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Good Eating from Woods and Fields
Michigan State University Extension Service
R. G. Hill
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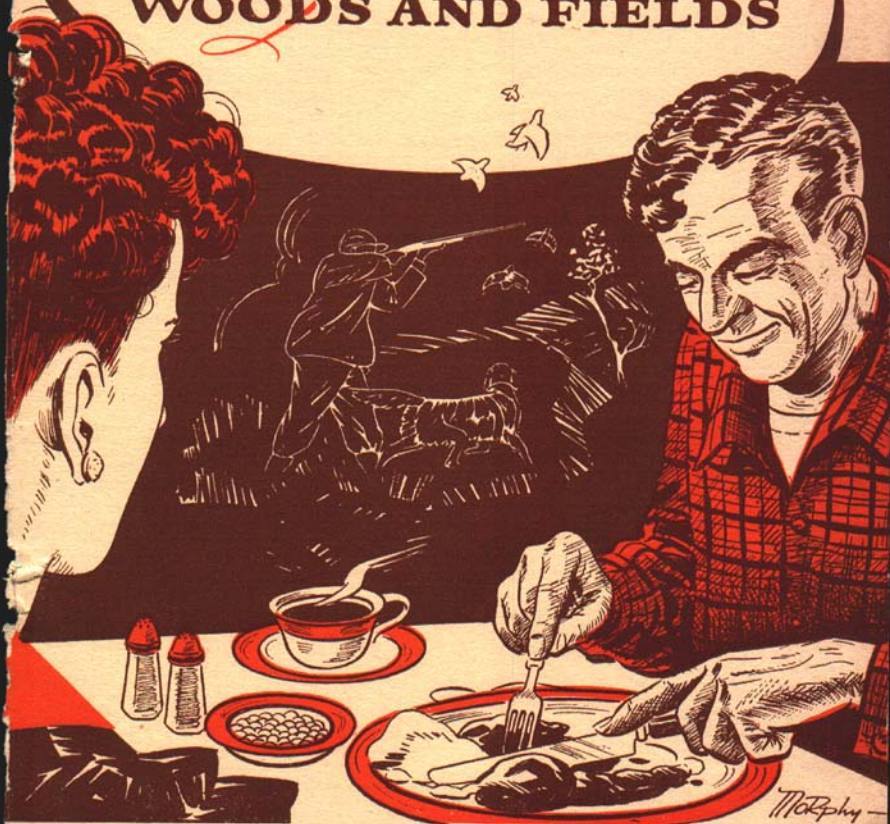
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GOOD EATING

from

WOODS AND FIELDS



MICHIGAN STATE COLLEGE EXTENSION DIVISION

Cooperating with

MICHIGAN DEPARTMENT OF CONSERVATION

Cooperative Extension Work in Agriculture and Home Economics, Extension Service, Michigan State College and the U. S. Department of Agriculture Cooperating.



Foreword

THE purpose of this publication is to encourage more complete utilization of meat from game and fur animals. With few exceptions, hunting is done for recreation, not for meat. However, after the hunter has had his sport the game) should not be discarded. 17 215

It is the belief of those who prepared this material that no relaxation of game laws regulating seasons and bag limits should take place solely for obtaining meat. Such regulations are made with fair distribution of the sport and adequate harvest of the game crop in mind. To endanger the seed stock of a natural resource through excessive hunting is an act we cannot afford to encourage. 61
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A companion publication, Extension Bulletin 253, "*Venison — From Forest to Table*", is also available for those interested in the use of deer meat. This bulletin may be obtained from Michigan State College Extension Division, East Lansing, or from the Michigan Department of Conservation, Lansing.

GOOD EATING *from* WOODS AND FIELDS

By R. G. Hill *



Give meat from game animals the same care in handling and preparing that you give other meats and you will have an enjoyable meal.

How often have hunters in your family discarded their game after bringing it home? How many times has the housewife refused to cook game after it reached the kitchen? Do you believe that wildlife meat is not fit to eat; is this due to what you have heard or to a past experience? Are you one of the group of trappers who discard the carcass after removing the pelt?

**Extension Division, Michigan State College and Game Division, Michigan Department of Conservation, cooperating.*

Eating Game Is Not New

Early explorers and settlers of this country lived almost exclusively on meat obtained from wild animals. Fur and game animals provided these pioneers with both food and clothing. The coming of agriculture and production of domestic animals resulted in a change in our concept



Pioneers depended on game for food

of hunting. Man began to hunt for sport rather than meat for the table, and this is still the case today. While a portion of the approximately 7,000 tons of dressed meat taken annually by Michigan hunters and trappers is consumed, nevertheless, the fact remains that a large quantity never reaches the table. Today meat is a war commodity, and all sources of this food are needed and should be fully utilized.

Game Meat Is Wholesome

Animals living in the wild are for the most part vegetarian — plants, seeds, fruits, and berries forming the bulk of their food. They do not live in crowded conditions, and their habits are surprisingly sanitary. People eating game for the first time usually try to compare it with beef, pork, or other domestic meats, but it should be remembered that game has a distinctive flavor which for the most part is not comparable with the meat of any other group of animals.

