Deluxe Venison burgers

three quarters of a pound of venison hamburger
Plus 1/4 pound of plain hamburger to add some moisture.

one egg
some liquid smoke
Chipoltli sauce
A sprinkling of dried breadcrumbs
2 oz sliced shiitake mushrooms
one sweet onion, sliced thinly
multi grain hamburger buns

Frying up sliced Shitake Mushrooms and caramelizing sweet onions in butter will certainly enhance your venison burger.

Maple bacon is of course another option to add, it crisps up nicely in a cast iron pan. Two or three strips are enough for each burger. Set aside under a paper towel.

Low heat gently sautéed thinly sliced onions for perhaps twenty minutes. Mushroom wont take as long to prepare, don’t over cook them.

As these ingredients are cooking prepare the venison.

Mix dry ingredients first with venison and regular burger. Add, salt, pepper, liquid smoke and a few drops of Chipotle sauce to taste. Mix in one egg along with bread crumbs to hold it all together.

Form a paddy with about 1/3 pound of burger maybe an inch thick and four inches in diameter. Your cast iron fry pan is of course pre heated on medium heat with a tablespoon of vegetable oil.

Lay the burger in gently and cook about 4 minutes before gently flipping it over. When you get to the three minute mark its time to add a layer of Swiss cheese.

You can of course lay the bacon strips, mushroom and onions under the cheese before melting it or add after the cheese is melted.

Sliced Swiss cheese melted overtop your burger under a glass lid will have everyone drooling.

To toast the hamburger bun I use a 4-slice toaster and lay it on top. You can use the oven or a toaster over for the same results.

Now for the final build, very simple of course to slide a tender juicy venison burger from your cast iron fry pan onto the now toasted bun.

You can load the top full of your favourite condiments, mustard, relish, tomato’s, hot sauce or lettuce. Hopefully the maple bacon, Shitake mushrooms, caramelized onions don’t slither off from atop your juicy venison burger.

By Peter Wood
**Venison Spaghetti**

1 lb venison
1 small onion, diced
1 garlic clove, diced
1 med carrot, shredded
½ cup bell pepper, diced
1 jar tomato sauce (best from you garden)
1 jar diced sauce (best from your garden)
(other spices according to your preference)

All ingredients can be locally depending on your amount of preserving you do at home and time of year.

Spaghetti noodles

In cast frying pan or Dutch oven brown venison, add onions, garlic, carrot and pepper. Cook until soft and caramelized on medium heat. Add salt and pepper and other spices, stir. Add tomato sauce and diced tomato, stir. Simmer 30-45 minutes minimum. Sauce should thick.

Serve with prepared spaghetti noodles or your favorite pasta.

** the carrot is the secret ingredient in this dish! It makes for a perfectly sweet compliment to the tomato and is great for adding extra veggies to a favorite meal!

By Cassandra Holtby
**Venison Lasagna**

1 lb venison  
6 lasagna noodles  
2c shredded cheese  
1/4c onion

Preparation  
1) Brown venison, add onion when meats almost done  
2) Lay 3 noodles down in a 9x13 pan  
3) Add 1/2 venison  
4) Add 1/2c cheese  
5) Lay 3 noodles down  
6) Add the rest of venison  
7) Add the rest of cheese  
8) Cover with tin foil  
9) Bake in oven for 1 hour  
10) Take out & serve

Submitted by Emily Levidis Moore
**Stuffed Rainbow Trout**

- 2 T butter
- 1/2 small onion diced
- 1/2 green pepper diced
- 1/2 red pepper diced
- 1/8 tsp dry thyme
- 1 T chopped garlic
- zest & juice 1/2 large lemon
- salt & pepper

2 heaping cups cooked long grain rice (basmati) can use some wild. ABSOLUTELY NO MINUTE RICE

- 2 doz raw peeled shrimp (chopped 1/4")
- 1/4 lb scallops
- 1/2 (227gm) pkg artificial crab
- 6-8 trout fillets boned

Sauté onions, peppers, garlic in butter until tender, add thyme, lemon zest, salt & pepper.

Add raw seafood cook until done.

Add "crab“, lemon juice, test seasoning adjust as needed.

