



A Bit of History

Going through some boxes of old Fish & Game materials we came upon a photocopy of parts of a cookbook printed in 1946! While not complete, and far from perfect, it is an interesting look back at how sporting men and women prepared their game. We hope you will enjoy this and continue to support Manitowoc County Fish & Game, founded in 1907.

Baryenbruch

The Sportsman's Way



*How to Prepare
Wild Game and Waterfowl*



By
RUTH ELIZABETH MILLS
Culinary Expert



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419 South 3rd Street

Minneapolis 15, Minnesota



Large Game



Venison Cutlets Broiled

6 venison cutlets
2 tablespoons melted butter
Chopped parsley

Salt and pepper to taste
Water cress to garnish

Trim the cutlets nicely, rub well with salt and pepper, brush with a little vegetable oil and broil over a quick, clear fire, allowing about 8 minutes, or less, according to size, to each cutlet. They must always, like all venison, be underdone. When cooked, place in a very hot dish, pour over a little melted butter and chopped parsley, garnish with water cress, and serve with currant jelly.

Stewed Venison, French Style

2½ lbs. of venison (the lower and lean part preferable)
A handful of parsley
1 onion
1 sprig of thyme
2 bay leaves
12 whole peppers
½ glass of vinegar

1½ glasses of Claret
1 pint of veal consomme
1 ounce of salt pork
12 small onions
1½ dozen mushrooms
1 herb bouquet
Salt and pepper to taste
Croutons

Cut the venison into small pieces of about two inches square. Make a "marinade" by placing the venison in an earthen jar with one large onion sliced, a handful of parsley, the chopped thyme and bay leaves, the whole peppers, a light seasoning of salt and black pepper, and the vinegar. Let the venison marinate for 12 hours. Then drain it from the juice and place it in a saucepan with 1 tablespoon of vegetable oil, and let it brown over a moderate fire. After ten minutes, add 3 tablespoons of flour and stir constantly. Then moisten with consomme and the Claret. Season again to taste with salt and pepper, and stir until it comes to a boil. Then add the small onions which have been nicely peeled, and 1 ounce of salt pork and the herb bouquet. Let all cook about 40 minutes, and about 5 minutes before serving add the mushrooms. Take the herb bouquet from the preparation, place the latter on a hot dish, and decorate nicely with toasted croutons, and serve hot.

Large Game



Venison Cutlets

Prepare the venison cutlets as you would mutton cutlets, dust with salt, dip in melted vegetable oil, and bake in the oven or on the stove in a skillet. To the liquor add vinegar and pepper sauce. Simmer down until thick, and serve with the cutlets.

Potted Venison

4 pounds venison pot roast
1 sliced onion
16 whole cloves
4 bay leaves
Vinegar

2 tablespoons shortening
½ cup diced celery root
Salt to taste
8 gingersnaps
1 tablespoon brown sugar

Put venison, onion, cloves and bay leaves in bowl. Add vinegar to come half way up on meat. Let stand 12 hours, then turn. Heat the vegetable oil in deep kettle. Brown venison slowly. Add a cup of the vinegar from soaking and the cloves and simmer very slowly for 3 hours. Salt to taste. Take meat from liquid. Skim fat. Add crumbled gingersnaps to thicken sauce and sweeten slightly with sugar. Add water for less thick gravy.

Pot roasts cut from venison are at their best potted, but be sure to start in some time before you want to serve for it takes a full day before it is ready to cook.

Venison Steak

Venison steaks are treated like beefsteak. They are cut three-quarters of an inch thick and broiled or fried. They may be served plain with hot vegetable oil, pepper and salt, or a brown gravy, but most people prefer a currant jelly sauce, or having currant or wild plum jelly served with each portion.

For roasting venison, the saddle or leg will be found best. Cook ten minutes to the pound, treating it the same as mutton. Make a good brown gravy from the drippings left in the pan, and stock made from the trimmings of the roast, and serve very hot with currant, wild plum or barberry jelly.

