUCE

4 C. (2 lbs.) brown sugar
1 C. (8 oz.) paprika
2 C. (1 pt.) Worcestershire sauce
4 C. (1 qt.) vinegar
4 C. (1 qt.) catsup
16 C. (1 gal.) tomato juice
1/3 C. salt
1/3 C. dry mustard
1/3 C. ground cloves
3 T. garlic powder
4 tsp. chili powder
2 tsp. red pepper
12 medium onions, grated

Mix all ingredients in a large kettle. Bring mixture slowly to a boil, then simmer for 1 hour. Stirring often. Yields about 2 gallons.

Yield: 40 servings

ROAST GOOSE W/ WILD RICE, HAZELNUT & APPLE DRESSING

1 x no ingredients

1 pc goose (9 - 12 lbs.)
1 tsp salt
3 to 4 cup cooked wild rice
2/3 cup coarsely chopped hazelnuts
2 large green apples, peeled, cored, cubed
1/2 cup finely chopped onions
3 cloves of garlic, minced
2 tsp dried savory
3 tbl chopped parsley
1/2 tsp Freshly ground pepper
2 tbl Flour

Broth: Remove the neck, heart and gizzard from the goose and put them in a pan with 4 cups water. Simmer gently, partially covered, for several hours, until reduced to slightly less than 2 cups. Season with salt. Stuffing: Mix together the rice, nuts, apples, onion, garlic and herbs, seasoning to taste

with salt and pepper. Fill the cavity of the goose with the stuffing, skewer

closed and lace string around the skewers, then truss the bird. Roast in a 325 degree oven, breast side down, for 1 1/2 hours, drawing off the fat as it accumulates (don't omit this or you'll get a greasy bird), then turn and roast another 1 1/2 hours, or slightly more for an 11-12 pound bird. When it

is done, the juices should run clear when the bird is pricked where the thigh attaches to the body. Pour off all but 1 Tablespoon of the fat, then sprinkle a little flour over the bottom of the roasting pan - 1 to 2

Tablespoons. Set pan over low heat and stir, scraping up all the browned bits. Add the goose broth and whisk. Season to taste with salt and pepper and serve alongside the bird.

Substitution Notes:

Use chestnuts and dates in place of the apples and hazelnuts

Yield: 12 servings

ROAST PTARMIGAN OR PARTRIDGE WITH HERBS UNDER THE SKIN

4		shallots; quartered
6	md	mushrooms; sliced
1	ts	basil
2	ts	tarragon
8	tb	parsley; chopped
1	tb	brandy
4	tb	butter; room temperature
2	lg	ptarmigan or
2	sm	partridge, or grouse or pheasants
		salt and pepper
2	ts	flour
1/2	c	chicken stock
1/2	c	light cream

Ptarmigan is a white feathered northern cousin to the partridge and grouse. It is quite a bit smaller than them. They may be cooked as for grouse, quail or Cornish Game Hen.

Locally the usual method of dressing them is to skin them not pluck them and to reserve the breasts, drumsticks and giblets only. I accumulate hearts, livers and gizzards separately in 3 bags in the deep freeze until I have enough to make a meal of them. Most of the recipes in my collection are for boneless breasts. The drumsticks are usually marinated in a Teriyaki sauce and then panfried or treated as for chicken Hot Wings. Alternatively the entire carcass with the breast removed together with the heart and gizzard but not the liver can go to the stock pot.

Here is a fancier presentation for a pair of young whole roast birds:

Put the shallots, mushrooms, basil, tarragon, parsley, and brandy in the food processor and pulse to mince. Now add the butter and make a paste. Set it aside in the refrigerator.

Loosen the birds' skin with your fingers from the breast, beginning at the neck end. Continue until you have also loosened the skin from the thighs. Salt and pepper the birds inside and out. Insert the paste with a knife blade onto the meat under the skin. If you have some paste left over, put it the bird's cavities. Rearrange the skin to normal.

Truss the birds and roast in a 350 F oven for an hour or until the thigh meat is tender. Remove birds to a hot platter and snip off trussings. Stir flour into the fat in the bottom of the roasting pan to mix, cooking a minute while you scrape up all the browned bits. Add half water (or chicken stock) and half cream and stir well to make a gravy.

Yield: 4 servings

ROAST RABBIT

recipe

Roasting is the cookery process often used to prepare rabbit. To cook it in this way, first skin and clean the animal and stuff it. Then skewer the legs in position, place strips of bacon across the back, put in a roasting pan, and dredge with salt and pepper. Also, add 1/2 cupful of hot water to which has been added a little butter or bacon fat. Roast in a quick oven, and baste every 15 minutes during the roasting. A few minutes before the rabbit is tender enough to be pierced with a fork, remove the strips of bacon so that the flesh underneath may brown. Then remove from the pan and serve.

