

The University of Georgia College of Agricultural &
Environmental Sciences/The Daniel B. Warnell School of
Forest Resources

WILD GAME from FIELD to TABLE

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Duck

Coot

In pioneer times the meat on the family table was usually wild game. The majority of Americans today, however, are inexperienced at preparing food from live animals; most people eat domestic meats that are slaughtered, cut and packaged by others. This material has been prepared to assist you in making full use of wild game from the time you see it until it reaches the table. Anyone with a little experience and common sense can do a first class job of cooking game.

No doubt you have heard someone say, "I don't like the taste of any kind of wild meat." This opinion undoubtedly results from too limited experience. Wild meats are good to eat and they are frequently higher in protein and vitamins and lower in fat than meats of domestic animals.

Care of Game in the Field

Deer and Other Large Game

If you think of meat on the table when you see a deer in the woods, shoot the deer in the heart-lungs area. The target is large and the animal will bleed out well. Shots in the spine that do not damage large blood vessels will result in bloody meat. A wounded animal chased some distance before it is killed may be tough to eat.

If a downed deer is still alive, a shot behind the ear will finish it quickly. This shot is likely to cut the jugular vein and aid bleeding. Approach the animal from the side opposite the legs. Touch the eyeball with a long stick. If there is no reflex, you know it's dead.

Should a downed deer be bled by cutting the throat or "sticking" the carcass at the base of the neck? If the heart has stopped beating, there is little to be gained; if the animal is alive, such a procedure is dangerous. When you are sure the animal is dead,

field dress immediately.

"Field dress" means that you open the body cavity and remove the internal organs. Almost any knife with a sharp, small to medium size blade will do. An average size folding pocket knife is a common choice. Pierce a small hole through the hide and body wall where the breastbone ends, but do not cut into internal organs. Hold the sharp edge of the knife facing outward; then cut down to and around the genitals and anus (Figure 1).

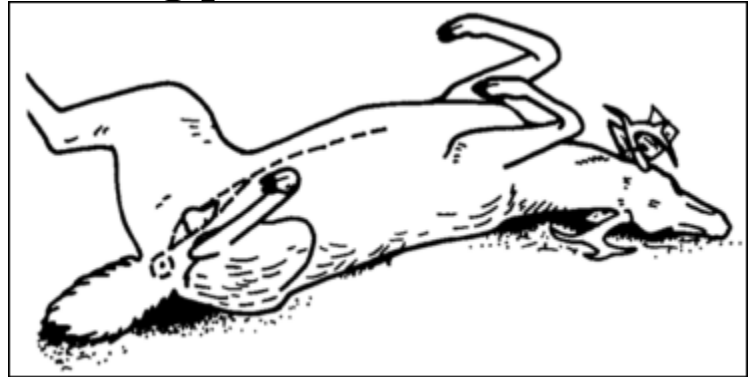


Figure 1.

You will want your shirt sleeves rolled up for the next step. Cut the diaphragm from the body wall. The diaphragm is the sheet of muscle that separates heart and lungs from other internal organs (Figure 2). Cut the diaphragm close to the body wall following the ribs down one side, across the backbone, and up along the ribs on the other side to the starting point. To free the heart and lungs, reach forward until you feel the windpipe and esophagus and cut them off as far forward as possible. Free intestines by cutting around the anus and pulling them through to the inside. (This will be easier if you slit the pelvis with a heavy knife. When field dressing moose or elk, a small ax is desirable.)

The internal organs can now be removed in their entirety by rolling them out onto the ground. Wipe the carcass clean and dry inside. Do not use water unless the organs were punctured by shot or knife. Separate heart, liver and kidneys, and put them in a plastic bag or skewer on a sharpened stick for easy carrying.

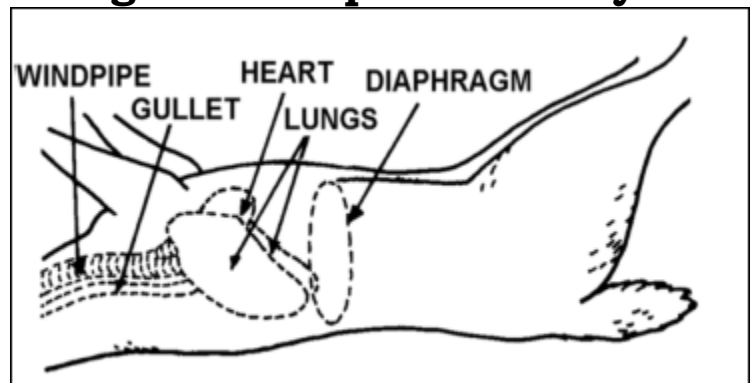


Figure 2.

Hang the carcass to cool it quickly. Prop the body cavity open with a stick. During warm weather, get it to a cooler as quickly as possible. If the weather is under 40 degrees F, there is no rush. Venison is most tender and flavorful after several days aging at 35-40 degrees F.

Are you going to save the trophy or hide? Deciding whether to have a deer head mounted is sometimes difficult. A bigger buck may come along next year. You can delay a trip to the taxidermist for years if you remove the skin and preserve it immediately. Cut up the back of the neck and around the base of each antler; do not cut the throat. Do not cut the hide off at the base of the neck, but take the skin from the shoulders and entire chest. The taxidermist will discard what he doesn't need. Be careful skinning around eyes and nose. Ears are also tricky but must be skinned out. Turn ears inside out when skinned. Poorly skinned ears are a common fault. Hair will fall out from spots which are improperly skinned and preserved.

Once the skin is cleaned of all flesh and fat, salt it heavily. You cannot use too much salt. Dry in a shady place. When skin is nearly dry but still flexible, fold gently. Do not crease dry hides. Keep free of insects. Antlers are left attached to the bone and need no special care. If you care for your trophy in this manner, it can be properly mounted by a taxidermist any time. The alternative to this procedure is to rush your deer to a taxidermist as soon as possible.

You can skin a deer in a hurry by the following method:

Hang the deer by the antlers or the neck with a stout rope. Cut the hide around the neck and down the belly. Peel hide down until enough is free to place a golf ball or rounded stone under it. Tie a rope around the bulge and the other end to your car. Drive ahead slowly while your partner uses a knife to free the hide from difficult spots. To preserve the hide, remove all flesh and fat and coat with salt. Dry as described

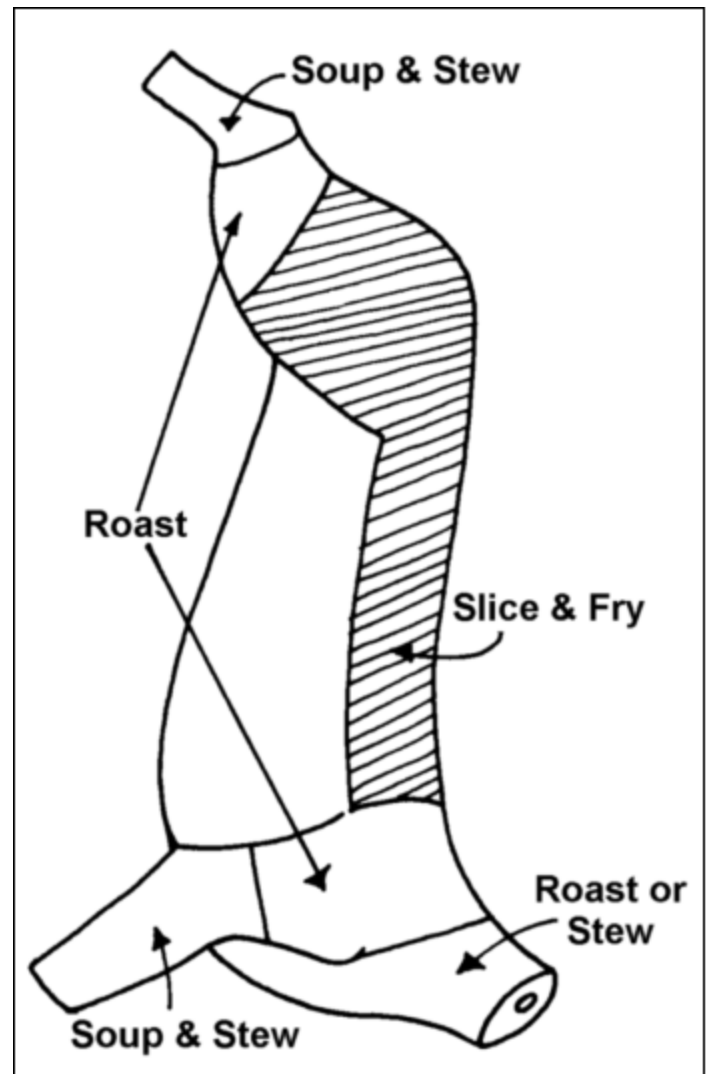


Figure 3.

previously.

Small Game, Including Birds

Since most small game is taken with a shotgun, chances for placing your shot are limited. Field dress at once. The procedure is like that described for deer but much easier. Cool the carcass as quickly as possible. Do not pack carcasses together or they will cool slowly. If animals are taken by trap and are expected to be dead when found, check your traps frequently to get the freshest meat possible.

When hunting rabbits, there is a remote chance of becoming infected with tularemia (rabbit fever), a dangerous disease. Do not handle rabbits that act "tame" or weak or seem unusually thin or "poor." Rubber gloves are recommended when dressing rabbits. If your hands have cuts or scratches, let someone else dress them.

Techniques for skinning small game vary. Furbearers should be skinned carefully in a manner prescribed by the fur buyer. If the fur is not valuable, the job is easier. Skin squirrels by making a backside diagonal cut on each side from the base of the tail toward the belly. Sever the tailbone at the base (Figure 4). Then step on the tail, grab the hind feet and pull; most of the hide will come off with the tail (Figure 5). Skin the hind legs separately and then cut off the feet. Rabbits have a fragile skin that can be torn off by making a cut in the middle of the back and pulling the skin toward both ends.

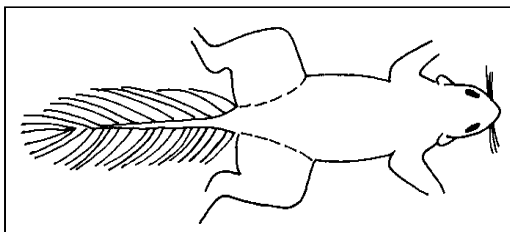


Figure 4.

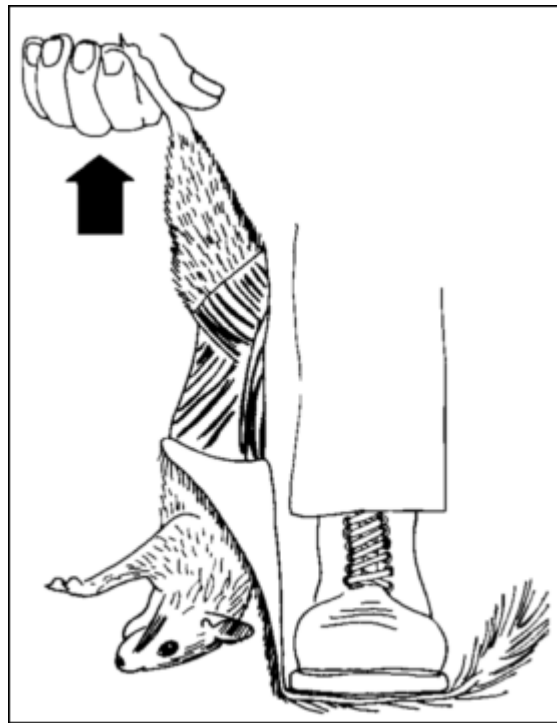


Figure 5.