Large Game



Bear Northern Style

(Wisconsin)

- | | |
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| 1 fillet of bear
(6 to 7 pounds) | 4 oz. larding fat (pork) |
| | 2 tablespoons butter (optional) |
| Marinade: | |
| 3 medium-sized onions,
chopped | 1½ cloves of garlic, minced |
| 1¼ cups (4) shallots
chopped | 1 teaspoon coarse black
pepper |
| 1½ cups (3 medium-sized)
carrots, diced | 2 bay leaves |
| ¾ cup vinegar | 1 teaspoon fresh tarragon
leaves, chopped or tar-
ragon vinegar |
| 2 teaspoons salt | 2/3 cup celery, minced |
| 5 cups white wine, dry | |
| Sauce: | |
| ¼ clove garlic, minced,
optional | ¼ cup (1 oz.) fresh mushrooms,
chopped |
| ½ teaspoon pickled onions,
minced | ¼ teaspoon salt |
| 2 teaspoons capers,
chopped | ¼ teaspoon black pepper |
| 2 tablespoons shallots,
minced | 3 tablespoons vegetable oil |
| 1 tablespoon parsley,
minced | 3 tablespoons flour |
| | 1 clove, crushed |
| | 2 cups marinade, liquid,
strained |

Bear fillet must be prepared carefully, cutting out all sinews and nerves, without injuring the meat. Mix all ingredients for marinade in a pot and cook for 4 or 5 minutes, covered. Cool and pour over fillet, which should be placed in crock or pot (not metal). Cover and keep in cool place for 3 or 4 days. Turn meat daily and keep under marinade. When ready to cook, remove from liquid, wash off with damp cloth and cut fillet into steaks ½ to ¾ inch thick. If it is larded, cut through the larding. Heat 2 tablespoons of vegetable oil and place the steaks in pan, turning on both sides and frying only

(Continued on next page)

Large Game



1 or 2 minutes on each side. Prepare sauce by pounding together garlic, pickled onions, capers, shallots, parsley, mushrooms, salt and pepper. When all is mixed to a paste, strain the marinade into this, not more than 2 cups. Melt butter in pan and blend in the flour, which should be slightly browned first. Add clove and smooth out with marinade mixture. When all is well blended and has thickened, pour over the slightly fried steaks. Allow the whole to come to a boil and slowly simmer the steaks in this sauce for 6 to 8 minutes, stirring and watching so it does not burn. The sauce must be thick and highly flavored. Serve with baked or boiled potatoes and stewed dried apricots or cranberries. Serves 6 to 8.

Bear Steak

Steak cut from young bear is very good and tastes almost like beefsteak. Dust with salt and broil or fry in vegetable oil like beefsteak. Serve with anchovy, mustard or other sharp sauces. Bear tongue is prepared the same as mutton tongue.

Bear Steak Saute Cumberland

Saute a bear steak and serve with following sauce: Dilute 1 tablespoon red currant jelly with port wine; add some English mustard diluted with a little brandy and some fine juienne of parboiled orange and lemon peel, seasoned highly.

Bear Chop or Steak

Bear is an excellent meat of strong flavor that must be marinated before cooking.

Cut chops or steaks from the rump (one per person); lard them, then marinate for 24 hours with a mixture of olive oil, lemon juice, chopped shallots, thyme, basil, black pepper, salt and bay leaves. Wipe meat; broil on fast charcoal fire and then serve with deviled sauce and fried sweet potatoes. The shoulder may be braised or stewed but must be first pickled and highly seasoned.

Large Game



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Small Game



Roast Raccoon

Skin the animal and remove every bit of fat inside and outside, layers of fat must be removed. Under the arm pits of the front paws you will find several round kernels. These are as essential in removing as is a gall bag in a chicken. After this cleaning procedure, dry the animal with a nice clean cloth, sprinkle 3 tablespoons salt and pepper, mixed, inside and outside of the coon carcass; leave stand overnight. Before roasting, wash the salt and pepper off perfectly clean, and stuff the coon with the following apple stuffing:

3 cups dry bread-crumbs	1 large sour apple,
2 tablespoons melted butter	thinly sliced
1 small onion, chopped	1 teaspoon salt
	¼ teaspoon pepper

Combine ingredients, add sufficient water to moisten; arrange inside the coon carcass; place in roaster and roast at 375 degrees Fahrenheit. Baste real often, drain off the fat continually, and add water. Before serving, rub the roasted coon carcass with a vinegar-soaked rag, and serve the same as you would a turkey.