ROAST WILD GOOSE W/ GARLIC, ONION AND SAGE STUFFING

		stuffing:
1		unsalted butter
1/4	cup	onions, finely chopped
2	small	celery stalks, diced
2		garlic cloves, chopped
5		bag herbed stuffing mix
14	oz	rubbed or ground dried sage
1 1/2	tablespoon	dried oregano, crumbled
1/2	teaspoon	dried thyme, crumbled
1/2	teaspoon	pepper
1/2	teaspoon	italian seasoning
2		eggs, beaten to blend
1	cup	chicken stock or
1		canned broth
1		goose:
12	lb	goose, fat removed from
1		cavity
1		lemon, halved
3		bacon slices

For stuffing: Melt butter in heavy large skillet over medium heat. Add onions, celery and garlic and saute until soft, about 8 minutes.

Combine stuffing mixture, sage, salt, oregano, thyme, pepper and Italian Seasoning in large bowl. Stir in onion mixture and eggs. Add stock and mix well. Set aside.

For goose: Preheat oven to 450 deg. F. Rinse goose inside and out; pat dry, using paper towel. Rub goose inside and out with halved lemon.

Season goose inside and out with salt and pepper. Fill main cavity and neck cavity loosely with stuffing. Place any remaining stuffing in small buttered baking dish and cover with foil. Run fingers between breast meat and skin to loosen skin. Place bacon slices under breast skin. Wrap goose in cheesecloth.

Place goose on rack set into large roasting pan. Roast goose 30 minutes. Reduce heat to 350 deg. F. Continue roasting until meat thermometer inserted into thickest part to thigh registers 180 deg. F., basting every 20 minutes with pan juices, about 1 hour 20 minutes. (Place stuffing in covered baking dish in oven during last 40 minutes.) Remove cheesecloth. Transfer goose to platter. Pass stuffing

Yield: 6 servings

ROASTED PUMPKIN SOUP WITH CRISPY DUCK CONFIT RELISH

3	cups	peeled and diced pumpkin (1/4-inch; diced)
		drizzle of olive oil
1/4	cup	pure cane syrup
		salt
		freshly ground black pepper
2	tablespoons	butter
1	cup	julienne onions
1	teaspoon	chopped garlic
2	bay	leaves
4	cups	chicken stock
1	teaspoon	ground cinnamon
1/4	teaspoon	freshly ground nutmeg
1	cup	heavy cream
1/4	cup	smooth peanut butter
2	tablespoons	chopped chives
2	cups	shredded duck confit, recipe follow; s
1/4	cup	roasted pumpkin seeds

Preheat the oven to 400 degrees F.

Toss the diced pumpkin in olive oil and cane syrup. Season with salt and pepper. Mix well. Place the pumpkin on a parchment lined baking sheet.

Roast

for 15 to 20 minutes or until tender. Remove from the oven and cool. In a large saucepan, melt the butter. Add the onions and saute for 6 to 8 minutes, or until caramelized. Season with salt and pepper. Add the garlic, bay leaves, and stock. Stir in the pumpkin, cinnamon, and nutmeg and bring to a boil. Reduce to a simmer and cook the soup until the pumpkin is very tender, about 25 minutes. With a hand-held blender, puree the soup until smooth. Slowly whisk in the cream. Whisk in the peanut butter. Reseason with

salt and pepper if necessary. Simmer the soup, stirring occasionally, for 15

minutes. Remove from the heat and ladle into shallow bowls. In a small mixing bowl, combine the chives, duck confit and pumpkin seeds. Mix well.

Garnish each soup with the relish.

ROSEMARY-ROASTED BUFFALO TENDERLOIN WITH GORGONZOLA BUTTER.

By: Lucretia

1/4	pound	gorgonzola cheese, softened
1/2	stick (1/4 cup)	unsalted butter, softened
3	tablespoons	olive oil
		a 3 1/2-pound buffalo tenderloin cut crosswise into eight to
1/4	-inch-thick	steaks
1/4	cup	dijon mustard
3/4	cup	packed fresh rosemary leaves, chopped
		freshly ground black pepper to taste

I would die to have the real thing in regard to Buffalo recipes. There is a buffalo farm around here and a friend and I were going to go out and pick up some Buffalo meat. Here is one of the ones that I have. if you want the rest, let me know.

Discard Gorgonzola rind and in a small bowl stir together cheese and butter until smooth. On a sheet of plastic wrap form Gorgonzola butter into a log about 4 inches long. Chill log, wrapped in plastic wrap, until firm, at least 1 hour. Butter may be made 1 week ahead.

Preheat oven to 450°F.

