

NORTHERN WILDERNESS COOKBOOK

Volume I



ALL YOUR FAVORITE WILD GAME RECIPES including:

- * BAKED SKUNK * ELK BURGERS * MOOSE NOSE
- * PEMMICAN * MOOSE BALLS GOURMET * BANNOCK
- * CARIBOO RIBS * BOILED BEAR * PLANKED BUFFALO
- NATIVE STUFFED FISH * INDIAN-STYLE GOOSE

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Ken House

Illustrations

Jana J. House

The publisher wishes to thank all the Native People who contributed to the
Northern Wilderness Cookbook

**Beatrix Ward & Victoria Laboucan, of
 THE TRADING POST
 Dawson Creek, BC Canada**

this book would not have come about if you had not requested it.

**Thanks also to:
 Sue Paylor
 Of Dawson Creek, BC
 For allowing me to tap into her years of resources & experience.**

Dedication

**This book is dedicated to
 Mrs. Sue [Mum Sue] Paylor
 of
 Dawson Creek, BC**

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NORTHERN WILDERNESS COOKBOOK



Miscellaneous



Bonny Blueberry Pie

Prepare pastry for 2 crust pie.

Line 9-inch pie plate with half of pastry. Combine:

¼ cup flour

1 ¼ cup sugar

1/8 teaspoon salt

2 tbsp. Nutmeg

1 tsp. Grated lemon rind

ADD:

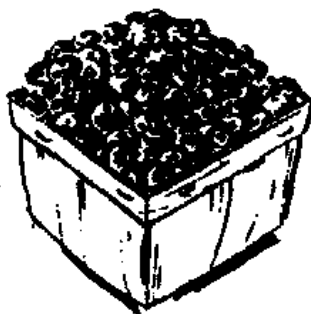
4 cups

blueberries

1 tsp. Lemon juice



Blend thoroughly. Turn into pastry pan and dot with 1 tbsp. Butter. Place top crust over filling and seal. Bake at 450 deg. For 35 minutes.



Blueberry

1 cup blueberries

3 tbsp. Melted butter

2 cups sifted flour

½ tsp. Salt

Muffins

3 tbsp. Sugar

2 eggs

3 tsp. Baking powder

1 cup milk

Add sugar to melted butter and mix well. Add eggs and beat. Add milk. Sift in flour, salt and baking powder. Mix quickly to a smooth batter. Add blueberries. Drop in well greased muffin tins, 2/3 full. Bake in hot oven 20 to 25 minutes. Makes 12 muffins.

Blueberry Cobbler

2 cups blueberries or more
 4 tsp. Sugar
 1 cup flour
 1 tsp. Baking powder
 ½ tsp. Salt

1 egg, well beaten
 ¼ cup milk
 ½ tsp. Vanilla
 2 tsp. Butter
 ½ cup sugar

Cover baking dish with blueberries, sprinkle with sugar. Sift remaining dry ingredients. Add egg, milk, vanilla and melted butter, stirring just enough to combine. Spread batter over blueberries and bake in moderate oven, 350 deg. About 40 minutes. Invert on platter and serve with cream or lemon sauce.

Northern Fried Rice

1 cup uncooked rice
 1 green pepper, finely chopped
 1 cup finely chopped celery

1 can mushrooms, stems & pieces
 or cut fresh cooked mushrooms.
 ½ cup finely chopped onion

Brown rice in a heavy iron skillet until golden brown, continue stirring the rice. Add boiling water and 1 tsp. salt and continue boiling until rice is tender. Add remaining ingredients. Boil slowly for 10 minutes. Serve hot. Soya sauce optional on table.

Indian Relish

12 large tomatoes
 12 large apples
 9 medium onions
 3 cups sugar
 1 pint vinegar
 1 tsp. pepper

½ tsp. celery salt
 ½ tsp. cloves
 1 tsp. cinnamon
 Mixed spice
 ¼ cup salt

Blend all ingredients. Cook until thick. Seal in sterile jars.