Aspic Game or Poultry

Cut up what is left of game or poultry into neat joints. Pour some aspic jelly into the bottom of a mold which has been soaked in cold water; next a layer of stars or diamonds cut out of cold boiled white of egg; a few leaves of parsley, and the red part of cold boiled tongue dotted here and there. Let it become nearly stiff, then arrange the cold game or poultry, taking care to leave room for the jelly to run in between. Fill the mold with jelly, which should be cool when it is poured in. When quite stiff, turn on a mold and garnish with parsley. Time to stiffen, about 12 hours.

Small Game



Porcupine

"... And do not despise the fretful porcupine; he is better than he looks. If you happen on a healthy young specimen when you are needing meat, give him a show before condemning him. Shoot him humanely in the head, and dress him. It is easily done; there are no quills on the belly, and the skin peels as freely as a rabbit's. Take him to camp, parboil him for thirty minutes, and roast or broil him to a rich brown over a bed of glowing coals. He will need no pork to make him juicy, and you will find him very like spring lamb, only better."

The porcupine may also be baked in clay, without skinning him; the quills and skin peel off with the hard clay covering. Or, fry quickly.

As I have never eaten porcupine, I will do some more quoting. This time from Dr. Breck: "It may be either roasted or made into a stew, in the manner of hares, but must be parboiled at least a half-hour to be tender. One part of the porcupine is always a delicacy—the liver, which is easily removed by making a cut just under the neck into which the hand is thrust, and the liver pulled out. It may be fried with bacon, or baked slowly and carefully in the baker-pan with slices of bacon."

Orange Sauce

Cut 1 orange peel in narrow strips and boil until tender, changing the water after it has cooked 10 minutes. Cook together 2 tablespoons of vegetable oil and 2 tablespoons of flour, stirring until very smooth. Add $\frac{1}{2}$ cup of stock, a little at a time, stirring well, $\frac{1}{2}$ cup of currant jelly, $\frac{1}{2}$ cup of any red wine, the juice of 1 large or 2 small oranges, and the cooked peel. Season with $\frac{1}{2}$ teaspoon of mixed mustard, salt, and cayenne. Simmer all together until thoroughly blended, and serve hot.

Small Game



Grey Squirrel

(Brunswick Stew)

Grey squirrels are used for Brunswick stew. They should be cut into pieces. Put in a large saucepan 8 cups of water, slightly salted, and bring it to a boil. Add to it the jointed squirrels, 4 potatoes parboiled and cut into cubes, 1 can of corn, 1 small onion diced, 1 cup of lima beans, 1 small can of tomatoes and $\frac{1}{4}$ pound of finely chopped salt pork. Cover closely and simmer for 3 hours, stirring occasionally. 15 minutes before serving, add 1 tablespoon of vegetable oil and 1 tablespoon of flour, creamed together, with pepper to season. Stir well until the gravy is thickened slightly, and serve.

Squirrel Pot Pie

Grey and fox squirrels both will be found choice eating and may be prepared as hares and rabbits. They are best, however, served as a pot pie. Cut them in pieces, flour each piece and fry brown in vegetable oil. Then place in a deep saucepan with 1 quart of boiling water, 1 minced onion and pepper and salt to taste. Cover and stew slowly 1 hour. Make a biscuit crust, cut in rounds, and lay them on top of the squirrel. Cover the saucepan closely and let them boil for 15 minutes. Serve on the platter with the squirrel and pour over the gravy, which has been thickened with flour and vegetable oil. Lemon juice or sherry wine, or both, may be added to the gravy for further seasoning, but neither are really necessary.

Fried Squirrel

Dress squirrel. Wash thoroughly. Cut in pieces for serving. Cover with salted water. Let stand over night. Drain. If squirrel is not tender, parboil 10 minutes. Drain. Roll in flour. Fry in vegetable oil until tender. If the squirrel is young, parboiling is unnecessary. Make a brown sauce. Serve squirrel garnished with lemon slices and parsley.



Northern Squirrel Stew

Dress squirrel; wash thoroughly; cut in pieces for serving. Put in saucepan with $\frac{1}{2}$ cup vinegar, 1 teaspoon mixed spices, 1 small diced onion, and a few celery leaves. Cover with water. Let stand 2 to 3 hours. Drain. Place in roaster. Brown in moderate oven (375 degrees Fahrenheit). Add salt and pepper to taste; add 2 diced onions and 2 diced carrots; cover with water. Cover and cook slowly until tender; thicken broth until of consistency of thick cream. Serve with watercress or chickory salad. Fried hominy may be served with stewed squirrel.