In a 12-inch heavy skillet (preferably cast-iron) heat 1 1/2 tablespoons oil over moderately high heat until hot but not smoking and sear half of steaks until browned, about 2 minutes on each side, transferring to a shallow baking pan. Sear remaining steaks in remaining 1 1/2 tablespoons oil in same manner.

When steaks are just cool enough to handle, spread tops and sides with mustard and sprinkle with rosemary, pepper, and salt to taste. Roast steaks in middle of oven 8 minutes for medium-rare (coating should just begin to brown). Transfer steaks to a cutting board and let stand about 3 minutes. Cut butter into about 20 thin slices.

Cut each steak in half horizontally. Tuck a butter slice between steak halves and top steaks with another butter slice.

Yield: serves 8

SAUTED RABBIT

recipe

If it is desired to prepare a rabbit by sauteing, skin and clean it, cut it into pieces, and dry all the pieces with a soft cloth. Then melt bacon fat in a frying pan, and when it is hot place the pieces of rabbit in it and allow them to brown. Add several sprigs of parsley and two small onions, sliced, season with salt and pepper, add a slice or two of bacon, and pour water over the whole until it is nearly covered. Place a cover on the frying pan and simmer slowly. Add water when it is necessary. When the meat is tender, remove it from the frying pan. Then thicken the fluid that remains with a small amount of flour so as to make a gravy. Serve hot.

SAUTEED GAME BIRD AND RABBIT LIVERS

By: Jim Weller

1	tb	extra virgin olive oil
1	tb	butter
1	md	onion, quartered, sliced
2	cl	garlic, minced
1/2	c	chicken, rabbit or game bird stock
1	lb	chicken, rabbit, game bird livers
2	tb	fresh herbs; chopped
1	c	dry white wine
3/4	c	italian or french bread crumbs
2	tb	fresh parsley, chopped

The livers used will depend on the luck of the hunt: goose, duck, grouse, partridge ptarmigan, rabbit etc. If needed supplement with domestic chicken livers.

For the herbs consider a bit of rosemary, a hint of mint, basil, chervil, chives, lemon balm, marjoram, oregano, sage, savory and/or thyme.

For the garlic collect wild leeks, ramps or other alliums if available.

In a cast iron pan over medium heat, heat olive oil and melt butter. (Better yet use rendered duck and goose fat!) Add the onion and sweat until transparent. Add the garlic and cook for another 3 minutes. Increase the heat to medium-high and add the stock, herbs, and livers. Cook until the livers begin to brown and are almost cooked to your taste. Add the white wine and cook it down until only about 1/2 cup remains. Add the parsley. While stirring the livers, add the bread crumbs a little at a time until the liquid combines with the crumbs to form a sauce.

Serve with Italian or French bread to sop up the juices.

Yield: 4

SEAL BRAIN FRITTERS

By: Jim Weller

2	seal	brains
1	tb	salt
1	tb	vinegar
		water to cover
2	tb	egg powder, mixed with
6	tb	luke warm water
1/2	c	flour
1/4	c	reconstituted powdered milk
1/2	ts	salt
1/4	ts	pepper
1/4	ts	mixed herbs
2	tb	melted butter
		fat for deep frying

Wash the seal brains in salted water. Remove loose skin and blood. Soak the brains in fresh cold water for 1 hour, changing the water two or three times.

Cover with water to which 1 tablespoon salt and 1 tablespoon vinegar has been added and boil for 15 minutes. Drain and pat dry.

Mash the brains until soft and light. Mix the flour, eggs and milk together, beating well to make a soft smooth batter. Add the brains, melted butter, herbs, salt and pepper to the batter, and mix well.

Drop tablespoons of the mixture into hot fat and deep fry until golden brown. Drain the fritters well before serving.

From Northern Cookbook edited by Eleanor A. Ellis

The powdered eggs and milk used here reflect the fact that in the high Arctic all imported staples come in by Sea-lift during July and August when the ocean shipping lanes are ice free and must be non-perishable so they can last a year. The cost of fresh milk and produce, brought in by air freight the rest of the year, is prohibitively high. Fresh milk is over \$6 per quart in some Northern communities.

For the same reasons, the frying fat would be marine animal derived and not vegetable oil.

Yield: 4 servings

SLOW HONEY-ROASTED DUCK

By: Gary Rhodes

2	½	- 3 lb duck
5	heaping	tablespoons clear honey
1	teaspoon	crushed white peppercorns
1	tablespoon	coarse sea salt

The flavors from this dish remind me of the taste found in Chinese pancakes with scallions and cucumber. The duck is so tender and gives a very full flavor, which makes you just want to eat more and more of it. I think that's

exactly the 'problem' you are going to find here: you just won't be able to stop wanting more! For this reason, it's best to allow half a duck per person!

