

BIG GAME COOKING CARE



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Big Game — Cooking Care

Frances L. Reasonover*

Big game provides variety and contributes high quality nutrients to meals of families of Texas sportsmen. Utilization of this wild game aids conservation of a valuable resource and can be a food budget stretcher the year round.

Big Game Fits into the Basic Four Food Groups

Meat Group

Big game fits into the meat group of the basic four food groups. Like domestic meat, it is rich in protein, minerals and vitamins. There is one difference — it is generally low in fat. Serving size is 2 to 3 ounces of lean meat.

Meat of big game furnishes protein needed for growth and repair of body tissues, muscles, blood, skin and hair.

Big game also provides iron, thiamin, riboflavin and niacin.

The two servings of meat needed daily can be from big game. Or part of the servings of meat group foods may come from other foods included in this group, such as poultry, eggs, fish or shellfish, or meat alternates — dry beans, dry peas, nuts, peanuts or peanut butter.

Vegetable-Fruit Group

Choose four or more servings from the fruit and vegetable group. Include one serving rich in vitamin C or two servings of a fair source. Also include one serving at least every other day of a good source of vitamin A. If the food chosen for vitamin C is also a good source of vitamin A, the additional serving of vitamin A food may be omitted.

The remaining one to three or more servings may be of any vegetable or fruit including those that are valuable for vitamins C and A.

Count $\frac{1}{2}$ cup of vegetable or fruit as one serving, or a portion as ordinarily served such as one medium apple, banana, orange or potato; half a medium grapefruit or cantaloupe; or the juice of one lemon.

Some good sources of vitamin C are oranges, grapefruit, strawberries, broccoli and green pepper. Fair sources of vitamin C include lemon, raw cabbage, greens, tomatoes and potatoes in the jacket.

Good sources of vitamin A include dark green and deep yellow vegetables such as broccoli, carrots, greens, pumpkin and winter squash.

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Milk Group

Include milk, cheese or ice cream in the daily meals. Milk is the leading source of calcium needed for bones and teeth. It also provides high quality protein, riboflavin, vitamin A and many other nutrients.

Recommended amounts of whole fluid milk are: Children under 9 years of age — two to three cups (8-ounce cups); children 9 to 12 — three or more cups; teenagers — four or more cups; adults — two or more cups; pregnant women — three or more cups; and nursing mothers — four or more cups.

Part or all of the milk may be skim milk, buttermilk, evaporated milk or dry milk.

Cheese and ice cream may replace part of the milk. The amount is based on calcium equivalents in milk: A 1-inch cube of cheddar-type cheese = $\frac{1}{2}$ cup milk; $\frac{1}{2}$ cup of cottage cheese = $\frac{1}{3}$ cup milk; 2 tablespoons of cream cheese = 1 tablespoon milk; and $\frac{1}{2}$ cup of ice cream = $\frac{1}{4}$ cup milk.

Bread-Cereal Group

Choose four or more servings daily from the bread-cereal group. This group includes all breads and cereals that are whole grain or enriched. If no cereals are chosen, have an extra serving of bread or baked goods.

Count as one serving: 1 slice bread; 1 ounce ready-to-eat cereal; $\frac{1}{2}$ to $\frac{3}{4}$ cup of cooked cereal, cornmeal, grits, macaroni, noodles, rice or spaghetti.

Some of the foods in this group include breads, cooked cereals, ready-to-eat cereals, cornmeal, crackers, flour, grits, macaroni and spaghetti, noodles, rice, rolled oats, quick breads and other baked goods if made from whole grain or enriched flour.

Foods in this group furnish worthwhile amounts of protein, iron, several of the B-vitamins, and food energy.

Other Foods

To round out meals and meet energy needs, almost everyone will use some foods not specified in the four food groups. Such foods include unenriched, refined breads, cereals and flours; sugar; butter, margarine and other fats. These often are ingredients in recipes or are added to other foods during preparation or at the table.

Try to include some vegetable oil among the fats used.

Include Big Game in Menus

Dishes that are quick and easy to prepare are popular for camp cooking during the hunt. A favorite is backstrap and tenderloin (tenders) pan fried in an iron skillet or a stew cooked in a Dutch oven while campers are on the hunt. The liver and heart may be eaten first by the hungry campers if they wish to take time to dress them out.