Dress Game Soon After Killing

One reason for the waste of meat taken by hunters is the fact that sufficient care is not taken after game is shot so it can be presented to the housewife in an edible and attractive condition.

The necessity for dressing game immediately after shooting depends, of course, on the weather. Hunters agree that game birds may be carried through the day without cleaning. If the temperature is warm and birds are to be kept more than one day without ice or refrigeration they should be drawn as soon as possible, but the feathers should be left on until the hunter reaches home. After the bird is drawn the body cavity should be wiped dry using clean leaves or grass if a cloth is not available — do not use water. It is advisable for hunters or trappers to clean out the abdominal cavity of mammals the same day they are killed. Extra caution should be taken in dressing cottontail rabbits (see pages 12-13), and dogs should not be allowed to eat the viscera of these animals because some diseases and parasites are spread in this manner. Splintered bones, pieces of feathers or fur and shot should be carefully removed from shot wounds



Game should be dressed soon after killing

in order to present game to the cook in a suitable condition. Many hunters carry a clean paper or cloth sack in their hunting coat in which they put game to keep it clean.

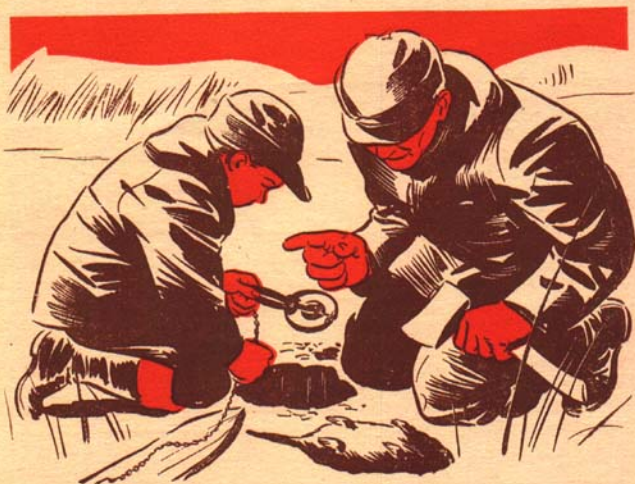
Most hunters skin game birds instead of plucking feathers as it is easier and means less work for the cook. However, many game cooks state that some of the taste of the meat is lost by removing the skin. Since fur animals are harvested for their pelts, the carcass is a by-product which can be used for food. If the carcass is to be eaten, trap lines should be run at least once each day and the animal pelted and dressed soon after removal from the trap.

The question sometimes arises as to the necessity for bleeding animals after shooting. Usually after an animal has been shot sufficient bleeding occurs so that additional bleeding is unnecessary. However, if the animal were caught in a trap or killed in such a manner that little or no bleeding occurred, it would be wise to facilitate bleeding. This may not be feasible with muskrat or other fur animals trapped for their pelt, since it is undesirable to make cuts through the fur which might decrease its value. The meat from such animals should be put in a cold place and soaked in salt water (1 tablespoon salt to 1 quart water) eight to ten hours before cooking. It is generally recognized by experienced cooks that freshly killed game should be allowed to age in a cool place at least 24 hours between the time game is killed and it is prepared for eating.

Game animals lead an active and vigorous life. Their muscles are likely to be tougher, dryer and less palatable than those of farm animals. Game frequently forage over large areas for food and they must be alert, tense and ready at all times to escape from many enemies. Hence,



Hunting is great sport but the meat should be used



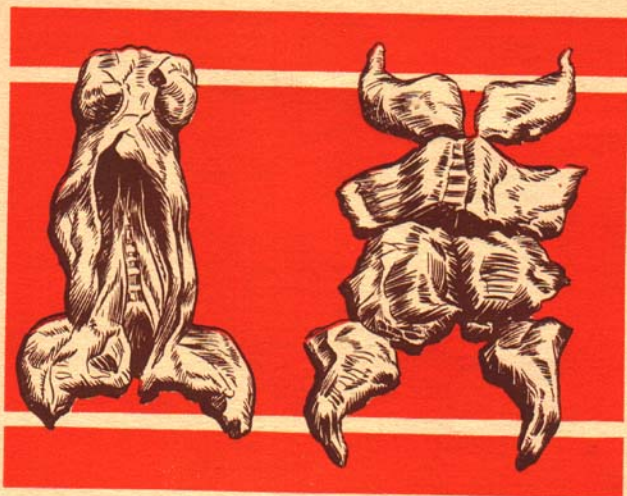
Pelts and meat are rewards for a good trapper

game meats usually require more attention when cooking than those of domestic animals which are confined, fed fattening foods and protected from hazards. As with domestic meats, young animals will be tender and require little cooking while additional care must be given those older and tougher. Another difficulty the cook often encounters when cooking small game is that she may have old and young animals, tender and tough ones, to prepare at the same time. Young animals require less cooking than old ones, and the housewife might better over-cook the young animals in order to have the tougher ones edible.

Game that has been cleaned promptly and properly can be made appetizing at home.