Preheat the oven to 325°F. The duck breast skin should first be scored four or five times, just cutting into the skin itself. Put the duck in a small roasting pan. Sprinkle the peppercorns over the duck with the salt, pushing the salt onto the skin. Spoon the honey over the duck, making sure it is completely covered. Place the duck in the oven.

After the first half hour, baste the duck with the honey and duck residue in

the roasting tray. Leave to slow roast for a further 30 minutes. The salt sprinkled over the duck will draw the excess water and fat from the skin itself and this will obviously collect in the roasting tray. After the second half hour, remove the duck from the roasting pan and carefully, from one corner, pour off as much excess fat as possible; it will be sitting on top of the honey in the tray. Replace the duck in the pan, baste with the honey residue and return to the oven. The duck can now be left to slow roast

basting every 15 minutes for a further hour.

The duck has now been slowly cooked for 2 hours. Remove the duck once more from the tray and again pour off any excess fat. Baste the duck with the honey and return to the oven.

During the last half hour of cooking, baste the duck every 5-10 minutes.

The honey will now have reduced and become very thick, glazing the duck even more. After the 2 ½ hours are up, remove the duck from the oven. If any excess honey seems to be still a little thin, simply boil it in the tray and

reduce it to a thick, coating consistency. Pour over the duck and leave to rest for 15 minutes.

Remove the legs along with the breasts, making sure they are left whole.

Sit

the breast and leg, for each portion on the plates, spooning over a tablespoon of honey and any residue. The slow roast duck will be well done throughout; the meat will have become very tender and moist, just crumbling nicely as you eat it.

Note: You may well find that after 2 hours the duck is completely roasted,

tender and glazed. I like to simply serve a good green salad, trickled with olive oil and a squeeze of lemon with this dish.

Yield: serves 2

SPICE BUSH MARINATED BEAR STEAK

By: Lcali

4	bear	steaks, 1 1/2 inches thick
2	wild	onions, sliced
1	c	indian vinegar (see below)
1	c	water
1/2	c	maple syrup
2	tb	spice bush powder (see below)
1	tb	salt
1	tb	bear fat, rendered salt and pepper

First get your bear. Preferably just before hibernation as they will be fat then. Trim off all fat it is not like beef it is easy not marbled. Marinating the meat makes it taste better and makes it tender and juicy.

In a large bowl mix the onions, Indian vinegar, water, maple syrup spice bush powder and salt. Let stand a few hours, then put in the bear steaks. Put in a cool place for 24 hours, turning the steaks every once in a while.

Remove the steaks from the marinade, let them drain and pat dry. Heat a frying pan, rub pan with the rendered bear fat. Place the steaks in the pan and sear on both sides. Lower the heat and finish cooking, adding more fat to prevent sticking. Remove steaks from the frying pan, add a little flour and water to thicken the gravy, Pour gravy over the steaks. Serve with potatoes, and of course Fry Bread.

Note: Indian Vinegar is made from the sap of the sugar maple or birch tree. the buds and twigs and sap were allowed to ferment in the sun, then strained through a cloth. (I used Apple Cider Vinegar at the time but if you want to be creative you can try to make this.)

Bush spice grows along stream banks and in damp woods. The bush grows as tall as 10 feet and the leaves turn a bright gold color in the fall. The flowers are yellow and the leaves and twigs smell good. The bright red berries are dried in the sun and then pounded to a powder and used instead of what we know as allspice. The bush is also known as the Benjamin bush, wild allspice bush and the fever bush. Unless you are really good on wild plants I would just use conventional allspice. That is what I used.

Now get out there and get a bear....

Yield: 4 servings

SPICY CLOUDBERRY SAUCE FOR GAME

1 x no ingredients

2 c Cloudberries
1/2 c Port or
1/2 c Dry red wine plus
2 tb Honey
1 c Orange juice
1/2 c Lemon juice
1/2 c Chopped onion
1 ts Dry mustard
1/2 ts Ground ginger
1 Dried Habenero pepper;
-crushed and powdered*
1 tb Coarsely shredded orange
-rind
1 tb Coarsely shredded lemon
-rind
1 1/2 tb Arrowroot flour

*If this is too hot for your palette, substitute a less potent type of chile pepper.

Puree the cloudberries in a blender or food processor.

Heat the cloudberry puree in a heavy saucepan and mix in the other ingredients except the arrowroot. Bring to a boil, stirring occasionally. Be careful as this may foam up. Strain the sauce through a sieve and return to the flame. Combine the arrowroot flour with a little of the hot sauce in a cup and mix thoroughly. Stir this back into the sauce and cook over low heat, stirring constantly, until thickened. Do not allow to boil.