Fish

Fish spoil faster than birds and mammals. Keep fish alive or keep them cool. The fresher the fish, the better the fish. If a fish is deeply hooked or shows signs of weakening on the stringer or in the live-box, clean it and put it on ice.

Scaling or skinning is often easier before cleaning. To scale fish, scrape from tail to head with a knife, sharp-edged spoon or fish scaler. To skin catfish, nail the head to a heavy board, cut around the body just behind the head, grasp the skin on either side with pliers and pull. It's easy. To clean fish, cut off the head, slit the body wall down to the vent and remove the internal organs. Rinse and cool at once.

Methods of Cooking Wild Game

Venison

Venison is the meat of antlered animals, e.g., deer, moose, elk and caribou. It is of finer texture, much leaner, but more watery than beef.

Liver, heart and kidneys are best if eaten immediately while the rest of the meat is still hanging. The heart can simply be washed, sliced and fried in butter. Liver and kidneys are improved by cleaning and kneading gently in salt water to remove excess blood. They are excellent if pan-fried in butter.

After the carcass has aged several days at 35-40 degrees F, you can easily cut it yourself with only a sharp knife and remove the meat from the bones. Boneless meat takes less freezer space and cooks more evenly. Trim off bloodshot meat and as much fat as you can. The fat is tallow-like and sticks to the roof of the mouth unless piping hot.

Meat high on the upper hind legs and along the backbone is most tender. Slice one-half to three-fourth inch thick for steaks and chops.

To freeze, wrap tightly in heavy freezer paper (-20 degrees F rated), shiny side in, staple or seal with freezer tape and label each cut.

You can grind meat as you need it using scraps or less tender cuts from the freezer. An ordinary home food grinder will do the job. The trick is to use small pieces of partially frozen meat. To make this lean meat more interesting, grind it with fresh sausage (2-3 parts venison to 1 part sausage) or grind with 1 part beef fat to 6 parts venison.

Methods for Tender Cuts Pan-Frying (Steaks, Chops and Loin)

Because venison is a watery meat with little fat marbling, the key to cooking juicy, tender steaks and chops is to hold the water in the meat. To do so, cut pieces no thicker than 3/4 inch, fry quickly in a liberal amount of fat and do not crowd in the pan.

1. Heat a heavy frying pan until sizzling hot.
2. Add 2 tablespoons butter.
3. Place meat in the hot pan. Sear on both sides, turning only once.
4. Reduce heat slightly to finish cooking. Turn if necessary. (If

water seeps out of the meat, the fire is too low or pieces are crowded.)

5. Remove to a warmed platter when meat is still pink, just before it seems done. Serve.

For a real hunter's feast, serve with lemon butter or hot Cumberland sauce below.

Lemon Butter

1/4 cup butter (do not use margarine)	1 teaspoon minced parsley
1/2 teaspoon salt	3/4 to 1-1/2 tablespoon lemon juice

1/8 teaspoon white pepper, optional

Cream butter until soft. Add salt, pepper and parsley. Add lemon juice very slowly while creaming. Serves four.

Hot Cumberland Sauce

This sauce has many ingredients, but you can omit some or substitute with what you have on hand.

1 tablespoon brown sugar	1/2 cup blanched, slivered almonds
1 teaspoon dry mustard	2 teaspoons cornstarch
1/4 teaspoon ground ginger	2 teaspoons water
1/4 teaspoon ground cloves	1/4 cup red currant jelly
1/4 teaspoon salt	1/4 cup orange juice
1-1/2 cups port or other wine	2 tablespoons lemon juice
1/2 cup seedless golden raisins	1 tablespoon grated orange and lemon rind

Combine first 8 ingredients in heavy saucepan;

simmer 8 minutes. Dissolve cornstarch in water and stir mixture slowly into sauce. Simmer 2 minutes. Stir in remaining ingredients. Serve hot. Makes 2 cups.

Roasting (Round, Loin)

- 1. Season with salt and pepper.**
- 2. Place on rack in uncovered pan; cover surface with bacon strips.**
- 3. Do not add water; do not cover.**
- 4. Roast in slow oven (300-325 degrees F) allowing 20-25 minutes per pound.**

Moist Heat Methods (For Less Tender Cuts)

Substitute venison in most moist heat recipes calling for beef. Use extra fat if necessary.

Stewing (Shoulder, Shank, Neck)

- 1. Cut meat into 1-inch cubes.**
- 2. Season with salt and pepper; sprinkle with flour.**
- 3. Brown in hot fat.**
- 4. Cover with boiling water.**
- 5. 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.**

Braising (Shoulder, Neck, Breast)

- 1. Season with salt and pepper; rub with flour.**
- 2. Brown in hot fat.**
- 3. Add small quantity of water (about 1 cup).**
- 4. Cover closely.**

5. Cook very slowly until tender. Turn meat occasionally. About 2-3 hours.

Venison Soup Stock

Put bones left from cutting deer in large kettle. Add water to cover. Simmer 2 hours. Cover and cool overnight in refrigerator to harden fat; then remove all fat. Pick meat from bones and return it to the jellied soup stock. Package for freezer storage. Use as base for noodle or vegetable soups.

Venison Steak au Poivre

2 tablespoons peppercorns	1/4 cup butter
4 venison steaks or filets sliced lengthwise into 1/2-inch thick pieces	1 cup cognac or other good brandy
1 cup heavy cream	

Crush peppercorns coarsely on a board. Press steaks into peppercorns. Fry quickly in sizzling hot butter in heavy skillet. Cook to desired degree of rareness; do not overcook. Remove steaks to a warm platter and keep hot. Reduce heat to low. Add cognac and let sizzle, stirring; then stir in cream. Keep stirring until sauce is hot but do not let it boil. This will make a rich, light-brown sauce. Pour sauce over steaks and serve immediately.

Phyllis Jackson, Oglethorpe County

Easy Campfire Venison

Save your best steaks and chops for pan frying. Anything you don't quite know how to cook will do for this recipe, and it's sure to be tender.

4-6 servings venison, sliced 1/2 inch thick
1 package dry onion soup

Arrange meat in a single layer on heavy aluminum foil. Sprinkle generously with dry onion soup. Seal foil packet tightly. Cook slowly in bed of hot coals

or in 325-degree F oven about 1 hour or until done. Serve with buttered noodles or mashed potatoes.

Phyllis Jackson, Oglethorpe County

Venison Sausage

30 pounds venison, cut	3 ounces black pepper
20 pounds fat pork, about 50-60% lean, cut	2 ounces sage, optional
1 pound salt	1 ounce red pepper, optional

Sprinkle seasonings over meat. Grind through coarse chili plate. Re-grind through sausage plate. If sausage is to be frozen, season only half the total amount. Wrap sausage in sizes needed for a meal in moisture vapor-proof paper. Thaw and season unseasoned sausage just before using. Unseasoned sausage will keep fresh 5 or 6 months, while seasoned sausage will turn flat and rancid after 3 months.

True Venison Jerky

Cut lean strips of venison into pieces 1 to 1-1/2 inches thick and about 5 inches long. Any cut can be used., but tender meat gives a better product. The loin, round and flank are often used.

Make a brine of 1/2 pound salt to 1 gallon water; store in granite canner, stone crock or plastic bucket. Add meat. Weight the meat so the liquid covers the surface and allow to stand at least 12 hours.

Drain well and place on trays from smoker. Transfer to smokehouse. Dry out and flavor with warm - not hot - smoke for 5 to 15 days, depending on the size of the pieces to be dried. Use any non-resinous wood like maple, ash or apple. When completely dry, store the meat in airtight containers. Jerky keep indefinitely if all

the fat has been removed before brining.

Venison Roast

3- to 4-pound venison roast 1 can cream of
celery soup
1 package onion soup mix 2 cans water
1 clove garlic, slivered, or garlic
salt to taste (optional)

Season roast to taste with pepper. Sprinkle onion soup mix and garlic (if desired) over meat. Spread celery soup over roast. Add water. Cover and cook in 250-degree F oven 2 to 2-1/2 hours. Add more water if necessary. Serves 8-10.

Jim & Linda Kundell, Clarke County

Poyha

This is a different kind of meatloaf recipe handed down by the Cherokee Indians.

1/2 cup cornmeal 1 small onion,
chopped
1/2 cup water 1 teaspoon salt
1 pound ground venison 2 eggs
1 No. 303 can whole kernel
corn

Measure the cornmeal and place in a small bowl. Add the water and stir to mix. Allow to stand. Brown the venison in a small amount of fat. When meat is thoroughly cooked, add the corn and onion; cook 10 minutes. Add the salt, egg and cornmeal mixture. Stir well; cook 15 minutes. Put in greased loaf pan and bake 30-45 minutes at 350 degrees F. Serve with gravy, cheese sauce or mushroom soup.

Smoked Tongue

Boil tongue in salt water and, when cool, peel off the tough covering. Or salt for a day, cook and peel; then smoke over a hardwood fire for 2

venison**2 teaspoons salt****3/4 to 1 cup milk****1/4 teaspoon pepper****Salt & pepper (for gravy)**

Soak bread in water for 5 minutes. Break into small bits, pressing out as much water as possible.

Combine bread, ground venison, salt, pepper and chopped onion. Blend lightly but thoroughly.

Shape into small balls about 1 inch in diameter.

Chill for 15 to 20 minutes. Brown on all sides in butter, turning frequently. Cover pan. Turn heat to low and cook for 15 minutes.

Remove meat balls to separate pan and keep hot.

Add flour, salt and pepper to pan drippings; stir well. Add milk, stirring constantly, and simmer 3 or 4 minutes. Serve hot over meat balls. Serves 4.

Venison Loaf**2 pounds ground venison****3 tablespoons Worcestershire sauce****2 eggs****1 small onion, chopped****2 teaspoons salt****1-1/2 cups bread crumbs or oatmeal****1 teaspoon pepper**

Mix all ingredients. Turn into greased loaf pan.

Bake in 400-degree F oven for 1 hour.

Johnny Varner, Carnesville, Georgia

Venison Burger with Soy Sauce**1 pound ground venison****1 tablespoon oil, optional**

Garlic powder, to taste 4 tablespoons soy sauce

Shape venison into patties 1 inch thick. Sprinkle both sides with garlic powder. If fat was added to meat when ground, cook in ungreased skillet.

Salting the skillet lightly will keep burgers from sticking. Otherwise, add 1 tablespoon oil to skillet. As the burgers begin to fry, pour 1 tablespoon of soy sauce over each patty. The salty flavor of the soy sauce combined with the garlic powder adds a new dimension to venison

burgers.

*Melody Mosby, Gardening Assistant, Madison
County*

Venison Chops

6 venison chops, well trimmed 1/2 cup flour

Salt and pepper to taste 3 tablespoons shortening

1/4 teaspoon onion or garlic salt

Season venison chops with salt, pepper and seasoned salt and dredge with flour. Cover and cook over low heat in shortening in a skillet for 1/2 hour. Turn occasionally, adding a small amount of water if necessary. Remove cover and brown the chops on both sides. Serves 6.

Hancock County Extension Office

Ground Venison Casserole

1 pound ground venison Dash pepper
1/2 chopped onion 4 large potatoes, sliced
1/2 teaspoon salt 1 can mushroom soup

Brown ground venison and onion. Add salt and pepper. Boil potatoes until tender; drain. In baking dish, put layers of potatoes, venison and mushroom soup. Bake at 400 degrees F for 35 minutes.