Roasts, steaks, ground and chopped meat are popular for at-home

preparation of recipes that require more utensils, ingredients or temperature control.

Suggested Menus with Big Game

On The Hunt

Breakfast	Meat Group	Milk Group	Vegetable-Fruit Group	Bread-Cereal Group	Other
Applesauce			X		
French Fried Liver	X				
Bread				X	
Coffee/Milk		X			
Lunch					
Campers Style Big Game	X				
Fresh Vegetable Relish			X		
Bread				X	
Coffee/Milk		X			
Supper					
Fried Backstrap	X				
Cream Gravy		X			
Hot Biscuits				X	
Fresh Fruit			X		
Coffee/Milk		X			

At Home

Breakfast	Meat Group	Milk Group	Vegetable-Fruit Group	Bread-Cereal Group	Other
Apple Juice			X		
Game Sausage	X				
Hot Cakes				X	
Maple Syrup					X
Coffee/Milk		X			
Lunch					
Game Hawaiian Style	X				
Chinese Noodles or Rice				X	
Carrot Strips			X		
Peppermint Ice Cream		X			
Cookies				X	
Coffee/Milk		X			
Dinner					
Barbecued Roast	X				
Baked Beans			X		
Cole Slaw			X		
Rolls				X	
Peaches			X		
Coffee/Milk		X			

Assure High Quality Big Game Dishes

The quality of dishes prepared from big game will be only as good as the quality of the meat and other ingredients used.* The quality of the meat is affected by the age, sex, manner in which the animal is killed and the way it is dressed, temperature and aging process after being killed.

The male animal may have a more "gamey" flavor than female animals. Animals killed cleanly will be more tender than those killed after being wounded, excited or chased by hunter or dog.

Cuts of Big Game and Suggested Uses

Big game can be cooked and served in a variety of ways. The way it is cut up will determine to some extent the way it is cooked.

The hind and fore shank may be used in soups and stews or ground for sausage, meat loaf and patties.

The ham or round of the carcass is usually tender enough for steaks. If less tender, use it for Swiss steaks or grind it for sausage, patties or meat loaf.

Leg muscles may be cut from the bone and trimmed of connective tissue. It may be cut into strips across the grain of muscle and fried or ground. If ground, remove fat and add beef fat.

The backstrap or loin of game is used for steaks or choice roasts. Shoulder or chuck may be cut into roast for pot roasting or ground. Rump roast is used for pot roast.

Flank and breast cuts may contain considerable meat. Use for soups or stews or grind for patties, meat loaf or sausage.

Heart and liver are cut into strips or sliced and fried.

Preparation

It is fun to try new recipes and to make up some of your own. Expect some failures along with successes when you are "experimenting" with big game cookery. Be sure to write down the recipe for any dish you really enjoyed. General rules for successful cookery of big game are:

- Cook big game the same as lean beef. Most game has little fat and corresponds in quality to beef carcasses with little or no external fat. It should be cooked in the same way. The tender cuts such as the loin and rib can be pan fried or roasted. Round steak, meat from the leg and the less tender cuts are best when cooked by moist heat — braising, stewing or pot roasting.
- Do not overcook big game meat. It has short fibers that toughen quickly if overcooked or cooked at too high a temperature. Plan to serve it medium- to well-done, never rare or overcooked.

*L-634 Dressing Big Game

- Use acid to tenderize. Vinegar, tomato sauce and French dressing sauces are good for tenderizing big game. Cover slices or chunks of meat and allow to stand in the marinating sauces for at least 24 hours. Pan fry to medium-done.
- Reduce the sugar in sauce recipes. The natural flavor is sweeter than other meat. Sauces made for domestic meats may be too sweet; use one-fourth less sugar.
- Remove all visible fat before cooking. The gamey flavor is exaggerated in the fat. If fat is desired, ground pork or beef fat may be substituted.
- Big game is a dry meat; moisten to prevent dryness. Chunks of beef fat may be added to self-baste it or the surface may be covered with bacon strips anchored with toothpicks.