Use as a sauce with roast goose, ham, pork, or game.

An original recipe by Jim Weller, loosely based on Cumberland Sauce.

Yield: 1 batch

STUFFED MUSKOX TENDERLOIN WITH CRANBERRY COULIS

1 x no ingredients

4 oz Muskox tenderloin; butter-
-fried and slightly pounded
2 oz Swiss cheese; thinly sliced
1 Mushroom; sliced
4 sm Broccoli florets

Yield: 1 servings

SWEET DEER PEMMICAN (OGALALA SIOUX)

By: Herb WALKER

clean dried meat
tallow grease
sugar
raisins

Put clean dried meat in bread pan and roast; when ready, sprinkle some water on the roasted meat, cool, wrap meat in a clean white cloth and pound until meat is real tender and flaky; add tallow grease, and sugar and raisins to taste.

Yield: 1 recipe

SWEET PICKLED BEAVER

By: 'Northern Cookbook by Indian and Northern Affairs Canad

1	md	beaver
1/2	c	vinegar
1	tb	salt
2	ts	soda
2	tb	dry mustard
3	tb	mixed pickling spice
1	ts	cinnamon
1/2	ts	ground cloves
1/2	c	brown sugar
1/2	c	dry white wine or apple juice
1	c	pineapple juice juice and rind of 1 lemon

Soak, brine and parboil in soda as for roast beaver. Drain and rinse the beaver, then place it in a clean pot; add water to cover. Sprinkle pickling spice on top, bring to a boil, reduce heat and simmer 20 minutes. Drain and rinse beaver, pat dry and place in roaster. Mix mustard, spices, sugar, wine and fruit juices and spread over beaver. Cover and roast at 325 until tender, basting often.

Yield: 8 servings

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By: Northern Cookbook by Indian and Northern Affairs Canada

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Yield: 4 servings

TAKU (CARIBOU)

recipes

Whether it be eaten raw, frozen, fried, stewed or barbecued, the recipes for tuktu are as plentiful as the animals themselves. Ask Glenn McLean, the MLA for Baker Lake. A self-professed carnivore who gets hungry just talking about caribou meat, McLean – once he gets talking about his caribou culinary skills – has a different recipe for every day of the week. 'I like frying it with onions and butter and garlic salt,' said McLean, from his constituency office in Baker Lake. 'You cut it into really thin pieces and throw it into the pan. It's delicious that way. You melt the butter, but don't cook the caribou too long.' McLean said he also likes to coat the bottom of his cast-iron pan in one-quarter of an inch of barbecue sauce before throwing the succulent meat in to simmer. 'Or you can take a roast and put about six bacon slices on top of it and bake it that way,' said McLean, whose other tundra game dishes include caribou chili, caribou spaghetti sauce and caribou sausage. Arviat's Melinda Kaviok is also fond of frying her tuktu with onions and butter, but especially likes to munch on the meat when it's frozen, 'with soya sauce,' she said, bringing up one of the most popular ways to devour the meat. The employee of Qitiliq secondary school added that she was fond of the way her mother prepared caribou. 'Boiled, with soup, like a stew,' said Kaviok. 'You add carrots and potatoes. I don't usually cook the stew. My mom does. I just help her with the meat,' she said, referring to the little cubes she cuts up for the pot of meaty goodness. When it comes to freshly killed caribou, Chesterfield Inlet resident Hilarie Makpah said the only way to do the meat justice was to get it into a pot of salted, boiling water. 'The chest parts and the tongue, I prefer it with just water and salt and potatoes. When the potatoes are soft, you take them out and mash them up. That's an excellent meal,' said Makpah, an Inuktitut instructor at Arctic College. A good roast is the way to cook the meat located between the neck and the chest (with potatoes, onions and garlic of course), ribs are boiled and then touched up with a special sauce and the back end is saved for frying. 'The parts where we used to get the thread from, at the back, we get good chunks there for oriental-style foods with rice and a vegetable mixture,' said Makpah. With mouths watering and hands itchy to get into the kitchen, there's just one question left – should simplicity rule or is it a good idea to keep things spicy? According to Makpah, keeping to the basics is the way to go. 'For me, because my husband is so picky, simple is better.'

TINPSILA

1 x no ingredients

2 1/2 lb Buffalo or beef
20 to 25 dried wild turnips
2 Or 3 cups dried corn

Soak turnips in water overnight and then cook slowly for about 4 hours. Add corn to meat and cook separately from turnips for about 3 hours. combine turnips, turnip water, meat, and corn and cook slowly for two more hours before serving for a soup. Dried squash can be added about 1/2 hour before serving if desired.