Squirrel Preparation

Squirrels are skinned by using a sharp knife, cutting around the rear legs at the knee, cutting down from one side, around the vent, and to the other, starting the skin, and peeling out the squirrel, drawing the hide over the head. Cut the squirrel in 5 serving portions, 4 quarters and the one piece of back. Look for the small waxy scent glands inside the fore-legs. Remove them. Parboil in water with soda for 15 minutes to remove the over-strong flavor. You can use squirrel for any rabbit dish.

Squirrel Pie

Brown the cuts in bacon fat. Line a baking dish with pie or biscuit dough, slice in 1 good-sized potato, 2 medium-sized onions and 1 carrot for each squirrel. Brown 2 tablespoons flour in the bacon fat used to sear the squirrel. Season with salt and pepper. Add 2 tablespoons of butter and 1 tablespoon of lemon juice. Put a crust or individual baking powder biscuits over the top and bake. Cook about 30 minutes for each pound of meat at 350 degrees Fahrenheit.



Hare, Roasted and Stuffed

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|-----------------------|---------------------------------|
| 2 fine hares | 2 cloves |
| 3 onions | 3 sprigs of parsley |
| 1 carrot | 1 glass of white wine or cider |
| 3 apples | 1 pint of consommé |
| 2 oz. of sausage meat | 2 tablespoons vegetable oil |
| 6 mushrooms | 2 slices of bacon |
| 1 lemon | $\frac{1}{2}$ tablespoon pepper |
| 1 sprig of thyme | $\frac{1}{2}$ tablespoon salt |
| 1 bay leaf | Croutons |

Select two fine hares and cut them in half. Separate the hindquarters from the fore and then bone them down to the legs. Do not bone the legs. Place the hares in an earthen dish that is quite deep, then make a marinade as follows: Pour in 1 glass of white wine, add 1 small lemon, nicely sliced, and 1 small onion, minced fine, 1 sprig of thyme and 1 bay leaf, all minced very fine. Season this preparation with a tablespoon of salt and a tablespoon of pepper and 2 mashed cloves. Take the saddles of the hares and roll them well in this, and let the entire hare steep well in the marinade for 12 hours.

Chop 1 onion very fine and put it in a saucepan on the stove, and when well heated, put in 1 tablespoon of butter, cook for 1 minute, and then add 2 ounces of fine chaurice (sausage — see recipe), chopped very fine; six mushrooms, chopped very fine; 1 tablespoon of minced parsley, 1 teaspoon of salt and $\frac{1}{2}$ teaspoon of pepper. Mix well and let all cook for about 5 minutes. Take 3 fine apples and cut them fine, carefully removing the cores; place them in a clean saucepan on the fire, with $\frac{1}{2}$ glass of good white wine or the best cider. Let this boil about 5 minutes, and then add the stuffing and mix well together. Then set the mixture to cool. Take the hares from the marinade and stuff the boned saddles very carefully and evenly, and give a nice round, even shape; tie them to keep them firm, then place a fine slice of bacon over each

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Small Game



saddle, tying firmly. Cut up a carrot and onion into fine slices and place in the bottom of the roasting pan; lay the halves over these and pour one pint of consomme over the hares. Place them in a hot oven and roast for 45 minutes, basting frequently with their own gravy. Then remove from the oven and untie. Place the hares on a hot dish, nicely decorated with dice-shaped croutons, and pour the gravy over the hares and serve very hot.

Roast Rabbit

1 Rabbit

Stuffing

3 oz. bread crumbs	Pinch of powdered herbs
1½ oz. chopped suet	Pepper and salt
1 teaspoon chopped parsley	Milk or egg

Soak rabbit in cold water and salt for 30 minutes, remove eyes, liver, kidneys, lungs, and heart, rinse and dry well. Prepare stuffing by mixing all the ingredients together, and bind with egg or milk. Fill up the inside of the rabbit with the stuffing, and sew up, truss into shape, cover with a paper of vegetable oil, and roast 1 to 1½ hours, basting frequently. When almost ready, remove paper, and allow to brown. Dish, make gravy, and serve. Bacon rolls may be served with it.