Johnny Varner, Carnesville, Georgia

Venison Bourguignon

2 pounds venison (no fat) cut into 1-inch cubes 12 pearl onions or 2 medium onions, chopped

1/4 cup butter or margarine 2-3 carrots, sliced (optional)

1/4 teaspoon leaf thyme Flour

Salt and pepper to taste 1 cup burgundy wine

2 whole celery stalks

Brown venison in butter. Add seasonings and enough water to cover meat. Add celery stalks. Simmer for 30 minutes. Add onions and carrots and continue cooking until meat is fork tender (about 45 minutes). When meat is done, thicken sauce with flour and remove celery stalks. Add wine. Serve over rice. Serves 6.

Deluxe Venison Stew

**2 pounds venison stew meat, 1 tablespoon salt
cut in 1-1/2 inch cubes**

3 tablespoons fat 1 teaspoon sugar

**4 cups boiling water 1/2 teaspoon
pepper**

**1 tablespoon lemon juice 1/2 teaspoon
paprika**

**1 teaspoon Worcestershire
sauce Dash allspice**

1 clove garlic 6 carrots, sliced

**1 large onion, sliced 12 small white
onions**

**2 bay leaves 3 potatoes, cut in
large cubes**

Saute the meat on all sides in hot fat until brown. Add water and next 10 ingredients. Cover; simmer 2 hours, stirring occasionally to keep from sticking. Remove bay leaves and garlic. Add carrots, onions and potatoes. Cover. Continue cooking 30 minutes or until vegetables are done. Thicken the liquid for gravy. Serves 6-8.

Lewis Watson, Jr., Reynolds, Georgia

Venison Brunswick Stew

**4 pounds venison 2 medium cans tomato
stew meat paste**

**3 red peppers 2 tablespoons
Worcestershire sauce**

1-1/2 cups vinegar 1 lemon, quartered

3 large onions, 2 cans garden peas,

chopped	medium
2 teaspoons salt	2 cans whole corn, medium
6 tablespoons shortening	2 cans whole tomatoes, medium
4 tablespoons flour	2 pounds potatoes, diced bit size

Stew meat with pepper, vinegar and water until the meat slips from the bone; remove all bones. Add onions and salt; continue cooking. In a separate pan, melt shortening, add flour; stir constantly until browned. Add tomato paste and Worcestershire sauce. Add this gravy to stew. Cook for 15 minutes. Add remaining ingredients. Continue to cook for 1 hour. Serves 24.

Venison Scotch Broth

1 pound venison	Dash garlic powder
1 pound venison bones	1/4 teaspoon pepper
1 medium onion, diced	Salt to taste
1/4 cup butter	2 carrots, diced
9 cups water	3 celery stalks, diced
1 tablespoon seasoned salt	1/2 to 2/3 cup medium barley
1/2 teaspoon leaf thyme	3 tablespoons flour
1 bay leaf	

Brown venison, bones and onion in butter in a dutch oven. Add water, spices and cover and simmer until tender for about 1 hour depending on the age of the deer. Remove meat and bones from broth. Dice meat into 1/2-inch cubes and return to broth with carrots, celery and barley. Simmer 30 minutes or until vegetables are tender. Thicken broth with flour. Serves 4-6.

Larry Benoit

Venison Swiss Steak

1/2 cup flour	2 bay leaves
2 pounds venison	1/4 cup chopped green

steak peppers
 Bacon drippings 2 tablespoons sugar
 1 package dry onion soup 1 small jar mushrooms
 2 cups canned tomatoes

Pound flour into meat. Cut meat into 1-inch thick strips. Brown meat quickly in small amount of bacon drippings. Drain off excess fat. Add remaining ingredients. Simmer slowly for 2 hours or until meat is tender. (Salt and pepper not needed because onion soup mix has enough.)

Donna Stanaland, Alma, Georgia

Broiled Venison Steaks

4 half-inch thick steaks 1 tablespoon onion juice
 2 tablespoons salad oil Dash salt
 1/4 cup margarine

Brush venison steaks (from leg, rib or loin chops of young animal) with salad oil; let stand 15 minutes. Broil steaks 3 inches from heat for 7 to 10 minutes. Combine margarine, onion juice and dash salt; brush on broiled steaks.

Carol Rutland, Columbus, Georgia

Larry's "Any Chunk of Deer Meat"

Arrange venison in cooking pan with enough foil to completely wrap.

2 tablespoons Worcestershire sauce, just slosh it on	Black pepper, cover liberally
1/4 cup wine (if you like it), just slosh it on	Tabasco, dash or two to taste
Salt, cover liberally	Garlic salt, sprinkle lightly

Adolph's Tenderizer, sprinkle

Complete wrapping in foil to keep moisture in. Bake at 350 degrees F until tender or meat shrinks away from bones - about 45 minutes per pound.

*Larry Torrance, Former District Agent, Georgia
Extension Service*

Bear

Bear meat can be excellent when properly prepared and when cooked is very much like pork. A young animal does not need to have its meat marinated, although this helps to tenderize the meat and to remove the gamy taste. Older meat should always be marinated. Be sure to remove the fat before preparation. Also cut out all sinews and other undesirable parts.

Roast Bear

The shoulders, loin and hams may be roasted in the oven the same as pork is roasted. Remove from the marinade and wipe dry before putting in the oven. Like pork, these cuts of bear should be well done.

Bear Marinade

**2 cups claret or other wine 2 whole cloves
2 cups vinegar (or 4 cups of either) Pinch of salt
1 teaspoon Worcestershire sauce 1 tablespoon whole black pepper
1 bay leaf
Combine all ingredients and pour over meat.**

Broiled Bear Chops

Remove the chops from the marinade and wipe dry; broil over the coals and baste frequently with some of the marinade. Cooking time will depend on the thickness of the chops, but be sure they are well done.

Serve sauteed apples with this dish. Corn bread

muffins should also be included, for they are a staple with this food. To prepare the apples, leave the peelings on the fruit; core and slice medium thick. While the apples saute in a little butter, sprinkle them with sugar and any spices that are desired.

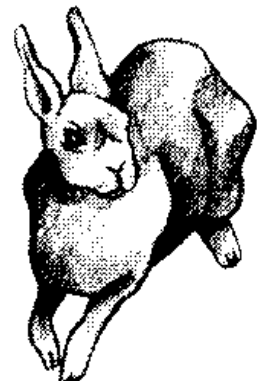
Small Game

When small game carcasses arrive in the kitchen, examine them carefully for shot holes. Shot holes are often marked by a plug of hair that the shot has pushed into the meat. Use knife point or forceps to probe each shot hole for embedded pellets. Remove dirt and fragments of broken bone. Trim off bloodshot meat. Disjoint carcasses. Refrigerate, freeze or prepare for cooking immediately. If soaking in salt or vinegar solution is desired, refrigerate while soaking.

Do animals of different ages require different preparation? Often one hears that old animals are tough and young ones are tender. How does one tell an old animal from a young one? Size is an important factor for determining age of certain species such as beaver. It is difficult for most people to tell the age of wild animals. Knowledge of teeth, bones, feather patterns and other parts are required. Most small game is less than a year old as most animals die in their first year. For example, 80 percent of all quail usually die before they are a year old. Don't worry too much about whether your game is going to be tender or tough; do a good job with the preparation and it will make good food.

RABBIT

Rabbits have tender, pink meat that is well liked by nearly everybody. Smaller rabbits are often fried or may be marinated as in the classic German dish, Hasenpfeffer. Larger animals are best in stews or pies. Substitute for chicken in most recipes. Guard against tularemia by handling meat with utensils or rubber gloves; cook until well done to be on the safe side.



Baked Stuffed Rabbit with Carrots

3 or 4 medium potatoes 1/2 teaspoon pepper
 2 tablespoons margarine 1 teaspoon dried summer savory
 1 teaspoon salt 1 cup finely chopped celery
 1 rabbit Bacon or pork
 2 large carrots, quartered 1 or 2 cups hot water

For stuffing, mash potatoes to make 2 cups. Season with butter, salt, pepper, savory and celery. Fill body of rabbit with this stuffing and sew it up. Place rabbit on rack of baking pan with legs folded under body. Place quartered carrots beside it.

Lay bacon over the back to keep flesh from drying out. Fasten these in with toothpicks. Put pan in hot oven (400 degrees F) and, after first 10 minutes, pour a cup or two of hot water over body; continue cooking until tender. Shortly before end, remove bacon and let rabbit brown.

Rabbit Delight

1 rabbit 2 green peppers, chopped
 1 tablespoon fat 1/2 cup mushrooms, chopped
 1 cup broth 1 tablespoon parsley, chopped
 1/4 cup lemon juice Pinch of ginger
 3/4 cup orange juice Salt and pepper

Joint the rabbit and brown pieces in fat. Add broth and other ingredients. Cover and cook slowly until tender. Season to taste.

Fried Rabbit

1-1/2 to 2 pound rabbit, dressed, cleaned & cut into serving pieces Salt and pepper

Flour**Cooking fat or
oil**

Roll rabbit in mixture of flour, salt and pepper. Heat fat or oil about 1/4-inch deep in a heavy frying pan large enough to hold the pieces without crowding. Use moderate temperature. Put in the large, meaty pieces of rabbit first and cook about 10 minutes before adding the smaller pieces and giblets. Turn the pieces often for even cooking, and cook until well-browned and tender, about 30 to 35 minutes. Serves 3-4.

Fricasseed Rabbit

1 rabbit, dressed, cleaned &
quartered or cut into small pieces

Salt and
pepper

Flour

Milk

3 tablespoons butter or fat

Onion juice

Roll in flour and brown in butter or other fat. Season with salt and pepper; add milk very slowly, just enough to keep it from sticking and cook covered until tender. Make gravy in pan by adding flour. Flavor with onion juice if desired. Variations: Add sliced onion to cover meat and 1 cup sour cream. Cover and simmer for 1 hour or place in a 325-degree F oven and bake until tender.

Rabbit a la Mode

1 rabbit, dressed, cleaned &
cut into small pieces

6 peppercorns

Vinegar

1 bay leaf

Water

Flour

1 onion

3 tablespoons
butter

1/2 teaspoon salt

1/2 cup sour cream

Place rabbit in a crock or jar. Cover with vinegar and water in equal parts. Add next four ingredients.

Soak rabbit for 2 days; then remove meat, keeping the liquid. Sprinkle meat with salt and pepper.

Dredge with flour. Melt in skillet 3 tablespoons butter. Saute rabbit in butter until browned. Pour in vinegar water to depth of 1/4 inch. Cover pot closely; simmer until done. Do not boil at any time. Remove rabbit from pot. Thicken drippings with a paste of flour and water. Stir in 1/2 cup sour cream. Heat through. Serve immediately.

Rabbit Curry with Poppy Seeds

5 tablespoons shortening	1 tablespoon ground corriander
4 medium onions, finely sliced	2 cups hot water
1 teaspoon ground cinnamon	1/2 fresh coconut
3/4 teaspoon crushed garlic	1 tablespoon poppy seeds
1 cup plain yogurt	Salt to taste
2-3 rabbits, about 2-1/2 to 3 pounds, cut up	24 cashew nuts
Crushed red pepper or cayenne pepper to taste	Juice of 1 lime
1/2 teaspoon ground ginger	

Heat 4 tablespoons shortening in large skillet. Add onions and brown slowly. Add separately, stirring after each addition: cloves, cinnamon, 3/4 teaspoon ginger and garlic. Stir in yogurt. Add rabbit and brown meat 4-5 minutes.

Heat 1 tablespoon shortening in small skillet. Add crushed pepper. Add 1/2 teaspoon ginger and corriander. Fry spices 2-3 minutes, then add to rabbit. Add water and cover tightly. Cook over low heat about 1 to 1-1/2 hours until about two-thirds done.