Curry and Rice [Indian]

1st Mixture

2 lbs. Wild meat, diced
1 tbsp. Currants
1 tbsp. Ground ginger
2 tbsp. Oil

1 tbsp. Salt
1 tbsp. Brown sugar
½ crushed paprika bud
2 tbsp. Curry

Brown meat in sizzling frying pan, heating pan with oil. When meat is brown add enough water to cover and add remaining ingredients. Simmer this for 3 to 4 hours. Keep covered and add fluid as necessary. Thicken with flour.

2nd Mixture

1 cup chopped celery
1 lb. Wild mushrooms, sliced
1 small tin peas

2 green peppers, chopped
Salt
3 tbsp. Oil

Cook celery until tender, fry mushrooms in 3 tbsp. of oil. Then add green peppers and fry lightly. Combine celery, mushrooms, pepper and peas. Just before serving add to the first mixture.

Rice

Prepare 1 cup uncooked rice in your usual manner. Serve with above mixture. Serves 6.

Indian Casserole

1 cup uncooked rice
4 tbsp. butter
onion, finely chopped
1 cup flaked fish
½ cup fresh mushrooms, finely
chopped

¼ cup chopped almonds
Green onions and green 1 medium
peppers to garnish
Salt and pepper to season
1 tbsp. Soya sauce if desired

Cook rice. Cook onion in butter until tender, then add fish, mushrooms and seasoning. Cook 10 minutes. Add cooked rice and nuts. Toss lightly. Serve in shallow bowl, garnish with onion and pepper.

Sourdough Pancakes

2 cups flour
½ tsp. salt
1 tsp. soda
1 ¾ cups sour milk
1 tsp. melted butter
1 tsp. sugar

Sift flour, salt and soda together. Add milk slowly and beat until smooth. Add melted butter. Fry on slightly greased hot griddle.



Cranberry Relish

2 oranges, juice and rind
1 lb. Cranberries
sugar

juice of one lemon
juice of one orange, besides 2 cups
above

Remove seeds and put oranges through chopper with cranberries. Add sugar to juices. Mix together. Let stand 24-hours before eating.

Bannock

2 ½ cups all-purpose flour

5 tsp. baking powder

½ tsp. salt

2 tbsp. sugar

3 tbsp. lard [oil makes it heavy]

1 egg, optional

1 cup water

add raisins or fresh berries

[optional]

Combine flour, baking powder, salt and sugar in clean pail. Add lard. Rub in to form fine crumbs. If using egg, combine with water. Add to flour mixture. Stir to form soft dough. Knead until smooth, about 10 seconds.

Lightly grease heavy cast iron skillet with lard. Dust with flour. Place half of the dough in pan. Heat pan over live coals five minutes. Raise pan to 1 ½ feet above coals. Bake five to ten minutes longer or until underside is lightly brown and crusty. Turn and bake on the other side, about 10 to 12 minutes. Bake remaining dough as above. Options: bake 30 minutes or until brown. Yield: Two bannocks or about 6 to 8 servings.

