

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.

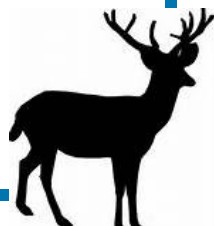
Sliced Swiss cheese melted ovetop your burger under a glass lid will have everyone drooling.

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.

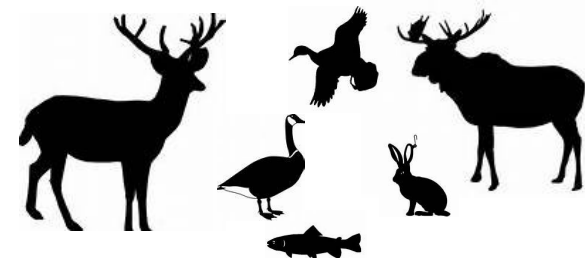
Now for the final build, very simple of course to slide a tender juicy venison burger from your cast iron fry pan onto the now toasted bun.

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



Zone J WILD GAME Recipe Book 2013



OFAH Zone J

WILD GAME Recipe Book

2013

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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

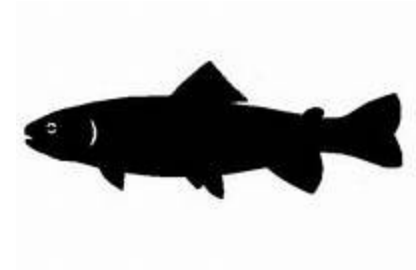
Preparation

- 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



FISH



Stuffed Rainbow Trout

2 T butter

1/2 small onion diced

1/2 green pepper diced

1/2 red peper 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 shimp (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 or 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!



Moose Sloppy Joes

Mix-

1lb Moose (ground)

1/2 C Ketchup

1tbs Sugar

1tbs Vinegar

1tbs dry mustard

1 1/2tsp Worcestershire sauce

Salt & Pepper to your taste

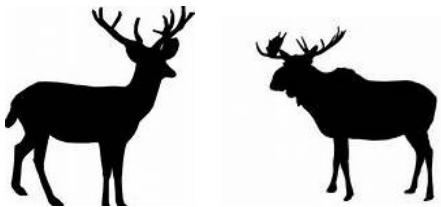
Cover and cook slowly for 1hr.

Serve on buttered grilled bread or buns.

Submitted by Brian Moore



BIG GAME



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 mozzarellea cheese

Garnish

¼ cup mayo

½ cup grated local carrots

24 thin slices of local cucumber

Chop salmon finely into ¼" 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

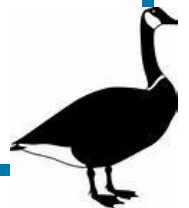
Submitted by Tyler Genereax



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 Genereax



SMALL GAME



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 bread 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, 1½ 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



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.

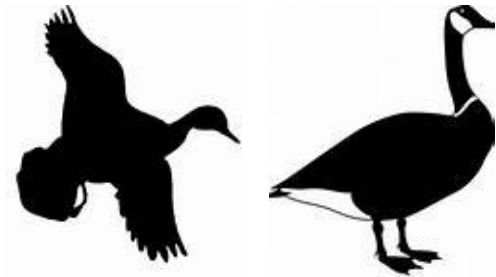
Slow simmer (no cover) till water is evaporated or gone.

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



WATERFOWL



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

1 1/2 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