From now on it's up to the cook. Before selecting the recipe to follow, it would be helpful if the cook knew whether the animal is a young or an old one. Broiling or frying an old animal may prove disappointing both in tenderness and taste. Allowing mature carcasses to "age" for several days and then parboiling will improve their edibility.

Recipes and suggestions for preparing all edible wild animals have not been included. Only the more important game and fur species have



Cut the carcass into convenient pieces

been considered in this publication. Snipe, porcupine, coots, marsh hens, and even birds such as grackles are also eaten by numerous people. Crow banquets are common in some communities.

Likewise only a selected number of recipes have been suggested for each animal. There are many others which cooks are using satisfactorily. The recipes described are ones we believe the inexperienced game cook may be able to use with a reasonable degree of success.

Save the Fat

At this writing all excess fat should be salvaged for use by the armed forces.

Chop the fat in small pieces and heat thoroughly over hot water or in a slow oven with occasional stirring and pressing; strain into a can, cool and deliver to your butcher.



Fat for ammunition



PHEASANT

Pheasant meat is similar to chicken except it is dryer. Most chicken recipes are suitable for preparing pheasant. Cooking in a covered roaster aids in retaining moisture. Any moist heat method for preparing fowl is desirable for pheasants.

Roast Pheasant

6-8 servings

<i>Temperature</i> 350° F.	<i>Cooking time</i> 2 hours
1 pheasant	1 teaspoon salt
1 quart boiling water	¼ teaspoon pepper
3 stalks celery	4 strips bacon
1 onion	1 cup water

1. Clean pheasant. Put in pan and pour boiling water over bird and into cavity.
2. Put the celery and onion in bird. Do not sew up.
3. Rub with salt and pepper. Place in roasting pan and put bacon over breast.
4. Add 1 cup water and roast in a moderate oven (350° F.) uncovered for 2 hours or until tender.

Baked Pheasant

6 servings

<i>Temperature</i> 375° F., then 325° F.	<i>Cooking time</i> 30 minutes, then 1 hour 30 minutes
1 pheasant	½ cup flour
1 teaspoon salt	2 tablespoons butter
½ teaspoon pepper	1 cup hot water

1. Dress, clean and cut pheasant into 9 pieces.
2. Sprinkle with salt and pepper. Dip in flour. Place in a greased roaster. Dot with butter and brown in moderate oven, (375° F.) for 30 minutes.
3. Add 1 cup hot water, cover and bake in slow oven (325° F.) for 1½ hours or until tender.

Curried Pheasant

6 servings

<i>Cooking time</i> 1¼ hours	
1 pheasant	2 tablespoons flour
½ cup flour	3 cups broth
3 tablespoons fat	1 sour apple or stalk rhubarb
2 medium onions, minced	2 teaspoons salt
1½ tablespoons curry powder	

1. Clean and cut pheasant into 8-9 pieces.
2. Roll in flour and cook in hot fat until brown, removing each piece as it browns.
3. Cook onions in same fat in which meat was cooked. Add the curry powder with the flour. Cook slightly, add broth and stir until it boils.
4. Replace the meat, add the apple or rhubarb and salt.
5. Cover and simmer for 1½ hours or until tender.



WILD DUCK

Wild duck meat is dark and dryer than domestic duck. To retain or add moisture, it may be roasted with strips of bacon on the breast. Cooking in a covered roaster also aids in reducing dryness. Duck is usually served rare.

Roast Wild Duck

2 servings

Temperature 325° F.

Cooking time about 45 minutes

1 duck (1¼ lbs.)	2 teaspoons salt
2 cups quartered apples	¼ teaspoon pepper
1 slice onion	

1. Clean duck and wash thoroughly.
2. Fill the duck with peeled quartered apples. Sew up and tie in shape.
3. Rub with a slice of onion, then with salt and pepper.
4. Roast uncovered in a moderately slow oven (325° F.) allowing 20 to 30 minutes per pound.
5. If desired, duck can be basted every 10 minutes with 1 cup orange juice. Basting is not required, however, at this low temperature.

Barbecued Duck

4 servings

Cooking time ½ hour

2 large duck breasts	1 teaspoon tomato catsup
4 teaspoons lemon juice	1 tablespoon butter
1 teaspoon worcestershire sauce	1 teaspoon salt
	½ teaspoon paprika

1. Cut breasts from 2 large ducks.
2. Broil under flame until brown or about 10 minutes.
3. Baste frequently with the following barbecue sauce: lemon juice, worcestershire sauce, catsup and butter.
4. When meat begins to brown, sprinkle with salt and paprika, continue to broil for 20 minutes or until done.

Smothered Wild Duck

3-4 servings

Cooking time 1½ hours

1 duck	½ cup flour
1 teaspoon salt	½ cup fat
¼ teaspoon pepper	1 cup milk

1. Cut cleaned duck into 6 or 7 pieces.
2. Season with salt and pepper and roll in flour.
3. Fry duck slowly in hot fat until brown on both sides, about 30 minutes, turning only once.
4. Add the milk, cover tightly and simmer slowly for 1 hour or until tender. (It may be baked in slow oven, 325° F.)