Roasting (tender cuts)

- Trim off game fat; rub with bacon drippings or similar fat.
- Season with salt, pepper and desired herbs.
- Place on roasting rack in uncovered pan, bone down.
- Place bacon strips on top of roast for added flavor.
- Baste with added fat as needed, but do not add water.
- Roast uncovered at 300° F. to 350° F. Allow 20 to 25 minutes per pound.
- Use a meat thermometer if possible because lean meat usually cooks faster than beef.

Braising (less tender cuts)

- Season with salt and pepper; rub with flour.
- Brown on all sides in moderately hot fat.
- Add small quantity of water (about $\frac{2}{3}$ to 1 cup).
- Cover tightly.
- Cook very slowly (simmer) until tender (2 to 3 hours). Turn the meat occasionally, adding water if necessary.

Stewing (less tender cuts)

- Cut meat into cubes about 1 inch in size.
- Season with salt and pepper; sprinkle with flour.
- Brown on all sides in moderately hot fat.
- Cover with boiling water.

- Cover kettle tightly and cook very slowly until tender. Do not boil.
- Add vegetables just long enough before serving time so they will be tender.

Pan Frying (tender cuts)

- Heat a heavy frying pan until it is sizzling hot.
- Add 1 tablespoon butter to the pan and allow to melt; or rub the pan with a little suet or a small amount of fat. Place the meat in the hot pan.
- Brown both sides, turning only once. Reduce heat after browning to finish cooking thick cuts.

Marinating

Marinades can tenderize and enhance game flavors. Cover meat with one of the following marinades and allow to stand in the refrigerator at least 24 hours. Broil, roast or braise.

The following are excellent marinades for wild game:

- Vinegar to cover steak or roast
- French dressing
- Tomato sauce or undiluted tomato soup
- Tomato juice
- Fruit juice such as lemon or pineapple, or a mixture of many juices, $\frac{1}{4}$ cup vinegar, $\frac{1}{2}$ cup cooking oil, $\frac{1}{2}$ teaspoon pepper and $\frac{1}{4}$ teaspoon garlic salt
- 2 cups water, 2 cups vinegar, 1 to 2 tablespoons sugar, 4 bay leaves, 1 teaspoon salt, 12 whole cloves, 1 teaspoon allspice and 3 medium-sized sliced onions.
- Garlic salt, salt and pepper to taste, and equal parts of Worcestershire sauce and two of your favorite steak sauces. This gives a blend of flavors and also is excellent for basting game roasts or thick steaks during cooking.
- 2 tablespoons vinegar, $1\frac{1}{2}$ teaspoons ground ginger, 1 clove minced garlic, 2 tablespoons brown sugar, $\frac{1}{2}$ cup soy sauce and $\frac{3}{4}$ cup vegetable oil
- Commercial marinades
- Milk

Recipes

Roasts

BARBECUED ROAST

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|---|---------------------------|
| 3- or 4-pound rolled roast of deer, antelope or elk | 2 tablespoons brown sugar |
| ¼ cup vinegar | Salt and flour |

Barbecue Sauce

- | | |
|------------------------------------|----------------------------------|
| ½ cup catsup | ½ cup melted margarine or butter |
| 1 cup water | ¼ cup grated onion |
| 2 tablespoons Worcestershire sauce | |

Dip roast in vinegar-sugar mixture; then salt and dredge with flour. Place roast on rack in roasting pan, pouring a little water into the roasting pan and bake at 350° F. Make a sauce of the last five ingredients. After meat is slightly brown, spoon sauce over meat. Continue baking meat until tender, basting occasionally with the remainder of sauce.

SAUERBRATEN

- | | |
|--------------------------------|-----------------------|
| 3 pounds deer, antelope or elk | 6 whole cloves |
| 2½ cups vinegar | 3 bay leaves |
| 3 cups water | 6 whole black peppers |
| 2 sliced medium-sized onions | 1½ teaspoons salt |
| ½ sliced lemon | |

Place meat in a large bowl; add remaining ingredients. Let meat marinate for 48 hours in refrigerator, turning occasionally. Remove meat, brown in hot fat. Remove meat and add 1½ tablespoons flour to fat; brown and add 2 cups vinegar mixture; cook until mixture thickens. Add meat and simmer for 2 hours. Remove and slice meat; pour gravy over the meat.