Source: Newspaper article about Rebecca Halfred (Sioux Indian)
FROM: Gale Barrows, Jan-21-91

Yield: 4 servings

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Source: Newspaper article about Rebecca Halfred (Sioux Indian)

Yield: 4 servings

VENISION IN WILD GRAPE LEAVES.

By: Manyfeathers

1	lb	ground venision, buffalo, beef, tur; key or chicken (choose on
1/2	small	onion
6	bantham	eggs (free for me) or 3 large ones
3	tbs	beef boulion powder (will also take; the place of salt)
1-2	Tsps	granulated garlic powder; I use more
		ground black pepper to taste
2	slices	of fresh bread crumbled fine

Combine the above ingredients like you would make a meat loaf or meat balls. Take some of the blanched grape leaves, still damp, and put a little of the mixture just below the area where you cut the stem off. (underside of the leaf) fold the sides in as you roll these like you would for stuffed cabbage. In a large skillet, put some water, garlic powder and beef boulion. Let this come to a simmer. Place the grape leaf rolls into the simmering broth and cook them for 20 minutes turning them half way through the cooking time. Add a little more water as necessary to finish cooking the batch. You can now thicken the cooking broth slightly to make a dipping gravy.

This was served with fresh tomato chunks seasoned and dressed with blue cheese dressing. Also fresh green beans cooked with potatoes. And of course frybread.

Hope you try and like this recipe. You must realize that the grape leaves are firmer than using cabbage. The texture is firmer also. Good roughage and good for you.

Take a lot of grape leaves, cut the stems close to the leaf. (flat against the leaf) Then put them into a sink of cold water. Take the leaves one by one and rub them between your hands to clean them thoroughly. After rinsing each leaf lay them in a large skillet or pot. When all the leaves are done, you cover them with water and add a little salt. Let this simmer half an hour or until the leaves are really dark green. Drain them. Now you are ready to either freeze them or use them for cooking. If you choose to freeze them, use a large plastic bag and freeze them stacked flat. Thoroughly thaw them before using them.

VENISON & WILD RICE STEW

By: Nancy Deer with Horns,

3 1/2	lb	shoulder of venison; cut into 2-inch cubes
2	ts	salt pepper; to taste
2	qt	water
2	lg	onions; peeled and quartered
1 1/2	c	wild rice; washed in cold water

Put venison, water, and onions in a large pot; simmer uncovered for 3 hours.

Add salt, pepper, wild rice. Cover and simmer for 20 minutes.

Stir well; simmer uncovered for another 20 minutes, or until rice is tender and most of liquid is absorbed.

Yield: 8 servings

VENISON BAR-B-Q ROAST

recipe

Boil roast in deep pot of water until tender. Pour water off. Use sharp knife to spike meat with garlic. Do this by piercing meat with a thin blade knife and pushing a cleaned clove of garlic into the meat. (If you do not like garlic, leave this off) Place meat in a covered roaster. Use your favorite Bar-B-Q sauce to cover it well. Cover roaster and bake one hour at a very low temperature - 300 degrees.

VENISON OR GOAT STROGANOFF

1-1/2	pounds	venison or goat round cut in thin s; trips
1/2	cup	flour
1	tsp.	salt
1	tsp.	pepper
1/4	stick	butter
1/2	pound	fresh mushrooms
1/2	cup	sliced onion
1	clove	garlic, minced
1/4	tsp.	dill weed
1/2	tsp.	paprika
2	cups	beef bouillon
1	cup	sour cream

Roll the steak in a mixture of flour, salt, pepper, dill, and paprika. Brown the butter in a large skillet. Add the steak, mushrooms, onions and garlic. Add bouillon and let simmer for about 45 minutes.

Stir in sour cream (make sure mixture does not come to a boil). Simmer a few more minutes until heated through and serve over hot noodles.

VENISON PATTIES

1 x no ingredients

With deer-meat: ground deer meat partly-fried can be mixed into cooked rice with chopped fried onions and simmered as a kind of stove-top casserole. You can also make the ground deer meat into little meat balls and serve with a gravy over the rice. Of course you can do this with hamburger too, but fry off some of its fat, first.

VENISON STEAKS WITH JUNIPER BERRY & FIERY RED SAUCE

1 x no ingredients

CHILE SAUCE:

- 2 tb Dried Juniper berries
- 3 c Dry red wine
- 2 Bay leaves
- 1 1/2 ts Dried thyme
- 2 Shallots, peeled and
-coarsely chopped
- 2 c Veal stock
- 4 Whole dried chiles de arbol

VENISON:

- 6 ea Venison steaks, 8 to 10 oz.
- 2 tb Olive oil
- 1 tb Salt
- 1 tb Black pepper

To make the sauce, wrap the juniper berries in a kitchen towel and crush them using a heavy skillet or mallet. Remove them from the towel and place them in a saucepan with the red wine, bay leaves, thyme, and shallots. Simmer over medium heat about 20 minutes, until the liquid has reduced to 1 cup.