GOOD EATING *f*rom WOODS AND FIELDS

RABBITS*

Some care should be taken in handling cottontail rabbits owing to the possibility of tularemia (rabbit fever). While extremely few cases of this disease have occurred in Michigan, nevertheless care should be exercised. Hunters should avoid "sick-looking or acting" rabbits. Those that get up slowly in front of the hunter or dog should be viewed with suspicion. Most human cases of tularemia have been contracted through cuts or other injuries on the hands. Therefore, it is wise to use rubber gloves when cleaning rabbits. Cooking rabbit until well done should kill the germs and make the meat edible.

The cottontail hunter occasionally observes curious warty or horny growths on the skin of rabbits he has bagged. These are most common on the legs and head although they may be found on any part of the body. Such growths cause no damage to rabbits and hunters need not feel concerned about eating rabbits afflicted with this condition.

Baked Stuffed Rabbit with Carrots

Wisconsin Conservation Bulletin

Wisconsin Department of Conservation, Madison, Wis.

Temperature 400° F.

<i>Stuffing</i>	1 rabbit
3 or 4 average potatoes	2 large carrots quartered
2 tablespoons butter	bacon or pork
1 teaspoon salt	1 or 2 cups hot water
½ teaspoon pepper	
1 teaspoon dried summer savory	
1 cup finely chopped celery	

1. For dressing, mash potatoes to make a pint, season with butter, salt, pepper, savory, and celery. Fill body of rabbit with this stuffing and sew it up.
2. Place rabbit on rack of baking pan with legs folded under body and skewered in this position.
3. Place quartered carrots beside it on the rack.
4. Lay bacon over the back to keep flesh from drying out. Fasten these in place with toothpicks.
5. Put pan in a rather hot oven (400° F.), and after first 10 minutes pour a cup or two of hot water over the body and continue cooking for 30 to 45 minutes.
6. Shortly before the end, remove bacon and let the rabbit brown.

Rabbit Delight

Wisconsin Conservation Bulletin

Wisconsin Department of Conservation, Madison, Wis.

1 young rabbit	¼ cup orange juice
1 tablespoon fat	2 green peppers, chopped
1 cup broth	½ cup mushrooms, chopped
¼ cup lemon juice	1 tablespoon parsley, chopped
	pinch of ginger

1. Joint the rabbit and brown pieces in fat.
2. Add broth and other ingredients.
3. Cover and cook slowly until tender.



Fried Rabbit

"Famous Game Recipes," Virginia Game and Fisheries Commission,
Richmond, Va.

2 wild rabbits	bread crumbs
lemon juice	parsley
Salt, pepper and nutmeg	green peas
egg	toast

1. Dress and disjoint 2 rabbits. Wipe clean and parboil 10 minutes in water containing lemon juice. Drain.
2. Season with salt, pepper and very little nutmeg.
3. Dip in beaten egg, then in very dry bread crumbs. Fry in deep fat. Have the fat hot enough so a 1-inch cube of bread is brown in 60 seconds.
4. Drain free of fat by holding each on a fork over the flame. It makes them crispy and leaves no fatty taste.
5. Place pieces on a hot dish, garnish with parsley and serve with green peas on toast.

Rabbit a La Mode

Hassenspeffer

"Famous Game Recipes," Virginia Game and Fisheries Commission,
Richmond, Va.

1 rabbit	6 peppercorns
water	1 bay leaf
vinegar	salt and pepper
1 onion	flour
½ teaspoon salt	3 tablespoons fat
	sweet or sour cream

1. Clean rabbit and cut into small pieces. Place in crock or jar.
2. Cover with vinegar and water in equal parts.
3. Add onion, salt, peppercorns, and bay leaf.
4. Soak rabbit for 2 days, then remove meat, keeping the liquid.
5. Sprinkle with salt and pepper and roll in flour.
6. Brown in fat, pour in vinegar water to the depth of ¼ inch.
7. Cover tightly and simmer until done. Do not boil at any time.
8. Remove rabbit from pot, thicken drippings and add sweet or sour cream to gravy.

Fricassee Rabbit

Wisconsin Conservation Bulletin

Wisconsin Department of Conservation, Madison, Wis.

1 rabbit	butter or fat
bacon	salt and pepper
flour	milk
	onion juice

1. Quarter the rabbit. Strip with strings of bacon sewed through pieces of meat.
2. Roll in flour and brown in butter or other fat.
3. Season with salt and pepper, add milk very slowly, just enough to keep it from sticking and cook covered until tender.
4. Make gravy in pan by adding flour. Flavor with onion juice if desired.
5. Variations: Add sliced onions to cover meat, 1 cup sour cream, cook covered until tender or about 1 hour.

*These recipes have not been checked by the Foods and Nutrition Department.



GOOD EATING *f*rom WOODS AND FIELDS

GROUSE

PRAIRIE CHICKEN - WOODCOCK*

Ruffed Grouse (partridge), prairie chicken, woodcock and sharptail grouse recipes are placed together due to similarity in preparation. Usually only breasts of these birds are used, although some cooks utilize the entire bird. The meat of ruffed grouse is white while that of prairie chicken, sharptail grouse and woodcock is dark.