SAVORY CAMP ROAST

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|---|------------------------------------|
| 5 pounds deer, antelope or elk roast, fat trimmed | 2 teaspoons salt |
| ¼ cup cider vinegar | ¼ teaspoon pepper |
| ¼ cup chili sauce or catsup | 2 tablespoons honey or brown sugar |
| 1 tablespoon flour | 4 strips bacon, thinly sliced |
| 1 teaspoon Worcestershire sauce | ½ cup butter or margarine |
| 1 teaspoon dry mustard | 2 cups hot water |
| ½ teaspoon chili powder | Flour |

Wipe roast with damp paper towel. Make paste of vinegar, chili sauce or catsup, 1 tablespoon flour, Worcestershire sauce, mustard, chili powder, salt, pepper, and honey or brown sugar. Rub well into meat. Place on rack in roasting pan. Lay strips of bacon over top and hold in place with toothpicks. Dot with butter or margarine and pour water around — not over — meat. Brown at 450° F., basting with drippings every 10 to 15 minutes. Occasionally sprinkle lightly with flour before basting. When well browned, after about 1 hour, reduce heat to 350° F. and roast 4 hours longer if meat is from a young animal; 5 hours if from an older animal. Add more water as moisture evaporates. Thicken drippings with flour for gravy. Serves eight.

Steaks

CHICKEN-FRIED STEAK

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|---------------------------------------|--------------------------|
| 2 pounds deer, antelope or elk steaks | 1 tablespoon garlic salt |
| 1 teaspoon salt | 1 egg |
| ½ teaspoon pepper | 1 cup milk |
| 1½ cups flour | |

Mix together flour, pepper, salt and garlic salt. Beat egg and milk together. Turn steaks in egg and milk mixture; dredge in flour. Fry quickly in hot oil. Do not over-fry to keep steaks tender and juicy.

DEEP FRIED BACKSTRAP

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|---|------------|
| Deer, antelope or elk backstrap, cut in 1-inch steaks | ¼ cup salt |
| Warm water | Pepper |
| | Flour |

Place steaks in warm salted water and soak for 10 minutes. Drain and blot dry. Sprinkle with pepper and place in a bag with flour and shake until evenly coated. Fry in deep fat at 350° F. for 10 to 12 minutes.

SWISS STEAK

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|--|--------------------------------------|
| 2 to 3 pounds deer, antelope or elk steaks | 1 small can tomato sauce |
| Salt and Pepper | 2 tablespoons Worcestershire sauce |
| Flour | 1 cup grated cheddar cheese |
| 1 large onion, chopped | ¼ cup chopped green pepper, optional |
| 2 carrots, chopped | 3 tablespoons oil |
| 1 large can stewed tomatoes | |

Season steaks with salt and pepper. Pound flour into steaks; brown in oil on both sides. Remove from heat and arrange in a casserole dish. Mix onion, carrots, stewed tomatoes, tomato sauce and Worcestershire sauce in saucepan and heat thoroughly. Thicken slightly with 2 to 3 tablespoons flour. Pour over steaks. Bake at 350° F. for 2 hours. Sprinkle the top with chopped green peppers and grated cheese and cook for 15 minutes. Serves four.

Cubes and Strips

BIG GAME IN BEER

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|--|--------------------------------|
| 4 pounds deer, antelope or elk meat, cubed | ½ teaspoon thyme |
| Vegetable oil | 3 bay leaves |
| 6 cups sliced onions | Parsley |
| Salt and pepper | 1 or 2 bottles beer |
| 4 cloves garlic, mashed | 1½ to 2 tablespoons cornstarch |
| 1 can beef broth | 1½ to 2 tablespoons wine |
| 3 tablespoons brown sugar | vinegar |

Brown meat cubes in small amount of vegetable oil in iron skillet. Brown onions in same skillet as meat. Add salt, pepper and mashed garlic. Mix meat and onions in iron Dutch oven. Heat beef broth in skillet in which meat and onions were browned. Scrape bottom for brown crusty pieces and pour over meat and onions. Add brown sugar, thyme, bay leaves and parsley. Add beer until meat is barely covered. Cook in Dutch oven at 325° F. for 2½ hours. Thicken gravy with cornstarch dissolved in wine vinegar. Serve over rice. Serves six to eight.