Grind together to a fine paste: coconut, poppy seed and salt, using the fine blade of food chopper or high speed of blender. Add this paste to rabbit mixture. Add nuts and lime juice. Cook 1/2 hour longer or until done.

Note: To open fresh coconut, place coconut in 325-degree F oven about 15 to 20 minutes. Do not overheat. Cool. Pierce the three "eyes" at one end and drain the milk. Be careful - it's hot. Crack the shell with a hammer and pull off the white meat. Remove the brown skin from the meat.

LaVonne McPherson, Madison County

Barbecued Rabbit or Squirrel or Quail or Goat

***(or most anything else you don't know
exactly how to cook)***

Split delectable morsel in half so it will lay flat on grill (or rack of pan if using oven). Salt and pepper as for frying. Place on grill, turn frequently and baste with sauce (recipe follows) each time you turn. Cook until done through.

Barbecue Sauce

**1 cup cider vinegar 4 teaspoons Tabasco sauce
2 tablespoons salt 5 teaspoons Worcestershire
sauce**

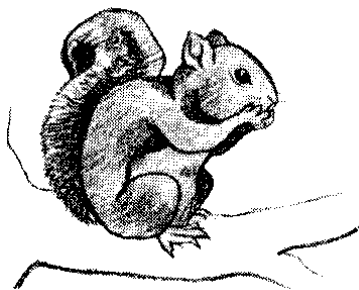
**1/2 cup cooking 1/4 teaspoon garlic powder
oil (optional)**

Combine all ingredients. This sauce without the cooking oil makes a good overnight marinade.

Makes 1-1/2 cups sauce.

*Larry Torrance, Former District Agent, Georgia
Extension Service*

SQUIRREL



Squirrel is a medium red, tasty meat which can be substituted in most recipes calling for chicken.

Baked Squirrel

4 squirrels, cleaned and dressed	2 tablespoons parsley, chopped
Flour	2 tablespoons onion juice
1 can bouillon	Clove of garlic
1/4 cup Worcestershire sauce	Small bay leaf

Season with salt and pepper to taste. Flour squirrels and brown in roasting pan. Add remaining ingredients and bake at 350 degrees F for 45 minutes. Reduce temperature and continue cooking until tender (about 45 minutes). Serves 4.

Squirrel Pie

1 squirrel	1/8 teaspoon pepper
3 tablespoons flour	1/2 cup fresh cut mushrooms
1/2 tablespoon minced parsley	2 cups stock or milk
1 teaspoon salt	
Biscuits:	
2 cups flour	1/4 cup fat
4 teaspoons baking powder	2/3 cup milk
1/2 teaspoon salt	

Disjoint and cut squirrel into 2 or 3 pieces. Cover with water and cook 1 hour. Remove meat from bones in large pieces. Add flour, parsley, salt, pepper and mushrooms to the stock. Cook until it thickens (5 to 10 minutes). Add the meat and mix well. Pour into baking dish.

Make the biscuits by sifting the flour, baking powder and salt together. Cut in the fat and add the milk. Stir until all dry ingredients are moistened. Roll only enough to make it fit the baking dish. Place dough on meat in baking dish. Bake in moderate oven (350 degrees F) until dough is golden brown (30-40 minutes). Serves 6-

8.

Broiled Squirrel

1 squirrel 1/8 teaspoon pepper
 1 teaspoon salt 1/2 teaspoon fat

Clean squirrel. Rub with salt and pepper. Brush with fat and place on broiling rack. Broil 40 minutes, basting every 10 minutes with drippings. Serves 2-3.

RACCOON

Raccoon meat is dark. The fat is strong flavored, and most cooks prefer to remove it. Raccoon is usually parboiled before roasting.

Roasted Raccoon

Leave a 1/4-inch layer of fat on raccoon. Cover carcass with cloth dipped in fat. Place on a roasting rack in a shallow pan. Do not cover or add water. Bake at 275-300 degrees F 3 to 4 hours. Remove cloth the last 1/2 hour; baste several times with drippings and dust with flour after each basting for a crackly and crisp crust.

Fricasseed Raccoon

1 raccoon, cut into serving pieces 1/8 teaspoon pepper

1/4 cup flour 3 tablespoons fat
 1 teaspoon salt 2 cups water

Remove fat from lean meat. Combine flour, salt and pepper in a bag. Add meat and shake bag to coat. Fry in hot fat until brown. Add water, cover and simmer 2 hours or until tender.

MUSKRAT (Marsh Rabbit)

Some people are not fond of the word "rat," and cannot imagine eating one. This is perhaps why muskrats are called "marsh rabbits" when marketed commercially. Muskrat is one of the most tender and flavorful of all wild meats and should never be wasted. It can be cooked without special preparation, though some cooks soak it overnight in a solution of 1 tablespoon salt or 1 cup vinegar in 1 quart water. Cook by most recipes calling for chicken.

Muskrat Meat Loaf

1-1/2 pounds ground muskrat **1/4 teaspoon thyme**
2 eggs, beaten **1 teaspoon salt**
1/3 cup dry crumbs **1/4 teaspoon pepper**
1 cup evaporated milk **1 teaspoon Worcestershire sauce**

1/4 onion, minced or grated

Soak muskrat overnight in salted water (1 tablespoon salt to 1 quart water). Remove meat from bones and grind. Mix ground meat thoroughly with other ingredients. Place in meat loaf dish. Place dish in pan containing hot water. Bake in a moderate oven (350 degrees F) for 1-1/4 hours to 2 hours. Serves 6-8.

Baked Stuffed Muskrat with Carrots

1 muskrat **1 teaspoon dried summer savory**
3 medium potatoes **1 cup finely chopped celery**
2 tablespoons butter **2 large carrots**
1-1/2 teaspoons salt **3 slices bacon**
1/4 teaspoon pepper

Soak muskrat overnight in salted water (1 tablespoon salt to 1 quart water). Cook potatoes and mash potatoes with the butter; season with 1/2 teaspoon salt, 1/8 teaspoon pepper, savory and celery. Fill the muskrat with this stuffing and

sew it up. Rub muskrat with 1 tablespoon salt and 1/8 teaspoon pepper. Place on rack in a roasting pan with the legs tied under the body. Place two large quartered carrots on the rack beside the muskrat. Place bacon on the back. Bake in a hot oven (400 degrees F). After 10 minutes, pour two cups of hot water over the body and continue cooking for 45 minutes. Remove bacon the last 10 minutes to brown the back. Serves 4.

Fried Muskrat

1 muskrat	1/2 cup fat
1 teaspoon salt	1 cup tomato catsup
1/8 teaspoon pepper	1/2 teaspoon Worcestershire sauce
1/2 medium sliced onion	

Soak muskrat overnight in salted water (1 tablespoon salt to 1 quart water). Drain, disjoint and cut into desired pieces. Place in deep pan and add 1 quart water, salt, pepper, onion and cook about 1 hour. Melt fat in skillet and fry meat brown on one side; turn, and immediately pour catsup and Worcestershire sauce over the meat. Almost cover with water (about 1 cup) and let simmer until gravy is thick enough to serve (about 30 minutes).

WOODCHUCK

Woodchuck meat is dark but mild flavored and tender. It does not require soaking, however, many people like to soak it overnight in salt water. If the woodchuck is caught just before he begins his winter sleep, there is an insulating fat layer under the skin. Remove excess fat. Remove 7 to 9 "kernels" (scent glands) in the small of the back and under the forearms. Parboil the meat of older animals; cook by recipes calling for chicken or rabbit.

Fried Woodchuck

1 woodchuck 1 cup flour
1 tablespoon salt 2 tablespoons fat

Clean woodchuck and cut into 6 or 7 pieces.

Parboil in salted water for 1 hour. Remove from broth, roll in flour and fry in hot fat (deep fat may be used) until brown. Serves 6.

Woodchuck Meat Patties with Tomato Sauce

1 woodchuck 2 eggs
1 cup bread crumbs 3 tablespoons fat
1/4 cup ground onion 1 cup catsup
1 teaspoon salt 1/4 teaspoon Worcestershire sauce

1/8 teaspoon pepper

Clean woodchuck. Remove meat from the bones and grind. Add 1/2 cup crumbs, onion, salt, pepper, 1 beaten egg and 1 tablespoon melted fat. Mix thoroughly. Shape into patties and dip into 1 beaten egg, then into 1/2 cup crumbs; fry until brown in 2 tablespoons hot fat. Add catsup and Worcestershire sauce and bake in a slow oven (325 degrees F) for 1 hour. Makes 8-9 patties.

Woodchuck Pie

1 woodchuck, skinned and cleaned 1 tablespoon salt
1/4 cup onion 1/8 teaspoon pepper
1/4 cup green pepper 4-1/2 tablespoons flour
1/2 tablespoon minced parsley 3 cups broth
Biscuits:

1 cup flour	2 tablespoons fat
2 tablespoons baking powder	1/4 cup milk
1/4 teaspoon salt	

Cut woodchuck into 2 or 3 pieces. Parboil for 1 hour. Remove meat from the bones in large pieces. Add onion, green pepper, parsley, salt, pepper and flour to the broth and stir until it thickens. If the broth does not measure 3 cups, add water. Add the meat to the broth mixture and stir thoroughly. Pour into baking dish.

For biscuits, sift the flour, baking powder and salt together. Cut in the fat and add the liquid. Stir until the dry ingredients are moist. Roll only enough to make it fit the dish. Place dough on top of meat, put it in a hot oven (400 degrees F), and bake 30 to 40 minutes or until dough is browned. Serves 6-8.

OPOSSUM

The 'possum is a favorite southern game animal, liked for its light colored, tender meat. Remove small, red scent glands in small of back and under each foreleg between the shoulder and rib. Remove excess fat. Parboil meat of older animals.

Roasted Stuffed Opossum

1 opossum, skinned and cleaned	1 teaspoon salt
Salt and pepper	Dash pepper
1/4 cup fat	1-1/4 teaspoons poultry seasoning
1/2 cup chopped onion	1/3 cup water
1/2 cup chopped celery	1 sweet potato per person
6 cups bread cubes	

Rub opossum with salt and pepper. Melt fat in skillet; add onion and celery and cook until tender. Combine bread cubes, salt, pepper and poultry seasoning with onions and celery. Add water and mix thoroughly. Fill the body cavity.

Close by sewing the skin together with a heavy string or by skewering the skin together and lacing with a heavy string. Place, underside down, on rack in shallow roasting pan. Roast at 300-350 degrees F 2 to 2-1/2 hours or until well done, basting occasionally with drippings and sprinkling lightly with flour after each basting for a crisp, crackly crust.

Barbecued Opossum

1 opossum, skinned and cleaned Prepared barbecue sauce

Cut opossum in half; place on rack and roast at 300 degrees F about 2 hours. Baste frequently with barbecue sauce.

Roast Opossum

1 opossum, skinned and cleaned 1 cup bread crumbs
 1 teaspoon salt 1/4 teaspoon Worcestershire sauce
 1 teaspoon pepper 1 hard cooked egg, chopped
 1 onion, chopped 4 slices bacon
 1 opossum liver, chopped

Rub opossum with salt and pepper. Brown onion in fat, add opossum liver and cook until tender. Add bread crumbs, Worcestershire sauce, egg, seasonings and water to moisten. Stuff opossum with this mixture and truss. Place in pan, belly down. Put bacon strips across back. Add 1 quart water to pan. Roast uncovered in 350-degree F oven until tender (about 2-1/2 hours), basting every 15 minutes.