Fried Prairie Chicken

"United States Regional Cook Book," Consolidated Book Publishers, Chicago

4 servings

Cooking time 45 minutes

1 young prairie chicken flour
salt and pepper 4 tablespoons fat

1. Clean, dress and cut prairie chicken into serving portions.
2. Plunge into cold water, drain thoroughly but do not wipe dry.
3. Season well with salt and pepper and roll in flour.
4. Cook chicken slowly in hot fat. When brown and tender, about 45 minutes, remove to a hot platter. Make cream gravy and serve with chicken.

Roast Partridge

"United States Regional Cook Book," Consolidated Book Publishers, Chicago

4-6 servings

Temperature 350° F.

Cooking time 30 minutes

4 partridges salt and pepper
4 strips bacon 1 cup slightly soured cream
toast

1. Clean partridges inside and out. Fasten long strips of bacon over the breasts.
2. Rub inside and out with salt and pepper, place in uncovered roasting pan. Roast in moderate oven (350° F.) for 30 minutes.
3. When partridges are rich brown, pour cream over them. Let cream bubble up in the pan for a minute.
4. Serve with gravy poured over partridges which have been placed on slices of hot toast. Garnish with baked oranges.

Broiled Partridge

1 partridge pepper and salt
flour butter
2 tablespoons flour toast
½ cup cold water bacon

1. Open partridge on back. If partridge is not tender, place in a small baking pan with ½ inch hot water and cover. Put in hot oven for 15 minutes.
2. Roll in flour, lay on broiling irons breast down.
3. Make gravy of 2 tablespoons flour in cold water, with pepper, salt and butter.
4. Stir in the liquid in which the birds were parboiled.
5. Serve with toast and bacon and with gravy, if preferred.
Or slash birds in breast 3 times when done. Put a little butter, salt, and pepper in each slash, place on toast then pour liquid from pan over them.

*These recipes have not been checked by the Foods and Nutrition Department.



Family Special

Woodcock or Sharp-tail

Mrs. J. H. Stephenson, Okemos

woodcock or sharp-tail flour
milk salt
sweet or sour cream

1. Cut into serving pieces.
2. Dip pieces into milk and then into flour.
3. Fry until brown; salt, put into casserole and cover with sweet or sour cream.
4. Bake at about 350° F. until tender.
5. Scalloped onions makes a tasty side dish with this recipe.

Roast Woodcock

Temperature 450° F. Cooking time 5 minutes
then 325° F. then 15-25 minutes

woodcock 1 tablespoon butter

1. Prepare birds as for broiling. Place in dripping pan with butter.
2. Bake in 450° F. oven for 5 minutes, reduce heat to 325° F. and bake 15 to 25 minutes longer, depending on size.
3. Baste frequently with drippings.

Braised Breast of Grouse

"United States Regional Cook Book," Consolidated Book Publishers, Chicago
4-6 servings

½ cup shortening	2 sprigs parsley
2 breasts of grouse	½ bay leaf
salt and pepper	4 tablespoons flour
1½ cups cold water	¾ cup canned tomatoes
1 small carrot, sliced	1 teaspoon lemon juice
1 small onion, sliced	1 teaspoon minced parsley
1 stalk celery	½ cup sauteed mushrooms

1. Melt ¼ cup shortening in skillet, add breasts of grouse and saute until brown.
2. Season with salt and pepper, cover with water, add carrot, onion, celery, parsley and bay leaf.
3. Simmer until tender. Remove grouse and strain stock.
4. Melt remaining fat, add flour and blend. Add stock and tomatoes gradually, stirring constantly.
5. Add lemon juice, parsley, mushrooms, salt, and pepper to taste. Reheat grouse in sauce.



GOOD EATING *f*rom WOODS AND FIELDS

BEAVER

Beaver meat is dark, fine grained, moist and tender. The fat is objectionable in both flavor and odor and should be entirely removed from the carcass before cooking. Better results are obtained by cooking in a moderately hot oven.

Roast Beaver a La Michigan

By Mrs. H. D. Rubl, East Lansing

1 beaver	sliced onions
baking soda	strips of bacon or salt pork

1. Remove all surface fat from beaver.
2. Cover meat with a weak solution of soda and water. (1 teaspoon soda to 1 quart of water.) Parboil for about 10 minutes.
3. Drain, place meat in roaster, cover with sliced onions, strips of bacon, and roast in moderately hot oven until well done.

Fried Beaver

By Ben East, Outdoor Editor, Booth Newspapers

1 beaver	salt, pepper, sage, other
piece fat bacon	seasonings
	bacon fat

1. Remove fat and cut beaver into pieces as you would a fowl. Soak overnight in cold water, drain.
2. Cook until tender in a pot with a small amount of water and the piece of bacon.
3. Season and brown in bacon or cooking fat. This is recommended for small animals only.
4. Wild rice is a natural accompaniment, a grapefruit salad and watercress with oil and vinegar dressing adds a proper touch to the meal.