CAMPERS' STYLE BIG GAME

- | | |
|---|---------------------------------------|
| 2 pounds deer, antelope or elk
meat, cubed | 2 cups hot water |
| Salt and pepper | 1 4-ounce can mushrooms |
| Flour | 1 medium onion, sliced |
| 4 tablespoons butter or
margarine | 1 8-ounce can lima or butter
beans |
| | 3 medium carrots, diced |

Salt and pepper meat cubes and dredge in flour. Brown in butter or margarine in heavy frying pan or iron skillet over hot fire. After meat is browned, add hot water and vegetables. Cover and simmer slowly about 2 hours or until meat is tender. If a thickened gravy is desired, add a small amount of flour and thicken 5 to 10 minutes before serving. Serves four.

FRENCH FRIED LIVER

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|---------------------------|-------|
| Liver | Flour |
| Salt and pepper, optional | Fat |

Cut liver in strips. Season with salt and pepper. Dredge in flour. Add enough fat to a deep fat fryer or a deep skillet with a frying basket to completely cover the meat. Heat fat to frying temperature, 360° to 390° F. If a deep fat fryer is not available, test the heat with a 1-inch cube of day-old bread. The bread will brown in 1 minute if the fat temperature is 360° F. Place the liver in the basket and lower into the hot fat. Cook until done. Remove from fat and drain on absorbent paper. Serve at once.

GAME HAWAIIAN STYLE

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|--|---------------------------|
| 1 pound boneless round steak
of deer, antelope or elk,
cubed | Sauce |
| ¼ cup flour | 2½ tablespoons cornstarch |
| ¼ cup butter or margarine | ½ cup pineapple juice |
| ½ cup boiling water | ¼ cup vinegar |
| 1 teaspoon salt | ¼ cup sugar |
| 2 or 3 green peppers | 2½ tablespoons soy sauce |
| ½ cup pineapple chunks | |

Cut steak into 1-inch cubes and dredge with flour. Brown meat cubes on all sides in butter or margarine. Add water and salt. Simmer gently until meat is tender. Clean green peppers and cut in 1-inch squares. Boil 10 minutes and drain. Add pepper squares and pineapple chunks to browned meat. Combine last five ingredients and cook until sauce is clear and thick. Pour sauce over meat mixture and simmer 5 minutes. Serve over Chinese noodles or cooked rice.

Ground Meat

ENCHILADAS

- | | |
|--|------------------------------------|
| 1 pound deer, antelope or elk meat, ground | 1 8-ounce can tomato sauce |
| 2 tablespoons shortening | 2 cups water |
| 1 medium onion, chopped | 1 10-ounce can prepared chili |
| 1 tablespoon chili powder | 12 tortillas |
| Salt and pepper | ¼ pound pasteurized cheese, grated |

Sear meat in shortening and add ¼ cup chopped onion, chili powder, salt and pepper to taste. Add tomato sauce, water and canned chili. Simmer for 20 minutes. Heat tortillas in hot shortening, dip in chili mixture and place in large baking dish. Fill each tortilla with 1 teaspoon onion, 1 teaspoon grated cheese and 1 tablespoon chili meat; roll. Sprinkle remaining cheese over enchilada; place in 350° F. oven until cheese is melted.

GROUND MEAT APPETIZERS

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|--|---------------------------------|
| 1 pound deer, antelope or elk meat, ground | 1 teaspoon Worcestershire sauce |
| 1 tablespoon minced onion | 1 tablespoon prepared mustard |
| ¾ teaspoon salt | 1 tablespoon horseradish |
| 2 tablespoons butter or margarine | ½ teaspoon celery seed |
| 2 tablespoons flour | ½ teaspoon sugar |
| 1 cup hot water | |

Mix ground meat with onion and salt and shape into balls about ¾ inch in diameter. Brown in butter or margarine. Remove balls from pan and blend flour into the fat and drippings; add hot water and stir until mixture boils and thickens. Add Worcestershire sauce, mustard, horseradish, celery seed and sugar. Place meat balls in a small casserole and pour sauce over them. Cover and bake at 350° F. for 25 to 30 minutes.

MEAT LOAF WITH CHILI SAUCE

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|---|-------------------|
| 2 pounds deer, antelope or elk meat, ground | 1 tablespoon salt |
| 4 slices fresh bread | ¼ teaspoon pepper |
| ½ cup water | 2 eggs |
| 1 medium onion | 1 cup chili sauce |

Soften bread in water and add remaining ingredients. Mix well; pack in pan and cover with chili sauce. Bake at 375° F for 45 minutes.