Bran Bannock

2 cups flour

1 tsp. salt

½ tsp. cream of tartar

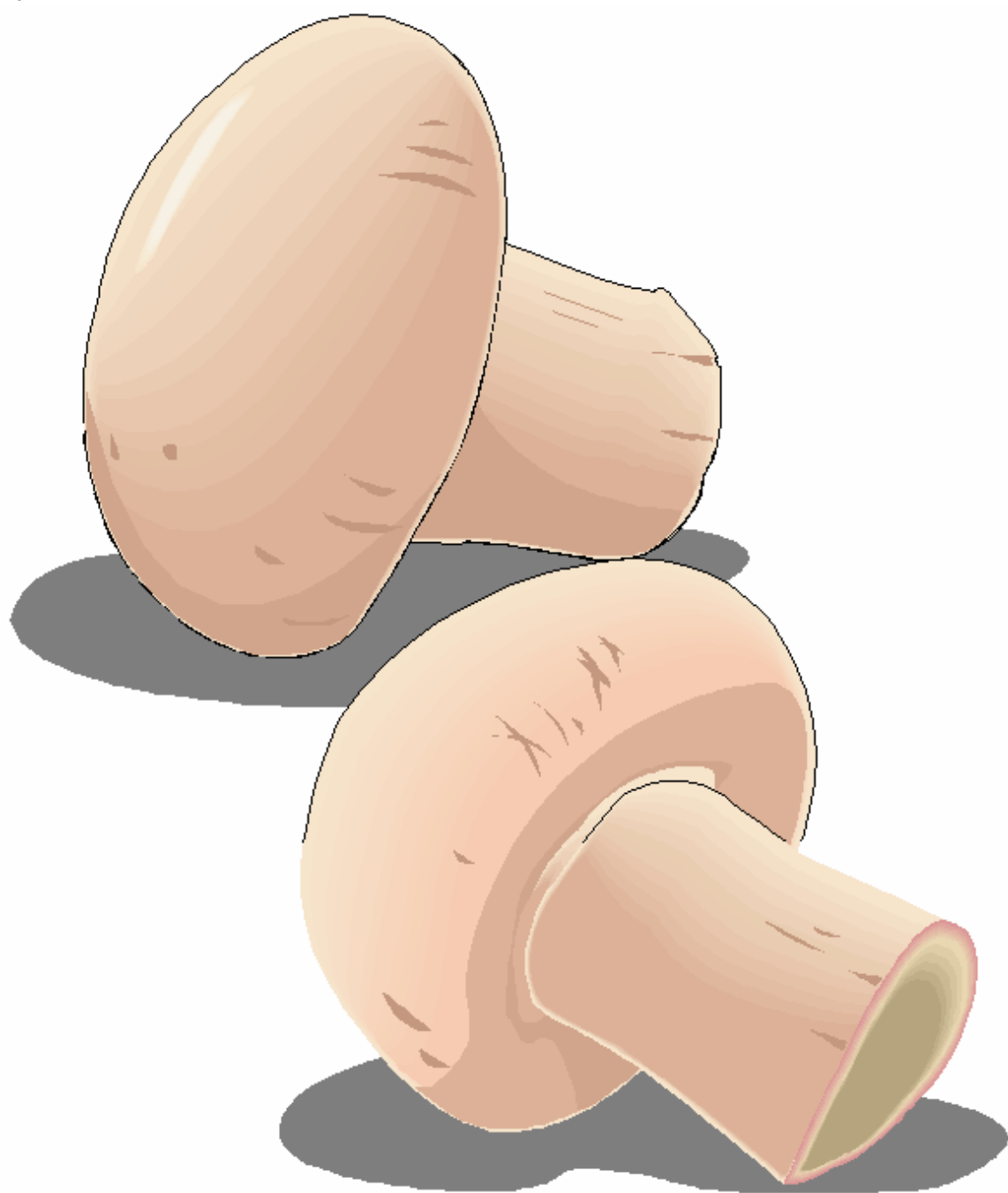
1 tbsp. melted shortening

1 cup bran

1 tsp. soda

1 cup sour milk

Mix dry ingredients, add the melted shortening, then sour milk. Pour into a greased baking pan and bake in a moderate oven about 40 minutes.



Wild Mushroom Soup

½ lb. Wild mushrooms
1 quart of venison or prairie
chicken broth
4 tbsp. butter

1 cup cream
2 tbsp. flour
Salt & pepper

Melt one half the butter in skillet, add mushrooms, peeled and chopped. Cover and let simmer for 5 minutes. Add to broth. Cook another five minutes. Put other half of butter in saucepan, add flour. When it begins to bubble, stir in 2/3 cup mushroom soup then add rest of soup. Add cream. Season.