Atlanta Special

By Mrs. Elton Twork, Atlanta, Michigan

1 beaver (8 to 10 pounds)	celery leaves — if desired
1 bay leaf	flour
2 medium onions	fat
1 or 2 garlic cloves	salt and pepper

1. Remove nearly all fat from the beaver. Cut up as you do rabbit. Soak overnight in salt water.
2. Parboil until about half-cooked in water with the bay leaf, onions, and garlic. Celery may or may not be added.
3. Drain, roll in flour and brown in hot fat, season with salt and pepper.
4. Bake in covered pan in a moderate oven until tender.
5. Gravy may be made from the drippings.



WOODCHUCK

The muscles of woodchuck are dark and thick, but the meat is mild in flavor and does not require soaking. If the woodchuck is caught just before he begins his winter sleep there is an insulating layer of fat under the skin. The excess fat should be removed, but it is not necessary to remove all the fat as its odor and flavor are not objectionable. However, it is advisable to parboil the meat of older animals before roasting or frying.

Fried Woodchuck

6 servings

1 woodchuck
1 tablespoon salt

Cooking time 1¼ hours

1 cup flour
3 tablespoons fat

1. Clean woodchuck and cut into 6 or 7 pieces.
2. Parboil in salted water for 1 hour.
3. Remove from broth, roll in flour and fry in hot fat (deep fat may be used) until brown.

Woodchuck Meat Patties with Tomato Sauce

Temperature 325° F.

8-9 patties

Cooking time 1¼ hours

1 woodchuck
1 cup bread crumbs
¼ cup ground onion
1 teaspoon salt
¼ teaspoon Worcestershire Sauce

½ teaspoon pepper
2 eggs
3 tablespoons fat
1 cup catsup

1. Clean woodchuck. Remove meat from the bones and grind.
2. Add ½ cup crumbs, onion, salt, pepper, one beaten egg, and 1 tablespoon melted fat. Mix thoroughly.
3. Shape into patties and dip into 1 beaten egg, then into ½ cup crumbs, and fry until brown in 2 tablespoons hot fat.
4. Add catsup and Worcestershire sauce and bake in a slow oven (325° F.) for 1 hour.

Woodchuck Meat Pie

Temperature 400° F.

6-8 servings

Cooking time 1½ hours

1 woodchuck
¼ cup onion
¼ cup green pepper
½ tablespoon minced parsley
1 tablespoon salt
¼ teaspoon pepper
4½ tablespoons flour
3 cups broth

Biscuits

1 cup flour
2 teaspoons baking powder
¼ teaspoon salt
2 tablespoons fat
¼ cup milk

1. Clean woodchuck and cut into two or three pieces. Parboil for 1 hour.
2. Remove meat from the bones in large pieces.
3. Add onion, green pepper, parsley, salt, pepper and flour to the broth and stir until it thickens.
4. If the broth does not measure 3 cups, add water.
5. Add the meat to the broth mixture and stir thoroughly.
6. Pour into baking dish.
7. 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.
8. Place dough on top of meat, put it in a hot oven (400° F.) and bake 30 to 40 minutes or until dough is browned.



GOOD EATING *f*rom WOODS AND FIELDS

OPOSSUM

Opossum meat is rather light, fine-grained and tender. Soaking is not necessary. Excess fat should be removed, but it is not necessary to remove all fat as it does not have an objectionable flavor or odor.

Roast Opossum

6-8 servings

Temperature 350° F.

Cooking time 2½ hours

1 opossum
1 tablespoon salt
¼ teaspoon pepper
6-8 slices bacon
1 quart water

1 large chopped onion
opossum liver (optional)
1 cup bread crumbs
¼ teaspoon Worcestershire
sauce
1 hard cooked egg

Stuffing
1 tablespoon fat

½ teaspoon salt

¼ cup water

1. Rub cleaned opossum with salt and pepper.
2. Put fat in skillet and brown onion in it. Add the opossum liver and cook until tender. Add bread crumbs, Worcestershire sauce, egg, salt and water. Mix thoroughly and stuff opossum.
3. Truss it as you would a fowl.
4. Place in roasting pan. Lay bacon across back. Pour 1 quart of water into pan.
5. Roast in moderate oven uncovered (350° F.) until tender (about 2½ hours).
6. Baste every 15 minutes.

Opossum with Tomato Sauce

6-7 servings

Cooking time 2 hours

1 opossum
1 tablespoon salt
¼ teaspoon pepper
1 sliced onion
¼ cup fat

2 cups tomato catsup
½ cup water
1 teaspoon Worcestershire
sauce

1. Disjoint and cut an opossum into 6 or 7 pieces. Place in a deep pan and cover with water.
2. Add the salt, pepper and onion to the cooking water and cook 1½ hours or until tender.
3. Melt fat in a thick skillet and brown meat on one side. Turn and immediately pour over meat the catsup and water. Add the Worcestershire sauce. Simmer 30 minutes.

Opossum Meat Patties with Catsup

8-9 medium patties

Temperature 325° F.

Cooking time 1¼ hours

1 opossum
1 tablespoon salt
¼ teaspoon pepper
¼ cup bread crumbs

¼ cup onion, chopped
1 egg
¼ cup milk
3 tablespoons fat

1½ cups tomato catsup

1. Clean the opossum. Cut meat from bones and run through meat grinder.
2. Add salt, pepper, crumbs, onion, beaten egg, and milk. Mix thoroughly.
3. Shape into patties and fry until brown in hot fat.
4. When patties are browned on both sides, pour the catsup over them and place in a slow oven (325° F.) for 1 hour.