Rabbit Pie

Cut 2 rabbits in pieces. Put in a stew pan with ¼ cup of water for each rabbit. Add salt, pepper, minced parsley, 1 chopped onion, 3 whole cloves, 4 chopped stuffed olives, and ½ pound diced salt pork. Boil all this until the rabbit meat is tender. Add water, if necessary. Thicken with browned flour. Let it boil, add ½ cup butter. Remove from fire, add 5 diced, boiled potatoes, and place in a baking dish lined with pie crust. Alternate a layer of the stew with a layer of potatoes, putting a crust over the top. Cut small slits to let out the steam, and bake until the crust is crisp.

Small Game



Rabbit Hunters' Style

A pair of rabbits	2 bay leaves
3 tablespoons vegetable oil	½ box of mushrooms
1 onion	The zest of a lemon
1 slice of ham	½ bottle Claret wine
1 tablespoon flour	Salt and pepper to taste
1 clove of garlic	Croutons to garnish
2 sprigs of thyme	

Prepare the rabbit; clean and draw, and cut into pieces at the joints. Rub well with salt and pepper; put 3 tablespoons of vegetable oil into the saucepan with the rabbit and let it brown slowly. When nearly brown, add the onion, chopped fine, and let this brown slightly. Then add the ham, minced very fine, and the clove of garlic and bay leaves and thyme, minced very fine. Stir with the rabbit, and let these brown for about 2 minutes; then add a tablespoon of flour and brown for a few minutes; add ½ bottle of Claret wine and let all simmer for 5 minutes; then add 1 quart of consomme or water, and let all cook for about 1 hour. Season according to taste. Add ½ can of mushrooms, chopped fine, and the zest of a lemon, and again season to taste. Let all cook for 30 minutes longer and serve on a hot dish with croutons fried in butter.

Stewed Rabbit, Larded

Take a rabbit, a few strips of bacon, rather more than 1 pint of good broth or stock, a bunch of savory herbs, salt and pepper to taste, and a thickening of butter and flour. Wash the rabbit well, cut it into quarters, larding them with strips of bacon, and fry them; then put them into a stew pan, with the broth, herbs and a seasoning of pepper and salt. Simmer very gently until the rabbit becomes tender, then strain the gravy, thicken with butter and flour, give it one boil, pour it over the rabbit. Garnish with slices of cut lemon, and it is then ready to serve.

Game Birds and Waterfowl



Wild Roast Goose, Canadian Style

A roast goose is generally filled with sage-and-onion stuffing. The way in which this is made must depend upon the taste of those who have to eat it. If a strong flavor of onions is liked, the onions should be chopped raw. If this is not the case, they should be boiled in 1, 2 or 3 waters, and mixed with a smaller or larger proportion of bread crumbs. It should be remembered, when bread crumbs are used, room should be allowed for swelling. Truss the goose firmly, tie the openings securely, put into a hot oven, and baste it plentifully until done enough. A goose is both unwholesome and unpalatable if insufficiently cooked. Take it up, remove the skewers and fastenings, pour a little gravy into it, and send some good gravy and either apple or tomato sauce to table with it. Garnish with lemon. Time, from 1½ hours to 2½ hours.

Wild Goose

Young geese may be roasted, older ones will have to be stewed. They are prepared the same as wild ducks, although in the case of an old goose it is best to skin it, as the skin adds an unpleasant flavor to the meat.

Wild Roast Goose

Dress the fowl 24 hours before using, and soak in salt water 2 hours before cooking; make a mashed-potato dressing, seasoned with onion, vegetable oil, pepper and salt; fill the body of the goose, grease it all over well with vegetable oil and dredge with flour; place in a pan, with 1 pint of water. Baste well, and cook 2 hours. Serve with onion gravy and apple sauce.

Wild Boiled Goose

Soak overnight in sweet milk. In the morning wash, and allow it to stand in cold water 1 hour. Fill the body with well-seasoned bread dressing, using salt, pepper, onions and sage. Tie up in a thin cheesecloth. Boil 2 hours. Serve with giblet sauce and gooseberry jam.