Add cooked rice and mix well

Preheat oven to 350 degrees

Lay 1/2 the fillets on parchment of sprayed foil skin side down.

Season with salt and pepper top each with 1/2 cup or more rice mixture.

Place seasoning fillet skin side up on top.

Cover with foil and bake approximately 30 minutes.

Do not overcook!

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**Moose Sloppy Joes**

Mix-

- 1lb Moose (ground)
- 1/2 C Ketchup
- 1tbs Sugar
- 1tbs Vinegar
- 1tbs dry mustard
- 1 1/2 tsp Worcestershire sauce
- Salt & Pepper to your taste

Cover and cook slowly for 1 hr.
Serve on buttered grilled bread or buns.

Submitted by Brian Moore
Italian Pike

2 10 oz local pike fillets, skinned, deboned
1 qt sealer of homemade canned tomatoes from the garden
 1 local Spanish onion diced
 2 cloves local garlic diced
 1 tbsp local basil
 1 tbsp local oregano
Salt and pepper to taste
Parmesan cheese to taste
1 qt sealer of homemade pasta sauce
 5-10 capers
 1 bay leave

Pour tomatoes, pasta sauce into a lasagne pan. Add all ingredients except pike and cheese. Lay pike fillets in mix. Coat with parmesan cheese and bake at 350 until fish flakes easily with a fork.

Serve over pasta or rice with garlic bread
Pike can be substituted for walleye
Submitted by Typ
**Trout burger**

1 1/3 lb bonless lake erie trout salmon  
1 clove local garlic  
3 local green onions chopped  
2 tsp finely chopped ginger  
2 tsp sesame seed oil  
2 tbsp soya sauce  
2 tbsp chopped fresh coriander  
1 egg  
2/3 cup breadcrumbs  
3 to 4 oz finely diced gouda or mozzarella cheese

**Garnish**  
⅛ cup mayo  
½ cup grated local carrots  
24 thin slices of local cucumber  
Chop salmon finely into ⅛” pieces  
Preheat bbq to med high or oven to 425  
Mix all ingredients except garnish in bowl. Shape into patties  
Place patties on grill or parchment paper in oven cook burgers for 12-15 min  
Heat burger buns and top with garnish

Submitted by Tyler Genereax

**Stella Martin’s Goose Stew**

Cut goose breasts across the grain into ¾ inch slices. Sear in hot butter/oil in a heavy Dutch oven with a cover until browned on both sides and set aside. As you are searing the pieces of meat, sprinkle **liberally** with Montreal Steak Spice. Then brown a finely chopped onion, carrot & 2 celery stalks. When you have finished browning the meat and vegetables and the pan is still hot, add some cheap port wine to the pan and scrape all the stuff off the bottom. Put the meat back in the pot, and cover with beef stock and some more port wine. Cook covered at 325 for 3 hours. Uncover, remove meat and thicken liquid with cornstarch or flour. Add the meat, and just before serving add a cup or so of warm sour cream.

Submitted by Jim Malcolm
Jim Malcolm’s BBQ duck Breasts, thighs and legs

Remove the breasts, legs, and thighs from the carcass, preferably with the skin on. Score the skin to let the marinade reach the meat on both sides of the duck parts.

- 1 Cup teriyaki sauce (the light stuff),
- ½ cup sherry or port,
- 2 Tbsp finely chopped fresh ginger,
- 2 or 3 chopped green onions,
- 2 large cloves of garlic finely chopped or pressed,
- ½ cup orange juice

Adjust the amount of ingredients to suit your taste. For more zip, sometimes I add a big dollop of hot-sauce. Marinate the duck parts (I use a ziplock bag but be careful sharp leg bones do not pierce the bag) in the fridge for 3-12 hours, BBQ on a med-hot grill until medium rare (my preference) brushing the remaining marinade on the duck parts.

Submitted by Jim Malcolm

Honey Nut coated Rainbow Trout

- 3 tbsp finely chopped pecans
- 2 tsp local Ontario butter
- 3 tbsp liquid homemade wild honey
- 4 4 oz lake erie rainbow trout fillets
- 2 tbsp local maple syrup

Heat oven to 425, spray a non stick baking pan with oil. Place pecans in small non stick skillet and toast over med high heat for 3 min or until golden and fragrant. Stir in honey, maple syrup, and butter.