RACCOON

Raccoon meat is dark. The fat is strong in both flavor and odor, and most persons prefer to remove it before cooking. Raccoon is usually parboiled before roasting.

Roasted Raccoon

8 servings

Temperature 375° F.

Cooking time 3 hours

1 raccoon

1 onion

2 tablespoons salt

3 carrots

½ teaspoon pepper

1 cup broth

1. Clean raccoon and remove all fat. Parboil for 1 hour in water to which salt, pepper, onion and carrots have been added.
2. Place in a roasting pan, add 1 cup broth and roast uncovered in a moderately hot oven (375° F.) for 2 hours or until tender.

Fricassee Raccoon

8 servings

Cooking time 2¼ hours

1 raccoon

1 cup flour

2 tablespoons salt

¼ cup fat

½ teaspoon pepper

2 cups broth

1. Clean raccoon and remove all fat. Cut into 8 or 10 pieces.
2. Rub with salt and pepper and roll in flour.
3. Cook in hot fat until brown, add the broth, cover and simmer for 2 hours or until tender.

Raccoon Meat Loaf

8 servings

Temperature 350° F.

Cooking time 1¼ hours

1 raccoon

½ teaspoon pepper

½ cup cracker crumbs

2 eggs

½ cup ground onion

¼ teaspoon thyme

1 ⅓ tablespoon salt

1 cup evaporated milk

1. Clean raccoon and remove the fat. Cut meat off the bones and run through a food grinder.
2. Add the crumbs, onion, salt, pepper, beaten eggs, thyme, and milk and mix well.
3. Put into a meat loaf pan, set in a pan of hot water and bake in a moderate oven (350° F.) for 1¼ hours.

Raccoon Goulash

8 servings

Cooking time 3 hours

1 raccoon

1 tablespoon salt

3 tablespoons fat

¼ teaspoon cayenne pepper

3 cups broth

3 tablespoons butter

2 cloves garlic

3 tablespoons flour

2 bay leaves

2 tablespoons paprika

1 cup tomatoes

1. Clean raccoon and remove the fat, cut meat into 1½-inch cubes.
2. Brown meat in hot fat, add the broth, garlic, bay leaves, salt and cayenne. Simmer 2½ hours.
3. Cream the butter, flour, and paprika together, combine with a little liquid from the goulash and add to the goulash.
4. Cook until it thickens.
5. Add the tomatoes and cook for 30 minutes.



MUSKRAT (MARSH HARE)

The muskrat is Michigan's leading fur bearer. Its home is in water along the shores of lakes, in marshes and in streams. The bulk of its food is water or shore plants. While the animal is taken for its pelt, the carcass is edible and should not be discarded.

The flesh of the muskrat is dark red, fine-grained and tender. The meat should be soaked overnight in a weak salt solution (1 tablespoon salt to 1 quart water) to draw out the blood. If the gamey taste of these animals is objectionable, soaking in the salt solution or in a weak vinegar solution (1 cup vinegar to 1 quart water) will reduce the taste.

Fried Muskrat

4 servings

Cooking time 2 hours

1 muskrat	1 teaspoon salt
1 egg yolk	½ cup flour
½ cup milk	3 tablespoons fat

1. Soak muskrat overnight in salted water (1 tablespoon salt to 1 quart water). Disjoint and cut muskrat into desired pieces.
2. Parboil for 20 minutes, drain and wipe with a damp cloth.
3. Make a smooth batter by beating the egg yolk and milk, then adding the salt and flour.
4. Dip the meat in the batter and drop into hot fat and brown.
5. When brown, reduce the heat, cover, and cook slowly for about 1½ hours.

Smothered Muskrat and Onions

4 servings

Cooking time 1¼ hours

1 muskrat	½ cup flour
1½ teaspoons salt	3 tablespoons fat
¼ teaspoon paprika	3 large onions, sliced
1 cup sour cream	

1. Soak muskrat overnight in salted water (1 tablespoon salt to 1 quart water). Drain, disjoint and cut up.
2. Season with 1 teaspoon salt, paprika, roll in flour and fry in fat until browned.
3. Cover muskrat with onions, sprinkle onions with ½ teaspoon salt. Pour in the cream.
4. Cover skillet tightly and simmer for 1 hour.



Michigan Special

4 servings

Cooking time 1½ hours

1 muskrat	½ medium sliced onion
1 teaspoon salt	½ cup fat
¼ teaspoon pepper	1 cup tomato catsup
½ teaspoon Worcestershire sauce	

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

Muskrat Meat Loaf

6-8 servings

Temperature 350° F.