Opossum and Sweet Potatoes

1 opossum (about 2-1/2 pounds) 1/2 cup water
 2-1/2 teaspoons salt 4 medium sweet

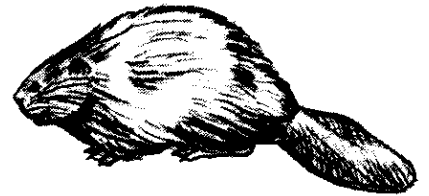
potatoes
 2 tablespoons sugar
 Pepper to taste
 Flour

Trim excess fat from opossum and discard. Wash quickly inside and out with warm water; drain thoroughly. Rub salt and pepper well into the opossum inside and out. Sprinkle inside and out with flour. Lay the opossum on its back in a roasting pan.

Add water, cover and bake at 350 degrees F until about half done (45 to 60 minutes). Split peeled potatoes in half lengthwise and place in pan around opossum. Add more water if needed. Cover sliced potatoes and opossum and cook 30 more minutes.

BEAVER

Beaver meat is dark and rich. Choose a smaller animal for best eating. Remove "kernels" (scent glands) in small of back and under forelegs between shoulder and rib.



Beaver Tail

Roast over open flame until rough skin blisters. Remove from fire. When cool, peel off skin. Cook over coals until tender.

Roast Beaver

1 small or medium beaver,
 cleaned and skinned

Sliced onions

Baking soda

Bacon

Remove all surface fat. Cover meat with a weak solution of soda and water (1 teaspoon soda to 1 quart water). Boil 10 minutes and drain. Cover beaver with bacon and onions and roast until tender. This will taste like roast goose and will fool anybody.

Fried Beaver

1 small beaver, cleaned and skinned, cut into serving pieces 1 teaspoon seasoning salt

6 slices bacon

Remove fat from beaver and soak overnight in cold water. Drain. Cook in small amount of water until tender, then fry with bacon and seasoning salt. Variation: Substitute hickory-smoked seasoning salt for plain seasoning salt.

ARMADILLO

Armadillos are very abundant in certain parts of the Southeast. Perhaps because of their unusual appearance or because they are known as pests in lawns and gardens, armadillos are often ignored by hunters. Armadillos have a very light, tender, tasty meat. Armadillo meat is delicious if simply pan fried in butter.

Baked or Barbecued Armadillo

2 pounds armadillo meat Salt to taste
 1 stick oleo or butter Pepper to taste
 Dash onion salt Lemon pepper to taste
 Season with salt, pepper, lemon pepper, lemon juice; rub with butter. Wrap in foil and bake at 325 degrees F for approximately 45 minutes. Remove foil, add more butter and brown. For barbecued armadillo, baste with barbecue sauce over grill after removing foil.

Armadillo in Mustard Sauce

Marinade:

1-1/4 cups dry white wine

1/2 cup oil

2 garlic cloves, crushed (optional)

1/4 cup butter

1 armadillo, cleaned and cut

into serving pieces
 Salt and pepper to taste 1-1/4 cups light cream
 1/2 teaspoon thyme 1 tablespoon brown mustard
 or Dijon
 1/2 teaspoon rosemary 1 tablespoon cornstarch
 1 medium onion,
 sliced thinly

Mix all ingredients of marinade and add armadillo. Marinate about 8 hours, turning meat occasionally. Remove armadillo and reserve marinade.

Melt butter in deep skillet and brown armadillo pieces. Pour in marinade and bring to a boil. Stir in seasoning, cover and simmer until tender - about 1 to 1-1/4 hours. Remove skillet from the fire and place armadillo pieces on a warmed platter.

Mix mustard and cornstarch, then mix in cream. Return skillet to low heat and stir in this mixture a little at a time. Stir sauce until hot - but not boiling - and thickened. Pour sauce over armadillo. Serve with steamed rice.

Phyllis Jackson, Oglethorpe County

Armadillo 'n Rice

1 armadillo, dressed and cleaned	2 cups rice, uncooked
4 large onions	Salt and pepper to taste
1 stalk celery	10 cups armadillo broth

2 cans chopped mushrooms

Boil armadillo until tender; reserve broth. Remove meat from bone. Cut onions and celery and cook in butter until tender. Add mushrooms and meat and simmer for 5 minutes. Put in a large baking pan or dutch oven and add 10 cups of hot broth; add rice, salt and pepper; stir. Place in a 375-degree F oven and cook until tender. Serves 12.

James S. Thornton, Superintendent, Brantley

*County Board of Education***SNAKE**

Many people are surprised to learn that most states give snakes legal protection. Some species are endangered. Certain snakes can be collected and killed in some places. Rattlesnakes are usually unprotected and are good eating. They have a white, tasty, somewhat stringy meat and are bony.

Deep-Fat Fried Rattlesnake

1 rattlesnake, cut into 3- 1 teaspoon salt
inch pieces
2 tablespoons lemon juice Fritter Batter (recipe
below)
1/4 cup oil Oil

Marinate meat in refrigerator, overnight, in lemon juice, 1/4 cup oil and salt. Baste meat occasionally. Wipe meat dry. Dip pieces in Fritter Batter. Deep-fat fry in heavy skillet.

Fritter Batter

1 egg 1/2 cup plus 1-2 tablespoons self-
rising flour

1/2 cup
milk

Beat together eggs and milk; stir in flour. Let batter rest about 20 minutes. Batter should be quite runny, about like fresh cream, when used. Only a thin batter will fry crisp.

Phyllis Jackson, Oglethorpe County

***Baked
Rattlesnake***

1 rattlesnake (medium to large 1/4 pound fresh
Diamondback or other large mushrooms,

species)	sliced
1 recipe thin white sauce:	1 teaspoon basil
1 tablespoon	1 teaspoon white
margarine	pepper
1 tablespoon flour	1 teaspoon
	rosemary
1/2 teaspoon salt	1 tablespoon
	lemon juice
1 cup half-and-half or milk	1/4 cup capers

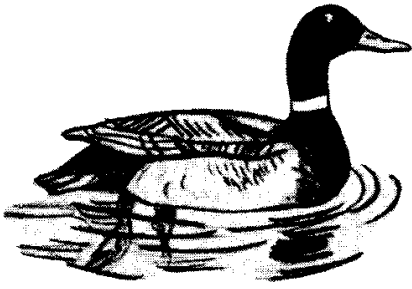
Skin the snake, dress and wash in cold water. Cut into 3-inch sections and place in large baking dish. Melt margarine. Stir in flour and salt. Gradually stir in milk and stir constantly until thickened and smooth. Pour over meat; add the mushrooms, basil, pepper, rosemary and lemon juice. Cover tightly. Bake in 300-degree F oven for 1 hour or until done. Garnish with capers.

Game Birds

Skin or pluck game birds. Skinning is easier, but plucking usually produces a tastier bird. The skin has an under layer of fat which keeps the meat juicy while cooking. The skin is flavorful except in a few species, such as coots, which are best skinned. Chilled birds pluck easier.

Plucking birds in a bucket of warm water with a little soap added will prevent feathers from floating about the kitchen. Pluck ducks and geese, which have very dense feathers, by the paraffin method. First, remove coarse feathers. Make up mixture of 3 pounds paraffin to 10 pounds boiling water. Dunk the duck repeatedly until well coated. Let paraffin harden. Then peel off the paraffin and the feathers will come with it. Re-use the paraffin after reheating and straining out feathers. Ruffed grouse have very tender skin; pluck them carefully. Singe bird carcasses if desired.

DUCK



Duck Pilau

2 cups roasted duck meat 2/3 cup uncooked rice

Duck carcass 2 tablespoons butter

1 onion, chopped 3/4 cup finely chopped celery

Celery leaves to taste 1 cup leftover gravy

Break carcass apart and add 4 cups water, chopped onion (reserving 1 teaspoon) and celery leaves. Simmer for 1 hour, strain, bring to boiling point and stir in slowly 2/3 cup rice. Cook the rice in the liquid until tender (about 1/2 hour); drain and reserve the liquid. Melt 2 tablespoons butter, add finely chopped celery and 1 teaspoon grated onion; saute covered for 5 minutes. Add the duck meat, rice and 1 cup duck liquid (or leftover duck gravy). Mix ingredients well with a fork. Serve hot with stewed plums or apricots.

Smothered Wild Duck

1 duck 1/2 cup flour

1 teaspoon salt 1/2 cup fat

1/4 teaspoon pepper 1 cup milk

Cut duck into 6 or 7 pieces. Season with salt and pepper and roll in flour. Fry duck slowly in hot fat until brown on both sides, about 30 minutes, turning only once. Add milk; cover tightly and simmer slowly 1 hour or until tender. (May be baked at 325 degrees F.) Serves 3-4.

Baked Duck in Orange Juice

4 pounds ready-to-cook duck 1-1/2 teaspoons salt

1/2 cup flour 1-1/3 cups fresh orange juice

1/4 cup shortening 1 teaspoon grated orange rind

1 small minced onion 1 tablespoon cornstarch
 1/4 teaspoon ground 1 tablespoon water
 ginger

Remove skin from duck and quarter. Coat with flour. Brown on all sides in hot shortening. Place in a casserole. Add next five ingredients. Cover and bake 1-1/2 hours or until duck is tender in a preheated 350-degree F oven. Remove duck to serving dish; keep warm while making sauce. Blend cornstarch and water. Add to the liquid left in the casserole. Stir and cook until sauce has thickened. Garnish with orange slices and fresh parsley. Serve hot with wild rice. Serves 4.

Mark Watson, Howard United Methodist Church

Roast Duck

2 small ducks 2 tablespoons butter
 2 cups chopped 2 tablespoons flour
 celery
 2 bay leaves 2 tablespoons catsup
 Pepper 1 small can sliced mushrooms,
 drained
 1 teaspoon salt 1/4 cup sherry
 2 cups chicken
 stock

Arrange ducks in a pan with celery, bay leaves. Sprinkle with pepper. Dissolve 1 teaspoon salt in chicken stock and bring to boiling point. Pour over ducks. Bake at 350 degrees F for 1-1/2 hours, basting every 15 minutes. Remove ducks from pan. To make gravy, combine butter, flour and 2 cups of water or stock. Heat thoroughly. Add catsup, mushrooms and sherry. Salt and pepper to taste. Pour over ducks. Serves 4.

Donna Stanaland, Alma, Georgia

Wild Rice Stuffing for Wild Duck

1/2 cup wild rice 1 tablespoon melted fat
 1 quart boiling water 1 egg yolk, beaten
 1/2 teaspoon sage Salt and pepper

or basil

Dash thyme 1/2 pound fresh mushrooms,
sautéed

Cook rice in the boiling water until tender, approximately 25 minutes. Drain. Add remaining ingredients and blend well. Will fill a 2-pound bird.

Barbecued Duck Breasts

2 large duck breasts	1 tablespoon margarine
4 teaspoons lemon juice	1 teaspoon salt
1 teaspoon Worcestershire sauce	1/2 teaspoon paprika
1 teaspoon tomato catsup	

Combine lemon juice, Worcestershire sauce, tomato catsup and margarine to make barbecue sauce. Broil breasts 3 inches from source of heat until brown or about 10 minutes. Baste duck frequently with sauce. When meat begins to brown, sprinkle with salt and paprika. Broil for 20 minutes or until done. Serves 2.

COOT

Coot Stew

2 coots, cleaned and skinned	3 stalks celery
Margarine	1 small onion
1 pound potatoes	1 tablespoon beef extract
2 carrots	

Brown coots quickly in butter in dutch oven. Add potatoes, carrots, celery, onion - all cut into large pieces. Add beef or prepared gravy extract and 2 cups hot water. Cook slowly for 2 hours. Serves 5.