Game Birds and Waterfowl



Roast Prairie Chicken

Procure a nice plump chicken weighing about 2½ pounds, singe, draw, and wash it in cold water, wipe with a dry towel, cut off the feet from the joint of the leg, make an incision just under the thigh, and insert the legs inside; detach the skin as much as possible from the breast, and put a layer of forcemeat over the breast under the loosened skin, and fill the body with the same forcemeat; sew the chicken up, truss it nicely, rub over it 1 even tablespoon of salt, spread over it 1 even tablespoon of vegetable oil, and lay a few thin slices of larding pork over the breast; place it in a roasting pan, add 1 cup of boiling water; place it in a hot oven, baste frequently, and roast until done, which will take about 1 hour if the chicken is young. Place the feet, giblets and neck in a saucepan, cover with cold water, add 1 onion, 1 even teaspoon of salt, and boil until tender. 15 minutes before serving, remove the boiled liver and rub it fine. Transfer the chicken to a hot dish, take out the threads, and place the chicken in a warm place. Remove the fat from the gravy, mix ½ tablespoon of cornstarch with ½ cup of cold water, add it to the gravy, let it cook for a few minutes, and add sufficient giblet broth to make a creamy sauce; strain it through a sieve, add the fine rubbed liver, and serve in a sauciere with the chicken.

Wild Pigeon

Clean and salt young wild pigeons, place in a crock or stone jar, pour over them wine and vinegar, add a sliced onion, several bay leaves, a few strips of lemon rind, and let it stand thus 2 days. When ready to cook the pigeons, dry them with a cloth, interlard the breasts with strips of bacon, place in a roasting pan, dot with vegetable oil, and roast, basting frequently with cream and the liquor in which they have been pickled. Then brown vegetable oil and flour, thin with the pickling liquor, add the liquor in the roasting pan, sweet or sour cream, and boil together until smooth.

Game Birds and Waterfowl



Wild Pigeon Pie

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| 6 young wild pigeons | 1 sprig each of thyme, bay |
| 1 onion | leaf, parsley |
| 2 tablespoons vegetable oil | Pie paste |
| 1 tablespoon flour | |

Clean and cut the young pigeons into small pieces of about 2 inches in length and make a plain fricassee. Prepare a volauvent paste and fill a tin pan of about 2 quarts with the paste. Pour in pigeons and gravy and let it bake in the oven till the top crust is nicely browned. Always bake the under-crust first. This is a delightful entree at any feast.

Again the pie may be prepared as follows: After cleaning the pigeons, stuff each daintily with oyster or egg dressing and then loosen the joints with a knife without separating them. Put into a stew pan and make a plain fricassee as above indicated. Let them cook until tender, and season with salt and pepper; fill the pie dish with the pie paste. Put in the birds, pour over the gravy, cover with a crust and bake.

Pigeon Stuffed and Roasted

(German Method)

Pluck and draw 2 young fleshly killed pigeons. Open, scald and clean the gizzard and mince it with the liver and heart very finely. Mix with the mince the crumb of a roll which has been soaked in cold milk and pressed dry, and add a little salt and cayenne, a shallot chopped small, and a tablespoon of shredded parsley. If the flavor of the onion and the parsley is objected to, a little bacon and a pinch of powdered mace may be substituted for them. Bind the forcemeat together with yolk of egg, and fill the crop with it between the flesh and the neck. The skin must be cut and raised carefully with the fingers, and then sewn or tied securely with thread. Dip the pigeons into butter, dredge well with flour, and season with pepper and salt. Cover them entirely with thin slices of fat

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Game Birds and Waterfowl



Broiled Teal Duck

Have 3 fat teal prepared for cooking, and take off the heads. Split into halves without completely dividing, and season with a saltspoon of salt, half as much pepper, and a tablespoon of vegetable oil. Roll them well in the oil and broil over a clear but not too hot fire, for ten minutes on each side.

Ducks French Style

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| 2 fine canvasback ducks | The zest of a lemon |
| 3 tablespoons vegetable oil | ½ pint of sauce espagnole |
| 3 tomatoes, fresh or canned | ½ pint of consommé |
| 12 small onions | or water |
| 2 carrots | Salt and pepper to taste |
| ½ glass of Madeira wine | |

Prepare the ducks and cook according to above recipe. After placing finally in the saucepan, add 12 small onions, which have been nicely cleaned, add the 2 carrots cut into small dice-shaped pieces and which have been cooked in salted water for 2 minutes, before adding to the ducks. Also add ½ ounce of salt pork cut into ½-inch pieces. Let these cook for 15 minutes with the ducks and serve on a hot dish with croutons.