Add the Veal Stock and simmer over medium heat another 15 minutes, until the sauce has reduced to 1 1/2 cups.

While the stock is reducing, place the chiles in a small bowl and remove their stems and seeds. With your fingers, tear the chiles into small pieces, about the size of small beans. Set aside.

Remove the sauce from the heat and pass it through a fine sieve to remove the herb leaves and berry skins.

Heat coals in an open grill to a fiery hot temperature.

Brush each steak on both sides with the olive oil and season with salt and pepper.

Place the steaks on the grill and cook about 3 minutes, until they have charred marks. Rotate.

Yield: 6 servings

VENISON STEW DINNER

1 x no ingredients

This year we are doing a venison stew (with wild rice, dried wild morels, corn, hominy, beans, and whatever winter squash is available in the store right now) and a combread I make (more like a johnny cake). I usually mix up a black plum & raspberry topping for the

VENISON-STUFFED PEPPERS

By: Nancy Deer With Horns

2 1/2	c	cooked ground venison
6	green	peppers
6		mushrooms; sliced
2		scallions; sliced
1/4	c	bacon drippings
1	ts	salt
1/4	ts	pepper

Preheat oven to 350 degrees F. Wash and core peppers. Saute the rest of ingredients in bacon drippings. Stuff peppers with mixture and cook 45 minutes.

Yield: 6 servings

WHALE - KWAKUITL

1 pc whale (found dead on beach)

When the hunter finds a dead whale, he goes home to his house; and when he comes to the beach in front of his house, he stands up in the bow of his small hunting-canoe and promises a whale-feast to his people. Then his people learn that he has found a dead whale. He gives to his daughter the name Place-of-cutting-Blubber, for he invites them on her behalf.

Then the tribe make ready. They sharpen their butcher-knives that day. In the morning, when daylight comes, the whole tribe launch their small canoes for carrying whale-blubber. Their wives steer the canoes when they start.

He who found the dead whale goes ahead of his tribe. When they arrive at the place where the whale is lying, his father, if he has one, goes up to the whale with the daughter of the one who found the whale; that is, with Place-of-cutting-Blubber. They stand behind the neck of the whale; and when the guests arrive at the beach where the dead whale lies, his father speaks, and says, 'O tribe! come and cut the blubber of the salmon of Place-of-cutting-Blubber, for it is very fat.' Then he speaks again, calling the head chief of the tribe. He says, 'You shall have for your dish the dorsal fin, Chief Place-of-Property;' that is if the Seaward-Dwellers are invited. Then he calls the common people.

His tribe goes ashore at once, and they stand at the right-hand side of the whale. They stand according to their seats at the feast; but Place-of-Property stand near the dorsal fin of the whale. The whale lies on its belly, and (the head chief) holds in each hand a butcher-knife. He puts these on the back of the whale's neck, and measures one fathom. Then he moves backward, cutting along the two sides of the whale towards the tail, back of the dorsal fin. Then he stops.

The (people) cut around the neck of the whale, beginning at the back of the whale's head; and the one next in rank to Property-Place cuts off a piece of head; a fathom wide, beginning at the cut made by Property-Place, downward to the belly of the whale. The one next in rank cuts a piece of the same width, and all the men receive pieces of the same width as they cut off the blubber crosswise downward. As soon as all the blubber is off, the women cut a hole in the sin side of the whale, and cut off the inside fat. When it is all off, they put it aboard the canoes. Next they cutoff a piece of the tail of the whale; and when it is all off, they go home to their houses.

Then they unload the blubber and put it down above high-water mark. After it has all been taken up, the man takes a short board for cutting blubber. He puts it down, takes the blubber, and puts it on the board to be cut. He measures it so that it is cut in pieces four finger-widths wide. He continues this the whole length of the blubber. After a piece is off, he cuts it crosswise, so that it is half a finger-width thick. After it has all been cut up, he puts the

pieces into a kettle for boiling.

She puts the kettle on the fire on the beach to try out the oil. He takes the tongs and stirs it, and he continues stirring it. His wife takes a box and places it by the side of the fire on which the oil is being tried out. She also takes a large shell of a horse-clam. When it boils up, she takes the large clam-shell and skims off the whale-oil and pours it into the box. She only stops when all the whale-oil is off the boiled blubber. Then she takes a large basket, takes the boiled blubber out of the kettle, and puts it into the basket.

When it is all in, she puts it down in the corner of the house. The people also take the oil-boxes at each end and another man puts them down in the corner of the house. (The owner's); wife takes cedar-bark, splits it into long strips, and carries it to the basket containing the boiled blubber, next to which she sits down.

