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Good Eating from Woods and Fields
Michigan State University Extension Service
R. G. Hill, Soil Conservation
Revised November 1966
25 pages

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Office Copy 88.565
Third revision, November 1966

GOOD EATING

From

WOODS AND FIELDS



MICHIGAN STATE UNIVERSITY EXTENSION SERVICE
Cooperating with
MICHIGAN DEPARTMENT OF CONSERVATION



Foreword

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.

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.

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 University Bulletin Office, East Lansing, or from the Michigan Department of Conservation, Lansing.

Issued September 1943
First Revision, September 1944
Second Revision, June 1947
Second Printing of Second Revision, May 1949
Third Printing of Second Revision, June 1950
Fourth Printing of Second Revision, November 1953
Fifth Printing of Second Revision, April, 1954
Sixth Printing of Second Revision, October, 1956
Seventh Printing of Second Revision, August, 1960

Cooperative extension work in agriculture and home economics, Michigan State University and the U. S. Department of Agriculture, cooperating. N. P. Ralston, Director, Cooperative Extension Service, Michigan State University, East Lansing. Printed and distributed under Acts of Congress, May 8 and June 30, 1914.

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?

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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



Pioneers depended on game for food.

change in our concept 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. 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 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.



Game should be dressed soon after killing.

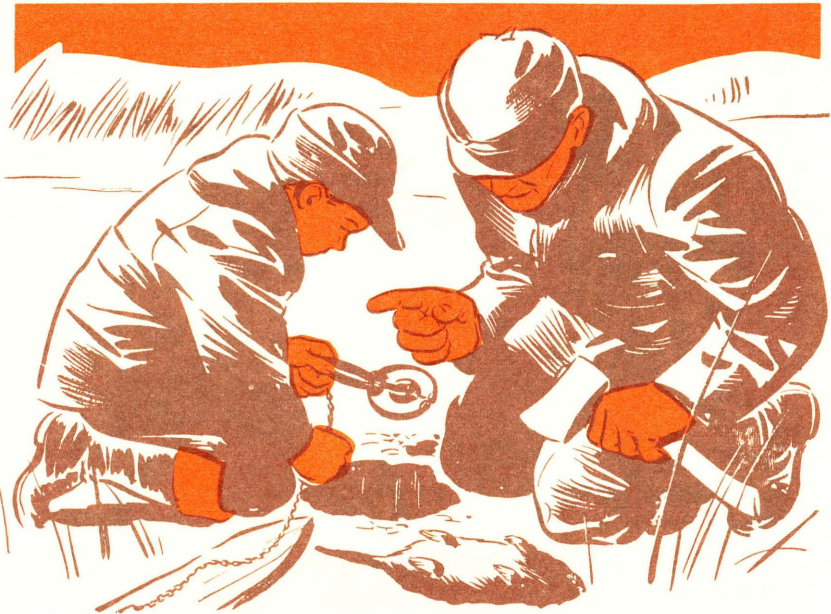
Most hunters skin game birds instead of plucking feathers as it is easier and means less work for the cook. However, many game cooks state that some of the taste of the meat is lost by removing the skin. Since fur animals are harvested for their pelts, the carcass is a by-product which can be used for 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



Hunting is great sport but the meat should be used.

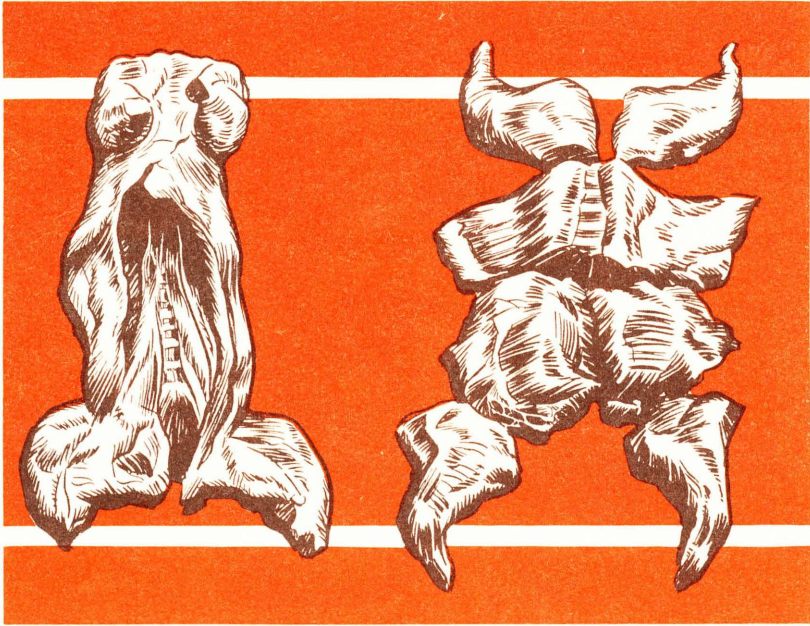


Pelts and meat are rewards for a good trapper.

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, 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.



Cut the carcass into convenient pieces.