MINCEMEAT

- | | |
|---|--|
| 4 pounds of deer, antelope or elk, "trim" meat with bones | 1 tablespoon ground ginger |
| 2 pounds seedless raisins | 1 tablespoon ground cloves |
| 1 15-ounce box seeded raisins | 1 tablespoon nutmeg |
| 1 12-ounce box currants | 1 teaspoon allspice |
| ¾ pound beef suet | 1 teaspoon mace, optional |
| 3 pounds apples, peeled and quartered | 2 quarts cider, grape juice or other fruit juice |
| 1 tablespoon salt | 1 pound brown sugar |
| 1 tablespoon cinnamon | ½ cup lemon juice |

Trim fat from meat. Cover with water. Simmer until meat is tender. Refrigerate in cooking liquid and allow to cool overnight. Remove all fat from top of liquid.

Separate meat from bones and put meat through grinder, using a coarse blade. (There should be enough cooked meat to make at least 2 quarts of ground meat.) Grind suet and apples. Combine all ingredients in a large kettle. Simmer for 2 hours to plump fruit and blend flavors. Stir often to prevent sticking. Use "as is" for cookie recipes. Add 1 cup chopped apple for every 2 cups mincemeat for pie. Use big game mincemeat in any of your favorite mincemeat recipes.

To preserve mincemeat for future use, freeze in pint jars allowing 1 inch head space.

TAMALE PIE

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|-------------------------|---|
| 1 can whole kernel corn | 1 teaspoon chili pepper |
| 1 can tomatoes | ½ cup fat, melted |
| 1 cup cornmeal | 1 pound cooked deer,
antelope or elk meat,
ground |
| 3 eggs | 1 large onion, chopped |
| 2 cups milk | Ripe olives, pitted |
| 1 tablespoon salt | |
| ½ teaspoon black pepper | |

Cook corn and tomatoes together for about 15 minutes until most of juice is evaporated. Mix cornmeal, eggs and milk and boil until thick. Add seasonings, fat, ground meat, onion, and tomato and corn mixture. Mix thoroughly. Pour into greased baking dish. Garnish with ripe olives. Bake 50 to 60 minutes at 350° F. Serves eight to 10.

Organ Meats

FRIED HEART

- | | |
|-----------------|-------------------------------|
| 1 heart | 2 tablespoons bacon drippings |
| ½ cup flour | 2 cups hot water |
| Salt and pepper | 1 teaspoon oregano |

Dice heart into ½-inch-thick pieces. Place flour in bag and add meat, salt and pepper; shake well. Fry in bacon drippings until well seared. Add water and oregano and cook slowly for 30 minutes.

Alternate: Heart may also be sliced and fried.

Javelina

The meat from javelina is fine-grained and pink to light red in color. The musk gland must be removed when dressed or the meat will not be suitable for eating. Care should be taken to keep the meat from drying out in cooking. When barbecuing javelina, whole or in small cuts, use a marinade for moisture and flavor.

ROAST JAVELINA

- | | |
|-----------------|--------------------------|
| Javelina roast | Onion rings |
| Salt and pepper | Canned tomatoes, drained |

Before cooking, sprinkle roast with salt and pepper and dredge in flour. Brown on both sides. Add onion rings and drained, canned tomatoes. Cover and simmer slowly for 2 hours or more depending on size.

JAVELINA CHOPS

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|--|---|
| 6 javelina loin chops, cut
about 1-inch thick | Salt and pepper |
| 2¼ cups marinade | ¼ cup bacon drippings or
vegetable oil |

Marinate chops for 4 hours, turning every hour. Drain, pat dry and sprinkle with salt and pepper. Sear both sides of chops in hot drippings or oil. Remove from pan and broil about 7 minutes on each side. Serves six.

MARINADE

- | | |
|---------------------------|-------------------------------------|
| ¾ cup lime or lemon juice | 1 large carrot, diced |
| ½ cup orange juice | 1 clove garlic, minced |
| ½ cup vinegar | 2 tablespoons parsley,
chopped |
| 2 cups apple cider | 1 bay leaf |
| 1 medium onion, sliced | ¼ teaspoon nutmeg |
| 1 cup diced celery | 2 seeded chili peppers,
optional |

Mix all ingredients. Use to marinate javelina. Makes about 4½ cups marinade.