Then she takes out one of the pieces of boiled blubber and she ties it in the middle with the cedar-bark. She takes another one and ties it in the middle. She continues doing so, and does not stop until the strips of split cedar-bark are all used up; and when it is done, it is in this way: [illustration of threaded string of blubber pieces] Now, the name of the boiled blubber is changed and it is called 'tied in the middle.' After all this has been done, she hangs up the pieces over the fire of the house, and evaporates them until they are dry.

After they have been hanging therefor one month, she takes a small kettle and puts into it one string of blubber tied in the middle, together with the cedar-bark. She pours water on it; and when the water shows on the top, she puts it on the fire. After it has been boiling a long time, she takes it off. She takes a small dish and puts it down near the kettle in which the pieces tied in the middle have been cooked. She takes the tongs and takes hold of the boiled pieces and puts them into the small dish. After she has taken them all out of the kettle, she tries to eat it at once, while it is still hot, for it is tender while it is hot, but it gets tough when it gets cold.

After she has eaten enough, she puts away what is left; and when she wants to eat more, she takes her kettle, pours water into it, and puts it on the fire of the house. When it begins to boil, she takes it off the fire. She takes the cold pieces of blubber tied in the middle and places them in the hot water; and when she thinks that they are hot, she takes them out with her tongs and places them in small dishes, and they eat it before it gets cold. After she has eaten enough, she puts it away, and she just heats it whenever she wants to eat of it. This is called 'eating boiled blubber tied in the middle'.

WHITNEY POT ROAST

1 x no ingredients

4 lb Moose steaks; 1/2 lb each

4 lg Onions; sliced

1/2 c Wine vinegar

1 cn Tomato paste; small, 5 1/2

-fluid oz, 156 ml

-Water, equal amount to

-the tomato paste

Salt, pepper & paprika

1/2 c Butter; or oil

2 Garlic cloves; minced

1 tb Pickling spices; tied in a

-bag

3 Bay leaves

Place steaks in cold water overnight. The next day, pat dry and season with salt, pepper and paprika. In a skillet, quickly brown steaks with butter or oil. Remove meat from skillet and set aside. Saute onion and garlic until transparent and add remaining ingredients. Place meat in heavy roast pan and pour onion mixture over it. Cover and cook in a 350°F oven for 2 hours or until meat is tender. Remove spice bag and bay leaves. Thicken liquid with flour and water. Serve.

SOURCE: _The Rural and Native Heritage Cookbook_ by Lovesick Lake Native Women's Association

Yield: 8 servings

WILD RICE DRESSING FOR GAME

1	cup	wild rice
3	cup	giblet stock; or water
1	teaspoon	salt
1/4	cup	butter
2	tablespoon	green onions; chopped
2	tablespoon	green pepper; chopped
1/2	cup	celery; chopped
1/2	cup	mushrooms; sliced
1/2	cup	almonds; chopped
1/4	cup	tomato paste
1	teaspoon	fresh sage or
1/4	teaspoon	dried sage
1	teaspoon	parsley
1	dash	garlic powder

Wash rice. Bring stock to a boil and add salt and rice. Simmer about 30 min or until rice is tender but not mushy. Drain off excess liquid. Melt butter in a skillet and saute onions, peppers, celery, mushrooms and almonds. Add the hot, drained rice, tomato paste, and seasonings and mix.

Use as stuffing for wild game or poultry or bake separately and serve with game.

Giblets may be chopped and added to the dressing.

From: *Edible Wild Fruits and Nuts of Canada*,
published by the National Museums of Canada,
ISBN 0-660-00128-4

Posted by: Jim Weller

Yield: 5 cups

WOODCHUCK (GROUNDHOG) WITH BISCUITS

1	1 woodchuc
1	1 tb salt

1/4 c Onions, chopped
1/4 c Green peppers, chopped
1/2 tb Chopped parsley
1/8 ts Pepper
4 1/2 tb Flour
1/2 c Cold water
3 c Broth

Yield: 6 servings

[NATIVE CUISINE] WILD DUCK SOUP

1		duck bone scraps
1	large	onion, quartered
3		carrots, chopped
1/4	teaspoon	thyme
1		stalk celery and leaves, chopped
1		salt
1		pepper
1	cup	wild rice, cooked
1/4	teaspoon	parsley

In a soup kettle combine duck scraps and bones with onion, carrots, thyme, celery and parsley. Cover with cold water and slowly bring to a boil. Simmer for 1 hour, remove bones. Add wild rice and season to taste and simmer for 1 hour. Enjoy!

Aboriginal Tourism - Native Cuisine

Yield: 4 servings