Coot Savory

2 coots, cleaned and skinned Salt and pepper to taste

1 tablespoon oregano

Split, disjoint and brown 2 coots in dutch oven or heavy skillet. Add 2 cups of hot water, oregano, salt and pepper to taste. Simmer slowly for 2 hours.

GOOSE

Stuffed Wild Goose

1 goose, 6-8 pounds, ready-to-cook 3 cups soft bread crumbs
 Juice of 1 lemon 1/2 teaspoon salt
 Salt and pepper 1/8 teaspoon pepper
 1/4 cup chopped onion 4 to 6 slices bacon
 1 cup chopped tart apple Melted bacon fat
 1 cup chopped dried apricots

Sprinkle goose inside and out with lemon juice, salt and pepper. Melt butter or margarine in a large saucepan. Add onion and cook until tender. Stir in apple, apricots, bread crumbs, salt and pepper. Spoon stuffing lightly into cavity. Truss bird. Cover breast with bacon slices and cheesecloth soaked in melted bacon fat. Place goose breast up on rack in roasting pan. Roast at 325 degrees F 20 to 25 minutes per pound or until tender, basting frequently with bacon fat and drippings from in pan. If age of goose is uncertain, pour 1 cup water into pan and cover last hour of cooking. Remove cheesecloth, skewers and string. Serves 6-8.

Roasted Goose

1 goose, 6 to 8 pounds 2 teaspoons salt

1 apple, sliced 1/4 teaspoon pepper

4 to 6 slices bacon

Sprinkle goose in and out with salt and pepper. Fill the goose with sliced apples. Truss bird. Cover breast with bacon slices and cheesecloth soaked in bacon fat. Place goose breast up on rack in roasting pan. Roast at 325 degrees F 20 to 25 minutes per pound, or until tender, basting frequently with drippings in pan. Serves 6-8.

Bread Dressing for Fowl

Giblets from 1 bird 1 cup chopped celery

1/4 cup butter 1-1/4 teaspoons salt

2 tablespoons 3/4 teaspoon paprika

chopped onion

6 cups bread, in 1/4 teaspoon nutmeg

small pieces

3 eggs 1-1/4 cups nut meats,
preferably black walnut

6 tablespoons Add milk to moisten

chopped parsley

This is sufficient dressing for a small turkey or goose.

TURKEY

Barbecued Turkey

1 turkey, about 8 pounds,
ready to cook

Salt and pepper

2-1/2 teaspoons liquid
smoke, if desired

Celery leaves from 1 bunch
celery

Barbecue Sauce:

2 coarsely chopped
onions

1/2 to 3/4 cup salad
oil

1 recipe barbecue
sauce

1 cup catsup	2 or 3 dashes
1 tablespoon	Tabasco sauce
Worcestershire sauce	1 tablespoon sugar
1 cup water	1 teaspoon salt
1/4 cup vinegar	

Rub cavity with salt; brush with 1-1/2 teaspoons liquid smoke. Stuff with celery leaves and onion. Truss bird. Add 1 teaspoon liquid smoke to salad oil; brush on bird. Sprinkle with salt and pepper. Place on rack in roasting pan and roast at 325 degrees F about 3-1/2 hours or until tender. Brush several times during cooking with oil mixture.

Thirty minutes before cooking is completed, add remaining oil mixture to hot barbecue sauce. Brush bird with sauce during last 30 minutes. Barbecue Sauce: Combine ingredients. Heat to boiling and simmer 30 minutes.

Roasted Wild Turkey

1 turkey, 8-10 pounds, ready to cook	1 teaspoon salt
Salt and pepper	1/4 teaspoon pepper
8 cups partially dry bread cubes	1-1/2 cups chopped onion
3/4 cup finely chopped celery	1/4 cup butter or margarine
1/2 cup chopped walnuts	1/4 cup water
2 to 3 teaspoons sage	Bacon slices

Sprinkle turkey inside and out with salt and pepper. Combine bread, celery, walnuts and seasonings. Cook onion in butter or margarine until tender but not brown; pour over bread mixture. Add the water and toss lightly. Spoon stuffing lightly into body cavity. Put remaining dressing in a greased casserole. Cover and bake in oven with turkey during last 30 minutes of roasting time. Truss bird. Cover breast with bacon slices and cheesecloth soaked in melted bacon fat. Place turkey, breast up, on rack in roasting pan. Roast at 325 degrees F 20 to 25 minutes per pound or until tender, basting frequently with

bacon fat and drippings in pan. Remove cheesecloth, skewers and string. Serves 8-10.

Chestnut Dressing

6 cups chestnuts, shelled 1/2 cup cream
and skinned

1 cup melted butter

2 cups dry bread in
small pieces

2 teaspoons salt

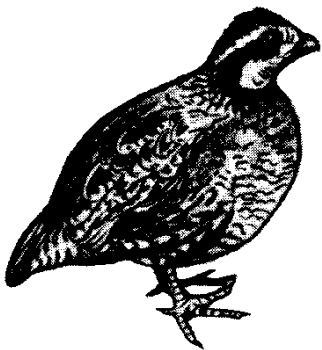
4 tablespoons chopped
parsley

1/4 teaspoon pepper

1 cup chopped celery

Drop chestnuts into boiling salted water. Cook until soft. Put cooked chestnuts through potato ricer. Combine with remaining ingredients. This makes sufficient dressing for a small turkey.

QUAIL



Roasted Quail with Mushrooms

4 quail, dressed and cleaned Juice of half lemon

4 slices bacon 1/2 cup hot water

1 tablespoon butter or margarine 1, 3-ounce can broiled mushrooms, drained

Wipe quail inside and out. Bind each bird with a slice of bacon. Put birds into a buttered pan and roast at 350 degrees F, basting occasionally, about 30 minutes or until tender. Remove birds and add butter or margarine, water and lemon juice to drippings in pan, stirring to make a gravy. Add mushrooms. Serve the birds on toast with gravy poured over them. Serves 4.

Mount Vernon Quail

8 quail, cleaned (or 2 per 1/2 - 1 cup water person)

Flour, salt, pepper Worcestershire sauce
Roll quail in seasoned flour; brown in skillet. Place on rack in pan. Add water for steam. Dash with Worcestershire sauce. Cover with foil and place in 300-degree F oven for 1 to 2 hours or until tender. Make gravy from drippings and serve with birds over wild or brown rice.

Variation: Omit Worcestershire sauce and add burgundy wine to taste just before serving.

Mrs. Lamar Wells, Montgomery County

Country Fried Quail

12 quail 2 eggs, well beaten
Salt and pepper 1/4 cup milk
1 quart peanut oil Four

Cut quail in half; salt and pepper. Make batter of milk and eggs. Dip quail in batter, then in flour. Fry in hot oil until golden brown. Serve hot. Serves 8.

Sauteed Quail

4 ready-to-cook quail 1/2 teaspoon salt
1/2 stick margarine 1/8 teaspoon pepper
1 medium sliced onion 1/3 cup sherry

Rinse quail well; pat dry with paper towels. In large skillet, add margarine and heat; saute quail until nicely browned. Add onion; cook, stirring occasionally, until tender, about 5 minutes. Add salt, pepper and sherry, mixing well; bring to boiling. Reduce heat, simmer and cover for 20 more minutes or until quail are tender. Serves 2.

Mitch Watson, Reynolds, Georgia

Quail Casserole

2 cups cooked quail, 1/2 cup mayonnaise
chopped
1/4 cup onion, chopped 3 hard boiled eggs, cut
fine

Woodcock or Sharptail Family Special

4 woodcock or sharptail, Salt
cleaned

Milk 1 cup sweet or sour
cream

Four

Split birds in half. Dip in milk and dredge with flour. Fry until brown; salt, put into casserole and cover with sweet or sour cream. Bake at 350 degrees F until tender. Scalloped onions make a tasty side dish with this recipe. Serves 4.

Roast Woodcock

4 woodcocks, cleaned Salt and pepper
1 tablespoon butter

Prepare birds as for broiling. Place in dripping pan with butter. Bake in 450-degree F oven for 5 minutes; then reduce heat to 325 degrees F and bake 15 to 25 minutes longer, depending on size. Baste frequently with drippings. Season to taste. Serves 4

Broiled Woodcock or Rail

4 woodcock or rails, 1/4 cup butter or
cleaned margarine, melted
Salt and pepper 1 tablespoon chopped
parsley

4 slices bacon

Sprinkle birds inside and out with salt and pepper. Wrap each bird with a slice of bacon and fasten with string or toothpick. Place birds on broiler grid and broil about 6 inches from source of heat 8 to 10 minutes on each side, or until tender. Baste frequently with butter or margarine. Remove string or toothpick, sprinkle with parsley and serve on buttered toast. Serves 4.

DOVE

Dove Pie

6 doves, cleaned and split 2 tablespoons flour
 1 quart water 2 tablespoons butter or margarine
 1 onion, chopped Salt and pepper
 1 small bunch parsley, chopped Pastry
 3 whole cloves

Cover doves with water; add onion, parsley and cloves. Cook until tender (about 15 minutes). Remove doves; skim liquid. Thicken liquid with paste made of flour and margarine. Season with salt and pepper. Remove from heat.

Line a baking dish with pastry. Place cooked birds in dish. Cover with gravy. Top with pastry. Bake at 350 degrees F for 1 hour or until crust is brown. Serves 4.

Braised Doves

8 doves, cleaned Flour
 Salt and pepper Fat

Salt and pepper doves and dredge in flour or a combination of flour and cornmeal. Heat fat in heavy pan, such as a dutch oven. Brown birds quickly on both sides. Remove most of the fat; add a small amount of wter, cover and simmer 1 hour over low heat. Serve hot. Serves 4.

Dove Delicious

8 doves, cleaned Onion, sliced 1/4 inch thick
 4 tablespoons butter Salt and pepper

Split doves down back, draw and clean. Boil doves for 15 minutes. Place inside the dove a half tablespoon butter and half slice of onion. Salt and pepper to taste. Wrap each dove in foil. Cook for

30 to 45 minutes at 400 degrees F and serve in foil. You may go a step further if you wish and place the unwrapped doves in a saucepan with gravy and let simmer until gravy is thick enough to serve. Serves 4.

Dove Stew

4 dove breasts per person	1 teaspoon seasoned salt
Buttermilk	1/4 teaspoon leaf thyme or season to taste
Flour	1/4 teaspoon white pepper
Butter or margarine	Burgundy wine (optional)
1 small onion, minced	

Soak dove breasts in buttermilk overnight. Puncture breasts several times. Drain and dry thoroughly. Coat breasts in flour. Fry in about 1/2 cup butter or margarine (NO oil). Add the onion, salt, pepper and cover with water. Cover the pan and simmer until tender, about 1 to 1-1/2 hours. Add wine. If necessary, thicken sauce with flour. Serve over rice.

Larry Benoit, Gwinnett County

Dove Supreme

12 dove breasts	3 stalks celery, finely chopped
Flour	1 medium onion, minced
2 cans beef consomme	4 tablespoons cooking sherry
1 carrot, minced	

Flour doves and brown in hot fat. Drain well. Pour consomme in a 2-quart casserole. Stir in carrot, celery, onion and sherry. Thicken to consistency of gravy, but avoid getting too thick. Place doves in gravy. Cover casserole. Place in oven and simmer for 1 hour at 325 degrees F. Serve with brown rice and mushrooms. Serves 6.