Recipes and suggestions for preparing all edible wild animals have not been included. Only the more important game and fur species have 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. Cooking time given may not be suitable to all animals and tastes. Adjust the time so that the cooked meat satisfies the individual family.



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

Temperature 350° F.

Cooking time 2 hours

1 pheasant	1 teaspoon salt
1 quart boiling water	1/8 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 bird 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

*Temperature 375° F., then
325° F.*

*Cooking time 30 minutes, then
1 hour 30 minutes*

1 pheasant	1/2 cup flour
1 teaspoon salt	2 tablespoons butter
1/8 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 1 1/2 hours or until tender.

Curried Pheasant

6 servings

Cooking time 1 3/4 hours

1 pheasant	2 tablespoons flour
1/2 cup flour	3 cups broth
3 tablespoons fat	1 sour apple or stalk rhubarb
2 medium onions, minced	2 teaspoons salt
1 1/2 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 1 1/2 hours or until tender.



GOOD EATING *f*rom WOODS AND FIELDS

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 helps to reduce dryness. Duck is usually served rare. For those preferring duck well done, additional cooking time should be given.

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, and 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.)



WILD GOOSE*

Roast goose has been a delicacy for many generations. The annual take of these animals in Michigan is relatively small, but individually the goose is the largest of our legal waterfowl. Very little of this meat is wasted.

Roast Wild Goose

Isabel Lord, "Everybody's Cook Book," Harcourt, Brace and Company, New York, N. Y.

- 1 wild goose
apples, sliced
salt and pepper
1. Clean, stuff with apples, season and truss goose.
 2. Roast in very hot oven 20 minutes to 1 hour. The bird must not be cooked dry.
 3. Those who do not like their birds rare may add this variation: When goose is half roasted, carve, but do not cut through the skin, so the pieces hang together. Lay plate over and press hard (to get blood out). Put in a casserole, add liquid extracted and 2 to 3 tablespoons from pan, cover, cook slowly over fire for 10 minutes — or longer if preferred well done.

Irish Roast Goose with Potato Stuffing

8-10 servings

Temperature 375° F.

Cooking time about 3 hours

1 goose	1/2 cup chopped celery
1 teaspoon salt	4 slices bread, crumbled
1/4 teaspoon pepper	1/4 pound ground salt pork
<i>Stuffing</i>	2 eggs, beaten
10 medium potatoes, riced	1 teaspoon poultry seasoning
1 tablespoon fat	1 teaspoon salt
1 cup chopped onions	1/4 teaspoon pepper

1. Clean and dry goose. Rub cavity and outside with salt and pepper mixture.
2. Stuffing: Save potato water for basting the goose. Rice potatoes. Put fat in skillet and partially cook onions and celery, but do not brown. Add to potatoes bread, salt pork, eggs, poultry seasoning, salt and pepper.
3. Stuff goose with potato stuffing and sew up. (Any good poultry stuffing may be substituted.)
4. Roast goose in a moderate oven (375° F.) about 3 hours, or longer if preferred well done, basting from time to time with potato water.

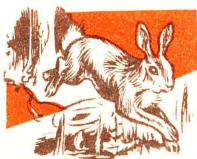
Boiled Goose

Isabel Lord, "Everybody's Cook Book," Harcourt, Brace and Company, New York, N. Y.

1 goose	fat
1 large onion or	1/2 to 1 cup coarsely cut olives
2 garlic cloves	salt and pepper
2 or 3 chili peppers	

1. Clean and cut up goose. Place in a large kettle and cover with water.
2. Add onion and chili peppers to the cooking water.
3. Cook until tender, (about 15 to 20 minutes per pound).
4. When tender, pan fry in hot fat until brown. Season to taste.
5. A good addition to the gravy is chopped olives.

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



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 queer-acting" rabbits. Those that arise 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	

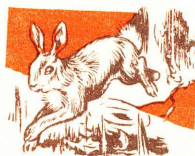
1. For dressing, mash potatoes to make a pint, season with butter, salt, pepper, savory, and celery. Fill body of rabbit with this stuffing and sew it up.
2. Place rabbit on rack of baking pan with legs folded under body and skewered in this position.
3. Place quartered carrots beside it on the rack.
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 body; continue cooking until tender.
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 | 2 green peppers, chopped |
| 1 tablespoon fat | ½ cup mushrooms, chopped |
| 1 cup broth | 1 tablespoon parsley, chopped |
| ¼ cup lemon juice | pinch of ginger |
| ¾ cup orange juice | salt and pepper |
1. Joint the rabbit and brown pieces in fat.
 2. Add broth and other ingredients.
 3. Cover and cook slowly until tender.
 4. Season to taste.

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



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 piece 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

Hasselpfeffer

*"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.

Fricasseed Rabbit

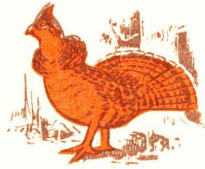
Wisconsin Conservation Bulletin

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.