Wild Ducks

Nearly all wild ducks are liable to have a fishy flavor, and when handled by inexperienced cooks, are sometimes unaccountable from this cause. Before roasting them, guard against this by parboiling them with a small peeled carrot put within each. This will absorb the unpleasant taste. An onion will have the same effect; but unless you mean to use onion in the stuffing, the carrot is preferable. In my own kitchen, I usually put in the onion, considering a suspicion of garlic a desideratum in roast duck.



Roast Wild Duck

Parboil according to directions for preparing wild duck; throw away the carrot or onion, lay in fresh water half an hour; stuff with bread crumbs seasoned with pepper, salt, sage and onion, and roast until brown and tender, basting for half the time with vegetable oil and water, then with drippings; add to the gravy, when you have taken up the ducks, a teaspoon of currant jelly and a pinch of cayenne; thicken with browned flour, and serve in a tureen.

Roast Wild Duck Dressing

Prepare your duck for roasting, and use the following stuffing:

Chop fine and throw into cold water 3 good sized onions, a little salt and pepper, 1 large teaspoon sage, 3 tablespoons vegetable oil, ½ cup bread crumbs, add the onions, drained. Mix well and stuff the duck. If an ordinary-sized duck, bake one hour.

Potato Dressing for Duck

Beat lightly 2 cups mashed potatoes; add ¼ cup of cream, 1 tablespoon of vegetable oil. Season with ½ teaspoon each of salt, paprika, onion juice, chopped parsley, a teaspoon of kitchen bouquet. Then stir in the well-beaten yolks of 2 eggs. ½ cup of chopped nut meats may be added to the dressing.



Raccoon Preparation

In preparing a raccoon for cooking, clean thoroughly inside and out after the pelt has been removed. When the pelt is prime, the meat also is good. Be sure to remove the kernel-shaped glands found in the muscles of the armpits and between the legs. You will have to cut into the meat a little to extract these.

Barbecued Coon

Parboil without seasoning. Stop before meat loosens from the bone but is done. Rub with barbecue sauce. Place over barbecue pit or on spit above fire. Baste with sauce, brown, and serve.

Chicken-Fried Coon

Use only a small animal. Cut in small pieces for frying. Soak these in milk to cover for 40 minutes. Remove, roll in flour, well seasoned with salt and pepper, and fry in deep fat. Gravy can be made by pouring off most of the fat, leaving just enough to cover the bottom of the pan. Stir in seasoned flour, brown, and use the milk in which the meat of the coon was soaked for liquid in the gravy.

Stewed Coon

Cut meat in small pieces and remove all fat. Cover with water and boil until meat is ready to fall from the bone. Add potatoes, onions, cooked rice, and any other vegetable. Skim off any fat that may rise to the top. The stew can be thickened with flour mixed with cold water before adding.

Miscellaneous Recipes



Baked Possum

Possum is a traditional Southern dish. If the possum is to be used for meat and not the skin, dip the whole animal in boiling water as farmers do a freshly killed pig. Scrape the hair off, leaving the skin on. Dress the possum. Boil to doneness in water with pepper and salt as for coon. Remove when done, place in a baking dish, season with black pepper, sprinkle with flour, put sweet potatoes around the roast, add bay leaves on the roast, if you wish, and brown to crispness. If the roasting is done slowly, over a long period, there will be a tendency to render out much of the fat that sometimes makes possum a rather greasy dish. Possum may also be barbecued, using the same recipe as for coon.

Muskrat

There are muskrats in almost every state, but only in localized areas are they recognized as excellent food. As in all small animals of this class, remove the scent glands before cooking.

Fried Muskrat

Wash, cut in quarters, soak in salt water 1 hour or more, rinse, dry with a cloth, and season. Dip the pieces in prepared egg batter, dust with flour or meal, brown quickly in a greased skillet, then fry slowly for 1 hour. Make milk gravy in the pan after the fried muskrat is removed and pour it over the meat as served.

Support Our Heritage

We need your support to continue the 115+ years of work by sporting organizations in Manitowoc County. By being a member or attending our October banquet you help make a difference in your home area. Thank You for helping to make this area special!

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