Cooking time 1½ hours

1½ pounds ground muskrat or other meat	¼ teaspoon thyme
2 eggs, beaten	1 teaspoon salt
½ cup dry crumbs	¼ teaspoon pepper
1 cup evaporated milk	1 teaspoon Worcestershire sauce
¼ onion, minced or grated	

1. Soak muskrat overnight in salted water (1 tablespoon salt to 1 quart water). Remove meat from bones and grind.
2. Mix ground meat thoroughly with other ingredients.
3. Place in meat loaf dish.
4. Place dish in pan containing hot water.
5. Bake in a moderate oven (350° F.) for 1½ hours to 2 hours.

Baked Stuffed Muskrat with Carrots

4 servings

Temperature 400° F.

Cooking time 1 hour

1 muskrat	1 teaspoon dried summer savory
3 medium potatoes	1 cup finely chopped celery
2 tablespoons butter	2 large carrots
1½ teaspoons salt	3 slices bacon
¼ teaspoon pepper	

1. Soak muskrat overnight in salted water (1 tablespoon salt to 1 quart water).
2. Cook and mash potatoes with the butter, season with ½ teaspoon salt, ¼ teaspoon pepper, savory and celery.
3. Fill the muskrat with this stuffing and sew it up. Rub muskrat with 1 teaspoon salt and ¼ teaspoon pepper.
4. Place on a rack in a roasting pan with the legs tied under the body.
5. Place two large quartered carrots on the rack beside the muskrat.
6. Place bacon on the back. Bake in a hot oven (400° 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.



GOOD EATING *f*rom WOODS AND FIELDS

SQUIRREL

Squirrel meat truly makes a tasty meal. The flesh is medium red in color, tender and has a pleasing flavor. The slight gamey taste present in most game meats is almost absent in that of the squirrel. No soaking is necessary and only the oldest and toughest animals will require par-boiling for tenderness.

Fricasseed Squirrel

4 servings

Cooking time 3½ hours

1 squirrel	3 slices bacon
½ teaspoon salt	1 tablespoon sliced onion
½ teaspoon pepper	½ teaspoon lemon juice
½ cup flour	½ cup broth

1. Disjoint and cut squirrel into 6 or 7 pieces.
2. Rub pieces with salt and pepper. Roll in flour.
3. Pan fry with chopped bacon for 30 minutes.
4. Add onion, lemon juice, broth and cover tightly. Cook slowly for 3 hours.
5. Variation: Add 1 tablespoon paprika, ¼ teaspoon cayenne, 1 sliced sour apple, and 2 cups broth instead of bacon, lemon juice called for in above recipe.

Brunswick Stew

4-5 servings

Cooking time 3 hours 10 min.

1 squirrel	½ onion
2 quarts boiling water	1½ teaspoons salt
1 cup corn	½ teaspoon pepper
1 cup lima beans	1½ teaspoons sugar
2 potatoes	¼ cup butter
2 cups tomatoes	

1. Clean squirrel and cut into 6 or 7 pieces.
2. To the water add the squirrel, corn, lima beans, potatoes, onion, salt and pepper. Cover and simmer for 2 hours. Add the tomatoes and sugar; simmer for 1 hour. Add butter and simmer for 10 minutes.
3. Bring to a boil and remove from fire. Add additional salt and pepper if desired.

Roast Squirrel

4 servings

Temperature 350° F.

Cooking time 1½ hours

1 squirrel	¼ cup cream
1½ teaspoons salt	1 cup button mushrooms
¼ teaspoon pepper	1 teaspoon onion juice
1½ tablespoons lemon juice or tarragon vinegar	1 tablespoon melted fat
1 cup bread crumbs	2 cups brown meat broth

1. Clean squirrel thoroughly. Rub with a mixture of 1 teaspoon salt and ¼ teaspoon pepper, then with lemon juice or tarragon vinegar.
2. Soak bread crumbs in the cream to moisten them.
3. Add mushrooms (chopped) remainder of salt and pepper and onion juice.
4. Stuff squirrel with this mixture, sew and truss as for a fowl.
5. Brush with melted fat and place in a dripping pan. Partly cover with the broth diluted with a cup of boiling water.
6. Roast 1½ hours in a moderate oven uncovered (350° F.).
7. When the squirrel is well done remove from pan. A gravy may be made from the liquid in the pan.



Squirrel Pie

6-8 servings

Temperature 350° F.

Cooking time 1 1/4 hours

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

1. Disjoint and cut squirrel into 2 or 3 pieces.
2. Cover with water and cook 1 hour.
3. Remove meat from bones in large pieces.
4. Add flour, parsley, salt, pepper and mushrooms to the stock. Cook until it thickens (5 to 10 minutes).
5. Add the meat and mix well. Pour into baking dish.
6. 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.
7. Place dough on meat in baking dish.
8. Bake in moderate oven (350° F.) until dough is golden brown. (30 to 40 minutes.)

Broiled Squirrel

4 servings


Cooking time 40 minutes

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

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

GAME MEAT MAY BE PRESERVED

Meat from game and fur animals may be preserved by canning or freezing. However, certain state regulations determine the period such game may be legally kept after the close of hunting and trapping seasons. Ask your local conservation officer for these regulations. For information on canning meat, see Michigan State College Extension Bulletin 204 and for preserving meats in frozen food lockers, Extension Bulletin 223. These publications may be obtained without charge from your county agricultural agent or from the Michigan State College Extension Division.



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