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



Family Special

Woodcock or Sharptail

Mrs. J. H. Stephenson, Okemos

woodcock or sharptail	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.
then 325° F.*

*Cooking time 5 minutes
then 15-25 minutes*

woodcock

1 tablespoon butter
salt and pepper

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

Braised Breast of Grouse

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

4-6 servings

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

1. Melt 1/4 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. Ruhl, East Lansing

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

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. Season to taste.

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 add proper touches 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 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

Cooking time 1¼ hours

1 woodchuck
1 tablespoon salt

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

⅛ teaspoon pepper
2 eggs
3 tablespoons fat
1 cup catsup

¼ teaspoon Worcestershire Sauce

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
⅛ 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 because 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

Stuffing
1 tablespoon fat

1 hard cooked egg
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.

Fricasseed 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 1¾ hours

1 raccoon	½ teaspoon pepper
½ cup cracker crumbs	2 eggs
½ cup ground onion	¼ teaspoon thyme
1½ 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 1¾ hours.

Raccoon Goulash

8 servings

Cooking time 3 hours

1 raccoon	1 teaspoon 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 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.



GOOD EATING *f*rom WOODS AND FIELDS

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 intensity of 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 add 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 |
| ⅛ 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 and 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

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|--|---------------------------------|
| 1½ pounds ground muskrat or other meat | ¼ teaspoon thyme |
| 2 eggs, beaten | 1 teaspoon salt |
| 1/3 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 1¼ hours to 2 hours.

Baked Stuffed Muskrat with Carrots

4 servings

Temperature 400° F.

Cooking time 1 hour

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|----------------------|--------------------------------|
| 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, ⅛ teaspoon pepper, savory and celery.
3. Fill the muskrat with this stuffing and sew it up. Rub muskrat with 1 teaspoon salt and ⅛ 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 so as 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 parboiling for tenderness.

Fricasseed Squirrel

4 servings

Cooking time 3½ hours

1 squirrel	3 slices bacon
½ teaspoon salt	1 tablespoon sliced onion
⅛ teaspoon pepper	1½ teaspoon lemon juice
½ cup flour	⅓ 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, ⅛ teaspoon cayenne, 1 sliced sour apple, and 2 cups broth instead of bacon, lemon juice called for in foregoing recipe.

Brunswick Stew

4-5 servings

Cooking time 3 hours 10 minutes

1 squirrel	½ onion
2 quarts boiling water	1½ teaspoon 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 as 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 ⅛ 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 1¼ hours

1 squirrel	
3 tablespoons flour	2 cups flour
½ tablespoon minced parsley	4 teaspoons baking powder
1 teaspoon salt	½ teaspoon salt
¼ teaspoon pepper	¼ cup fat
½ 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.)

BEAR

Bear meat is a delicacy to some people because they do not expect it to taste like domestic beef. In preparing bear meat for table use, it should be treated as raccoon. The fat has a strong flavor and odor and should be removed before cooking. Bear meat should be served when *well done*. Even after ample roasting, the meat might appear pinkish when first cut but will darken when sliced and exposed to air.

Bear Roast

Mrs. Elsworth M. Harger, Munising

Temperature 325° Approximate cooking time 4 hours per 6 lbs.


1. Season with slices of one onion, celery stalks or salt and garlic.
2. Place 3-4 slices of bacon over roast *one-half hour before* removal from oven.

Cold bear roast can be made into good *sandwiches* or used in tasty *vegetable soup*. Place bone and meat in pan and allow to simmer until meat can be easily removed from bone. Proceed in preparing soup in usual manner.

Bear Chops

Mrs. Elsworth M. Harger, Munising

1. Season 7 chops with salt and pepper.
2. Brown in vegetable oil.
3. Add one can of onion soup or one-half package of onion soup mix and one cup of water.
4. Allow to simmer one hour.
5. Or bake in oven at 325° for 1½ hours.



Acknowledgments

Many agencies and individuals cooperated in preparing material for this publication.

The Michigan State University *Department of Resource Development* coordinated the recipe testing project.

The *Foods and Nutrition Department* of the School of Home Economics, in cooperation with the *Agricultural Experiment Station*, provided laboratory facilities and supervision for recipe testing.

The *State Conservation Department's Game Division*, through its Rose Lake and Swan Creek Wildlife Experiment Stations and Conservation Laboratory, provided game meat for testing.

The *Cooperative Extension Service* of Michigan State University provided facilities for the publication and its distribution.

Special recognition is due Maxine Bunker and Beatrice V. Grant for their work in testing and checking recipes and to Dr. Thelma Porter, Prof. L. R. Schoenmann, Dr. Ruth M. Griswold, Paul M. Barrett, R. J. Baldwin, and H. D. Ruhl, for constructive criticism, and constant interest. Jack Van Coevering, Outdoor Editor of the *Detroit Free Press*, and Herbert L. Dozier of the United States Fish and Wildlife Service also assisted by furnishing considerable informational material, much of which is incorporated in the bulletin. In addition, numerous individuals cooperated by furnishing recipes. Where such recipes are used, credit is given.