Big Game Sausage

Sausage making and curing are not an exact science. There are many preferences for different flavors and textures. Recipes can be adapted to please individual tastes.

FRESH BREAKFAST SAUSAGE

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|---|------------------------------------|
| 25 pounds lean deer, antelope
or elk meat | 1½ to 2 ounces ground sage |
| 25 pounds very fresh regular
pork trimmings (50 percent
lean, 50 percent fat) | 1½ to 2 ounces black pepper |
| 1 pound salt | ½ ounce red pepper (if
desired) |
| | 5 ounces sugar |

For Small Quantities

- | | |
|---------------------------------|--------------------------------------|
| 2 pounds wild game meat | 2 teaspoons ground black pepper |
| 2 pounds regular pork trimmings | ¼-½ teaspoon red pepper (if desired) |
| 2 teaspoons salt | 1 teaspoon sugar |
| 4 teaspoons ground sage | |

Thoroughly mix trimmings and grind through a plate with ½-inch holes. Spread coarsely ground meat on table top, sprinkle seasoning on top and thoroughly mix. Regrind through a plate with ⅛-inch holes. If a ½-inch plate is not available, sprinkle seasoning on top of trimmings, thoroughly mix and grind once through a plate with ⅛-inch holes.

If sausage is to be stuffed, do this immediately for best results. Stuff into natural hog casings, plastic bags or muslin bags (any cloth bag made from strong cloth that has been washed several times can be used). Natural hog casings can be obtained from meat markets, local meat processing plants or stores. Soak them in warm, salty water for about 1 hour or until they are pliable.

If bulk sausage is to be served soon after making, $\frac{3}{4}$ cup of water may be added to about 4 pounds of sausage. Knead with hands until sausage becomes sticky. Pack tightly in small molds, pans or cans and chill overnight before slicing.

CURED AND SMOKED SAUSAGE (COUNTRY STYLE)

37½ pounds of deer, antelope or elk	2 ounces black pepper
12½ pounds of very fresh pork fat trimmings (fatback)	½ ounce ground cloves (or ½ ounce ground nutmeg, if desired)
1 pound salt	¼ ounce garlic powder (if desired)
1 ounce saltpeter (potassium nitrate — obtainable at drug store)	

Prepare and grind meat and add seasoning as for fresh sausage. Stuff into natural hog casings or muslin casings. Hang or place on racks to cure and dry for 24 to 48 hours at a temperature of 38° F. to 40° F. The recipe used for fresh breakfast sausage can be used to make cured and smoked sausage.

Smoking: Smoke the sausage 1 to 2 hours or until light brown color is obtained.

Smoking Sausage

There are many ways to smoke meat. One way of smoking is to build a small fire out of hardwood (pecan, hickory or oak) at one end of a backyard, closed-type cooker. Burn it until live coals are obtained; then put a few hardwood chips on the coals. Place the sausage or cured meat cuts on the rack on the opposite end from the coals. Use enough water on the chips so they do not blaze and smoke the sausage with the cooker closed. Keep the temperature of the cooker between 130° F. and 150° F.

Smokehouses can be made from any closed device such as old refrigerators, oil drums, etc. An air inlet is needed at the bottom and a damper at the top. Some method for keeping the interior hot is needed. The whole smoking and drying procedure can be accomplished in one of these devices, but requires close watching.

Try a small quantity at first until you perfect your own special method. This is not an exact science.

Storing Sausage

Fresh sausage can be stored in refrigeration for 1 week or in the freezer at 0° F. for not more than 3 months. Salt added to the meat reduces freezer storage time by about 50 percent. Before freezing, sausage should be wrapped in freezer paper, plastic freezer bags or foil. Bulk sausage can be wrapped in freezer paper, plastic freezer bags or foil and placed directly into the freezer.

Cured and smoked sausage can be held in refrigeration for 2 or 3 weeks or stored in the freezer. Protect and store cured and smoked sausage using the same method as for fresh sausage. Cured and smoked sausage may be kept in the freezer for not more than 3 months.

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