Reduce heat to low and cook for 3 mins or until slightly thickened.

Grill or bake the salmon cooking for 10 mins per inch of thickness.

Serve fish with sauce poured over top.

Submitted by Tyler Genereaux
Betty Brown’s Roast Duck

Six whole cleaned ducks, 3 med. cooking onions, 3 sprigs parsley, 2Tsp sage, 2 cups cold water, ¼ lb. Butter, 4 Tsp chicken soup base, 2 celery stalks, 7 cups bread cubes.

In food processor, chop until fine, celery, parsley, and onion. Heat 2 cups water, butter and soup base until butter melts and add the chopped vegetables and the bred crumbs and sage. Mix well (dressing should be almost soggy) Put the stuffing loosely in the ducks leaving the cavity open and place them on a rack in a roasting pan that is just big enough to hold the 6 ducks. Make sure the rack is high enough that they do not cook in their own grease. Sprinkle your favourite season salt on the ducks and cover the pan. Put the covered roasting pan in a pre-heated oven at 325 for 3 hours. Take the cover off the pan; baste the birds with the juices and let them brown for 15 minutes, Orange Sauce: ¾ cup white sugar, ¼ Tbsp salt, 1 Tbsp Grand Marnier, 2 Tbsp Corn starch, 1&1/2 cups orange juice, add all ingredients except the Grand Marnier and heat over medium heat until thickened, add Grand Marnier just before serving.

Submitted by Jim Malcolm
**BBQ Goose Legs**

Put goose legs & thighs in a pressure cooker with water to cover and a packet of Tex/Mex BBQ rub.

Pressure cook until the meat is very tender but not falling off the bones, usually about 3/4 hour. (alternately put them in a pot of boiling water with a chopped onion and ½ dozen Bay leaves and boil for 1-1.25 hours). Then put the goose legs still hot/warm in a zip lock bag with your favourite BBQ sauce, coat all of the legs and then refrigerate for 3 hours or more. BBQ them with additional sauce. Note: when you put the goose legs in the bags, be careful sharp bones do not pierce the bag.

Submitted By Jim Malcolm

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**Stove Top Rabbit (Cottontail)**

1 rabbit cottontail cut up pieces
2 stalks of celery diced up
1 small onion (cooking or sweet) diced up
1 bay leaf (whole)
Salt and pepper to taste
Water to size of pan
1 large tbsp of butter

Note: double or triple for more rabbits or different rabbits

Take a large deep frying pan and put rabbit pieces in mixed with celery, onion pieces, whole bay leaf and salt and pepper to taste.

Add water till the rabbit pieces are just covered.

Slow simmer (no cover) till water is evaporated or gone.
Add butter and maintain slow heat till rabbit is lightly browned, turning over the rabbit until lightly golden on all sides, very tender meat fall’s off bones.

Submitted by Stan & Theresa Gevert
Wild Duck and Sausage Gumbo

Start by making three quarts of duck stock. Bring the water in a stockpot to a simmer and add enough duck breasts or whole ducks to yield three cups of shredded meat. Also add:
- 1 small onion, sliced
- 2 carrot sticks, diced
- 2 stalks of celery, diced
- 1 bay leaf
- Few peppercorns

Simmer for three hours, then remove the duck and shred the meat into pieces, making sure you remove the bones and shot pellets.

Next, make a dark roux by combining over medium heat:
- 1 cup of oil, and
- 1 cup of flour

Stir constantly until the roux is brown, then add and sauté:
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped green pepper

When the vegetables are softened, add:
- The stock (strain and discard the vegetables)
- Salt and pepper
- Cajun seasoning (to taste)

Simmer 30 to 45 minutes, then add:
- The cooked duck
- 11/2 cup sausage (smoked, deer or pork; ground or link)

Simmer 15 to 20 minutes more.

Serve in bowls over cooked rice. Garnish with 1/4-cup each of chopped parsley and chopped green onion. Sprinkle with file powder, which will thicken and enhance the flavor of this scrumptious dish.

Cook’s note: The ingredients may be increased to taste, and traditional gumbo ingredients like okra and tomatoes may be added

Submitted by Jim Malcolm