Dove with Apple Stuffing

12 doves, dressed and cleaned	1/2 teaspoon salt
3 cups bread cubes or cornbread, crumbled	1/2 teaspoon poultry seasoning
2 cups tart apples, cubed	1 small onion, chopped
1/2 cup celery, chopped	1/2 cup milk or stock
1/4 cup butter, melted	

Simmer doves until tender in small amount of salted water. Drain and set aside. Combine remaining ingredients; pour into baking dish. Arrange doves, breast down, in dressing. Brown and serve. Serves 12.

Jasper County

Smothered Doves

30 to 40 doves, dressed	Celery leaves
2 sticks butter	1 large onion
2 ribs celery	1 cup water

Salt and pepper 30 to 40 doves. Brown in a heavy iron skillet, using about 1 stick butter. When brown, put birds in heavy dutch oven with 1 stick butter, celery, celery leaves, onion and water. Cover tightly and bake in 300-degree F oven for 2 hours. Remove doves and make gravy with pan drippings. To make gravy, add 2 tablespoons water to 1 tablespoon flour to make paste. Add to pan drippings; stir until thickened.

Jasper County

Johnny's Recipe for Doves

1, 16-ounce can crushed pineapple	12-15 doves
1 medium bell pepper, chopped	12-15 strips of bacon
1 small onion, chopped	3 tablespoons melted butter

Salt and pepper

In a small bowl, mix pineapple, bell pepper and onion together. Salt and pepper doves. Wrap each in a strip of bacon; secure with toothpicks. Place in a buttered 9 x 13 inch baking dish. Pour pineapple mixture over doves. Bake at 325 degrees F for 45 minutes.

Johnny Hammock, Macon County

PHEASANT***Baked Pheasant***

1 pheasant	1/2 cup flour
1 teaspoon salt	2 tablespoons butter
1/8 teaspoon pepper	1 cup hot water

Dress, clean and cut pheasant into 9 pieces. Sprinkle with salt and pepper. Dip in flour. Place in a greased roaster. Dot with butter and brown in moderate oven (325 degrees F) for 1-1/2 hours or until tender. Serves 6.

Curried Pheasant

1 pheasant	2 tablespoons flour
1/2 cup flour	3 cups broth
3 tablespoons fat	1 sour apple or stalk of rhubarb
2 medium onions, minced	2 teaspoons salt
1-1/2 tablespoons curry powder	

Clean and cut pheasant into 8 or 9 pieces. Roll in flour and cook in hot fat until brown, removing each piece as it browns. Cook onions in same fat where meat was cooked. Add the curry powder with the flour. Cook slightly, add broth and stir until it boils. Replace the meat, add the apple or rhubarb and salt. Cover and simmer for 1-1/2

hours or until tender. Serves 6.

Roasted Pheasant

1 pheasant, dressed and cleaned	1 teaspoon salt
1 quart boiling water	1/8 teaspoon pepper
3 stalks celery	4 strips bacon
1 onion, whole	1 cup water

Put pheasant in pan and pour boiling water over bird and into cavity. Put the celery and onion in bird. Do not sew up. Sprinkle bird with salt and pepper. Place in roasting pan and put bacon over breast. Add 1 cup water and roast at 350 degrees F, uncovered, 2 hours or until tender. Serves 6 to 8.

Fried Pheasant

1 pheasant, dressed and cleaned	Red pepper
Salt	Flour
Black pepper	

Cut into serving pieces. Wash pheasant thoroughly; sprinkle with salt and pepper and roll each piece in flour. Fry in about an inch of hot oil until well browned. If pheasant is tough, cover and steam about 30 minutes after browning. Serves 2.

GROUSE

Ruffed Grouse Amandine

4 ruffed grouse, dressed and cleaned	1/4 cup blanched almonds, slivered
Salt and pepper	1 teaspoon lemon juice
4 slices bacon	4 slices buttered toast
1/2 cup butter, melted	

Sprinkle grouse inside and out with salt and pepper. Cover breast of each with bacon slice.

Place grouse, breast up, in a baking pan. Roast in heated 350-degree F oven 35 to 40 minutes or until top is lightly browned and crusty. Saute almonds in butter; add lemon juice. Serve birds on buttered toast. Top each bird with sauteed almonds. Serves 8.

Grouse with Orange Slices

4 grouse, dressed and cleaned	Grated peel of 1 orange
Salt and pepper	2 tablespoons orange juice
4, 1/4-inch thick orange slices, peeled and seeded	1 teaspoon lemon juice
4 slices bacon	Chopped parsley
1/2 cup butter, melted	

Sprinkle grouse inside and out with salt and pepper. Cover breast of each with an orange slice and a bacon slice; fasten with string. Place grouse, breast up, in a baking pan. Roast in preheated 350-degree F oven 15 to 20 minutes or until tender, basting frequently with combined butter, orange peel, orange juice and lemon juice. Remove string. Sprinkle with parsley. Serve with the roasted orange and bacon slices, baked hominy, baby Brussels sprouts and ale or beer. Serves 4.

Braised Breast of Grouse

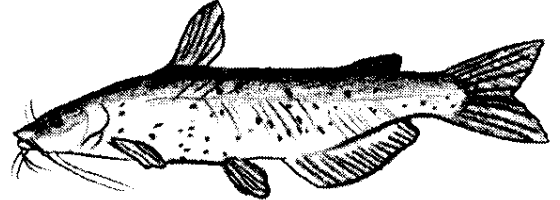
1/2 cup shortening	2 sprigs parsley
2 breasts of grouse	1/2 bay leaf
Salt and pepper	4 tablespoons flour
1-1/2 cups cold water	3/4 cup canned tomatoes
1 small carrot, sliced	1 teaspoon lemon juice
1 small onion, sliced	1 teaspoon minced parsley
1 stalk celery	1/2 cup sauteed mushrooms

Melt 1/4 cup shortening in skillet, add breasts of grouse and saute until brown. Season with salt and pepper, cover with water, add carrot, onion,

celery, parsley and bay leaf. Simmer until tender. Remove grouse and strain stock. Melt remaining fat, add flour and blend. Add stock and tomatoes gradually, stirring constantly. Add lemon juice, parsley, mushrooms, salt and pepper to taste. Reheat grouse in sauce. Serves 4-6.

FISH

For most fish, a good rule is the fresher the better. Some soft-meated fish, like carp, benefit from soaking in a medium salt solution to firm the meat. Small panfish are easiest to eat filleted (boned). Large fish may be filleted, steaked or cooked whole. Do not fillet members of the pike family, redhorse or suckers as these species have numerous small bones that remain in the fillet. Before serving fish to children, check portions for bones.



Broiled Fish

Whole fish or fish fillets can be broiled over charcoal or in an electric broiler. Fillets are washed, dried and placed on the broiling rack. The surface of each is covered with cooking oil and is seasoned with salt and pepper. After 10 minutes of cooking under a hot broiler, the fillet is turned over, oiled, seasoned and cooked again.

A whole fish can be treated the same way, but it will require a longer cooking time. Special taste sensations can be obtained by adding thyme, tarragon or chervil to the fillet or whole fish while it is broiling. Broiled whole sunfish seasoned with salt, pepper and thyme is very good.

Black Bass with Tomatoes and Shrimp

1, 3-pound bass	2 tablespoons flour
1/2 cup dry sherry	3/4 cup milk

Salt and pepper 1 teaspoon tomato sauce

3 tablespoons butter

Skin and fillet bass. Place on well-buttered ovenproof dish. Pour on dry sherry, salt and pepper; cover and poach in a moderate oven for 25 minutes. Remove and place on platter. Keep hot until needed.

Melt butter and stir in flour. Pour in strained liquid from bass and thicken over fire. Add milk and bring to a boil. Pour sauce over fish, reserving 2 tablespoons of sauce. To the remaining sauce, add tomato sauce and boil. Use this sauce to decorate fish.

Potato Patty Garnish

1 pound potatoes 3 tablespoons grated cheese

1 tablespoon butter 2 tablespoons chopped
shrimp

1 egg White bread crumbs

Boil potatoes, drain, peel and mash. Beat in butter, eggs, grated cheese and shrimp. Season and form into patties. Dust with flour and brush with beaten egg. Roll in white bread crumbs and fry in butter until golden brown. Use as garnish on fish platter.

Barbecue Sauce for Fish

1 cup cooking oil 1 teaspoon pepper

1/2 cup vinegar Garlic

1-1/2 tablespoons salt 1 egg

1 tablespoon poultry
seasoning

Beat egg; add oil and beat again. Add other ingredients and stir. Marinate fish in sauce for 1/2 hour, wrap in foil and broil for 1/2 hour.

Baked Fish

Any large fish, whether trout, carp, buffalo or catfish, can be baked for a delicious meal. Trout need only to be gutted and cleaned; the scales are too small to be removed. Carp and buffalo should be "fleeced"; that is, the scales and the upper layer of skin should be removed with a sharp knife in such a way that the inner skin remains in place to hold the fish together during cooking.

After the fish is washed and dried, season it inside and out with salt and pepper. A stuffing like the one in the following recipe should be placed in the cavity. The fish is placed in a roaster or casserole and covered with strips of bacon held in place with toothpicks. The toothpicks can be pushed into the lower side of the fish to hold the stuffing in place.

Chicken broth, sliced onions, sliced carrots and 2 tablespoons of dry sherry can be placed in the pan. The fish is cooked in a moderate oven.

Bread Stuffing for Baked Fish

1/2 cup butter	1/4 teaspoon pepper
1/4 cup onion, finely chopped	1 teaspoon chervil
1/2 cup celery, chopped	4 cups bread cubes
2 teaspoons salt	

Melt butter and add onion, celery, salt, pepper and chervil. Saute vegetables for 5 minutes. Add bread cubes and toss lightly until all butter has been absorbed. Pour bread cubes and vegetables into a large bowl and add enough hot water to slightly moisten bread cubes. Press small amount of stuffing between fingers. If stuffing does not stick together, add more hot water.

Catfish Gumbo

1 pound skinned catfish fillets, fresh or frozen	1 can (1 pound) tomatoes
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1/2 cup chopped celery	1 package (10 ounces) frozen okra, slices
1/2 cup chopped green pepper	2 teaspoons salt
1/2 cup chopped onion	1/4 teaspoon pepper
1 clove garlic, finely chopped	1/4 teaspoon thyme
1/4 cup melted fat or oil	1 whole bay leaf
2 beef bouillon cubes	Dash liquid hot pepper sauce
2 cups boiling water	1-1/2 cups hot cooked rice

Thaw frozen fillets. Cut into 1-inch pieces. Cook celery, green pepper, onion and garlic in fat until tender. Dissolve bouillon cubes in water. Add bouillon, tomatoes, okra and seasonings. Cover and simmer for 30 minutes. Add fish.

Cover and simmer for 15 minutes longer or until fish flakes easily when tested with a fork. Remove bay leaf. Place 1/4 cup rice in each of 6 soup bowls. Fill with gumbo. Serves 6.

Catfish Stew

1 pound catfish fillets, skinned	1 cup water
1 cup chopped onion	1/4 cup catsup
1/3 cup melted fat	1/2 teaspoon salt
1 can tomatoes (1 pound, Pepper to taste 12 ounces)	
2 cups potatoes, diced	1 can mixed vegetables (1 pound)

Cut fillets into pieces about an inch square. Saute onion in the fat. Add the tomatoes, potatoes, water, catsup, salt and pepper. Cover and cook slowly (simmer) for 30 minutes. Add the fish, mixed vegetables and vegetable liquid. Cover and simmer about 15 minutes longer or until the potatoes are cooked.

Catfish Parmesan

6 skinned, pan-dressed catfish, fresh or frozen 1/2 teaspoon pepper
 2 cups dry bread crumbs 2 teaspoons salt
 3/4 cup Parmesan cheese 1/4 teaspoon leaf basil
 1/4 cup chopped parsley 3/4 cup melted margarine or cooking oil
 1 teaspoon paprika Lemon wedges
 1/2 teaspoon leaf oregano

Thaw frozen fish. Clean, wash and dry fish. Combine bread crumbs, Parmesan cheese, parsley, paprika, oregano, basil, salt and pepper. Dip catfish in melted margarine and roll in crumb mixture. Arrange fish in a well-greased baking dish. Bake in a hot oven (375 degrees F) for 20 to 25 minutes or until fish flakes easily when tested with a fork. Garnish with lemon wedges. Serves 6.

Catfish Italiano

3 cups flaked catfish 1 teaspoon salt
 1/4 cup margarine or cooking oil 1/2 teaspoon oregano
 1 cup chopped onion 1/4 teaspoon pepper
 1 cup diced, peeled, seeded tomato 1 teaspoon liquid hot pepper sauce
 4 cups cooked elbow macaroni 2 tablespoons chopped parsley
 2 (10-1/2 ounce) cans condensed cream of mushroom soup 1/4 cup grated Parmesan cheese

Cook onion in margarine until tender. Combine all ingredients except cheese. Place mixture in a well-greased 3-quart casserole. Sprinkle with cheese. Bake in a moderate oven (350 degrees F) for 25 to 30 minutes or until hot. Serves 6.

Ogeechee Catfish Stew

8 pounds catfish, dressed (large catfish preferred) 1/4 pound butter

**5 pounds white potatoes, peeled, Salt
sliced thin**
2-1/2 pounds onions, sliced thin Pepper
1 pound bacon

**Fry bacon in iron pot, remove bacon and leave
1/4 cup of bacon drippings in pot. Slice catfish
across backbone, making steaks 1 inch thick.
Place layer of catfish in pot (salt and pepper to
taste - heavy), add layer of potatoes and onions.
Add strips of bacon. Repeat this procedure and
top stew with 1/4 pound of butter. Cover pot with
lid and cook on low heat (200 to 250 degrees F)
for 2 hours. Do not remove cover or let heat get
too high. The rest is up to you. Serves 15.**

Boiled Carp

**2 pounds filleted and skinned 1/4 teaspoon
carp pepper**
2 teaspoons salt 1 medium onion

**Wash fillets in clear, cold water and wipe with
damp cloth. Cut into desired size pieces. Place
fish in french fryer wire basket and immerse in
boiling water. Before water is brought to a boil,
season with salt and pepper and slice in 1 onion.
Allow fish to boil until well done. Then remove
and serve with melted butter.**

Pickled Carp

**Fleece, dress, clean thoroughly; then cup into
chunks of 1/4 pound each and place in salt brine.
Brine is made by addint salt to cold water until it
is of sufficient strength to float a very small
chicken egg. Only the tip of the egg should be
seen above the surface of the brine. Use only
enough brine to cover fish. After carp has been in
brine for 10 hours, remove fish and freshen in
cold water for 10 minutes.**

**Now place the fish in a cold solution of 60 percent
water and 40 percent cider vinegar. Season with
whole pepper, bay leaves and cloves. Bring to a**

boil and simmer for 15 minutes. Now remove fish and place in crock or jar. Strain liquid and pour over fish until covered. Store in refrigerator.

Fried Carp

**2 pounds carp, 1/4 teaspoon pepper
filleted and skinned**

**1 cup flour 3 tablespoons bacon
 drippings or vegetable
 shortening**

2 teaspoons salt 1 large onion

Cut fillets in serving-size portions and roll in mixture of cornmeal, flour, salt and pepper. Place fish in melted fat in frying pan with slices of onion on top. Fry fillets on both sides about 20 minutes or until done, keeping onion slices on top.

Broiled Carp

2 pounds carp fillets 1/4 teaspoon pepper

**3 tablespoons bacon 1 medium size onion
drrippings**

1/2 teaspoon salt Paprika

Wipe fish with damp cloth and place on rack of broiler pan. Brush top of fish with fat. Season with salt and pepper. Sprinkle with chopped onions and paprika. Place fish in preheated broiler and broil 2 inches from the heat for 15 minutes. Turn fish over, brush with fat and season as previously. Broil for another 15 minutes or until done.

Baked Trout

Reserve large fish for this overnight cooking. At night, clean fish and remove heads. Season all sides with salt and pepper. Sliced onion, tomato or lemon may be added for flavor. Roll separately in waxed paper, folding ends in, and wrap in thick wet newspaper. Dig a trench for each fish just deep enough to allow 1 inch of earth on top. Bury

bundles, building campfire over trenches, and leave until breakfast time.

Barbecued Trout

1, 3-pound trout	1/4 cup lemon juice
2 tablespoons chopped onion	2 tablespoons red hot sauce
1 tablespoon fat	3 tablespoons Worcestershire sauce
3/4 cup tomato catsup	1/2 teaspoon salt
2 tablespoons brown sugar	1/2 teaspoon pepper
2 tablespoons cider vinegar	

Place fish in greased shallow baking pan. Brown onion lightly in fat; add remaining ingredients and simmer 5 minutes. Pour sauce over fish and bake in hot oven (425 degrees F) for 30 minutes or until fish is tender. Serve on warm plate. Garnish with parsley and lemon slices.

SMOKING FISH

Excellent smoked fish can be produced on electric, gas or charcoal grills. Adjust the temperature according to recipes used. The procedure is the same.

Very low temperatures, 150-175 degrees F, are not absolutely essential in smoke fish cookery. Good results may be accomplished by using higher temperatures up to 300 degrees F. Fish takes on a smoky flavor quickly, reducing cooking time.

Cooking time varies with weather, intensity of heat, amount of moisture in chips, type of grill and distance of fish from heat.

Smoked Fish

**6 dressed mullet (1 pound each) or 1 gallon water
other dressed fish, fresh or frozen**

1 cup salt

1/4 cup

cooking oil

Thaw frozen fish. Remove the head just below the collarbone. Cut along the backbone almost to the tail. The fish should lie flat in one piece. Clean and wash fish. Add salt to water and stir until dissolved. Pour brine over fish and refrigerate for 30 minutes. Remove fish from brine and rinse in cold water and dry fish.

To smoke the fish, use an electric, gas or charcoal grill with a cover or hood. If charcoal, use fewer briquets than with an average broiling fire. Let charcoal fire burn down to a low, even heat and spread evenly over bottom of grill. Cover with 1/3 of the wet chips.* Wet chips provide smoke and lower the temperature. With gas or electric grill, adjust for desired temperature.

Place fish on a well-greased grill, skin side down, about 4-6 inches from the smoking coals. Baste fish well with oil at beginning and frequently during cooking. Cover and smoke for 1-1/2 hours or until fish flakes easily when tested with a fork. Keep coals covered with plenty of well-soaked chips. Serves 6.

***Note: Soak 1 pound of hickory or other hardwood chips in 2 quarts of water overnight.**

Smoky Seafood Salad

**1-1/2 lb. smoked mullet or 1 tablespoon sugar
other smoked fish**

6 cups salad greens

3/4 teaspoon salt

1-1/2 cups drained, cooked peas

1/4 teaspoon pepper

**1 cup julienne cut Swiss
cheese**

**1/4 cup cooked
crumbled bacon**

1 cup thin red onion rings

6 cherry tomatoes

**1/3 cup mayonnaise or
salad dressing**

Remove skin and bones from fish. Flake the fish.

Combine salad greens, peas, cheese, onion and fish. Combine mayonnaise, sugar, salt and pepper. Pour dressing over salad. Toss lightly. Chill. Before serving, sprinkle with bacon. Garnish with cherry tomatoes. Serves 6.

Smoked Fish Spread

1-1/2 pounds smoked fish	2 tablespoons finely chopped sweet pickle
2 teaspoons minced onion	1-1/4 cups mayonnaise
2 teaspoons finely chopped celery	Dash Worcestershire sauce
1 clove garlic, minced	2 tablespoons chopped parsley

Remove skin and bones from fish. Flake the fish well. Mix all ingredients together and chill at least 1 hour. Makes approximately 3-1/2 cups.

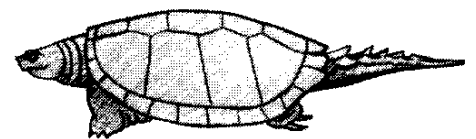
FROG

Frog Legs

To prepare frog legs (both front and hind are edible), roll them in lightly seasoned flour, fry in butter or other shortening until golden brown, turning as needed. Turn heat low, cook 5 to 10 minutes until meat separates easily from the bones.

TURTLE

Most states have several species of freshwater turtles. Southern states have dozens of kinds. Most are small or seldom found. Many are protected by law. Normally only a few species are caught for food. These are snapping turtles and softshelled



turtles. Turtle meat is light in color and flavorful. Frequently it is very tough and requires several hours of cooking to be tender.

Turtle Stew

2 pounds turtle meat 1 large onion, chopped
 4 tablespoons butter 1 clove garlic
 1 can tomato soup 1 cup potatoes, diced
 2 quarts water

Cut turtle meat into bite-size pieces and boil in 2 quarts boiling water for 20 minutes. Remove and save stock. In a dutch oven, melt butter; add garlic and cook slowly until lightly browned. Add onion and lightly floured turtle meat, carefully turning until brown. Pour part of stock over this and simmer for several hours until meat is tender. Add diced potatoes, tomato soup and rest of stock and cook 30 minutes more.

Turtle Soup

1 pound turtle meat 1 teaspoon salt
 3 pints water 1/2 cup barley
 1 can tomato soup 2 tablespoons Worcestershire sauce
 1 large onion, chopped 2 teaspoons lemon juice
 1 stalk celery, chopped 1/2 cup red wine
 1 bell pepper, chopped

Add turtle meat, tomato soup and vegetables to salted water and cook for 1 hour. Add barley, cook 30 minutes more. Add Worcestershire sauce, lemon juice and wine. Simmer for 10 minutes and serve hot.

Table 1. Composition of

Wild Game and Domestic Meats Compared, 100 Grams, Edible Portions*

Food and Description	Water Percent	Food Energy Calories	Protein grams	Fat grams
Beef: choice grade, trimmed raw	56.7	301	17.4	25.1
Pork: composite of trimmed lean meat, medium fat class, raw	56.3	308	15.7	26.7
Lamb: choice grade, trimmed, raw	61.0	263	16.5	21.3
Beaver: cooked, roasted	56.2	248	29.2	13.7
Rabbit: raw	73.0	135	21.0	5.0
Raccoon: cooked, roasted	54.8	255	29.2	14.5
Muskrat: cooked, roasted	67.3	153	27.2	4.1
Opossum: cooked, roasted	57.3	221	30.2	10.2
Venison: lean meat, raw	74.0	126	21.0	4.0
Chicken: fryers total edible, raw	75.7	124	18.6	4.9
Duck, domestic: total edible, raw	54.3	326	16.0	28.6
Duck, wild: total edible, raw	61.1	233	21.1	15.8
Pheasant: total edible, raw	69.2	151	24.3	5.2
Quail: total edible, raw	65.9	168	25.0	6.8
Catfish: raw	78.0	103	17.6	3.1
Largemouth bass: raw	77.3	104	18.9	2.6
Frog legs	81.9	73	16.4	.3
Crayfish	82.5	72	14.6	.5

***Data from D. K. Watt and A. L. Merrin, "Composition of Foods," *Agriculture Handbook No. 8*, revised edition U.S. Department of Agriculture, Washington, D.C. 1963.**

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Gale A. Buchanan, Dean and Director



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