Cranberry Bread

1 cup fresh cranberries
1 cup sugar
3 cups sifted all-purpose flour
4 tsp. baking powder
1 tsp. salt
½ cup chopped nuts

2 tbsp. grated orange rind
1 egg
1 cup milk
2 tbsp. melted butter
2 tbsp. white corn syrup
½ tsp. almond extract

Preheat oven to 350 deg. F. Wash cranberries; pat dry. Put through fine blade of chopper; mix with ¼ cup sugar. Sift then measure flour; resift with baking powder, salt, ¾ cup sugar. Stir in walnuts and orange rind. Beat egg; add milk and melted butter. Stir into dry ingredients.

Fold in cranberries. Turn into two lightly greased six by 2 ½ inch loaf pans. Bake 50 to 60 minutes or until loaves spring back when lightly touched with finger. Combine corn syrup and extract. Brush on top of hot loaves. Yield: 2 loaves.

Trout Sandwich Filling

1 cup flaked, cooked trout
¼ cup mayonnaise

½ green pepper
Salt and Pepper

Cut green pepper very thin. Combine all ingredients. Mix well. Spread is ready for sandwiches.

Freshwater Clam Chowder

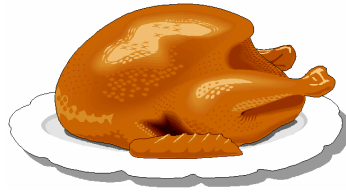
Freshwater clams may be found in many northern river systems. However, the easiest pickings are usually found in freshwater lakes.

Gather 20 – 30 clams. Using a short bladed knife, cut them in half and scrape out the flesh. [If you are squeamish about exposing the gullet contents, then you should open the clam some other way and scrape out the contents whole. In any case, you cannot remove this. Don't Northerners eat the stomach contents of Caribou, as a source of vitamins?]

Chop up a large onion and sauté' in lard or butter. Add clams, sauté' for 15 to 20 minutes. Add 2 [10 oz.] cans of cream of mushroom soup and 2 cans of water. Cook 20 – 25 minutes. Serves 6 –8.

Stuffing's & Sauces





Onion Stuffing

2 ½ quarts toasted bread crumbs
[measure after toasting]
1 ¼ cups butter or margarine
1/3 minced onion
½ cup chopped celery

2 tbsp. dried parsley leaves
2 tsp. salt
2 tsp. poultry seasoning
½ tsp. ground black pepper

Place all ingredients in a mixing bowl. Mix well. Stuff lightly into the body and crop cavity of a large wild, ready to cook goose.

Bread Stuffing for Fowl

9 cups soft bread crumbs
1 ½ tsp. salt
¾ tsp. sage
½ tsp. pepper

3 med. Minced onions
½ cup butter
2 med. Gizzards

Mix bread crumbs, seasonings and onions. Add butter slowly, tossing lightly with fork until well blended. Yields about 10 cups of stuffing. Chopped celery, corn or chestnuts may be added to the stuffing in place of the gizzards.



Basic Basting Sauce

¼ cup vegetable oil
 ¾ cup chopped onions
 1 garlic clove, chopped
 1 tsp. oregano
 1 tsp. pepper
 ½ cup Worcestershire sauce

1 tbsp. dry mustard
 1 ½ tsp. salt
 ½ tsp. thyme
 1 cup each of ketchup, wine
 vinegar and corn syrup

Heat oil in sauce pan, add chopped onion and garlic. Cook until tender. Add all remaining ingredients and cook to a boil, stirring constantly. Lower heat and cook another 5 minutes. Yield 1 quart. This may be sealed and stored in sterilized jars until ready to use. Also good for basting wild burgers and steaks.

Mushroom Sauce

¼ cup butter
 1 cup sliced mushrooms

1 cup bouillon
 Few grains of pepper

Melt 2 tbsp. butter in heavy skillet and fry mushrooms in it until tender, about 15 minutes. Remove mushrooms from skillet and stir in flour, browning it thoroughly. Add stock slowly and continue cooking until smooth and thick. Add browned mushrooms and seasoning. Simmer about 10 minutes. Serve over steaks or burgers.

White Sauce for Fish

4 tbsp. butter
 2 cups hot milk

3 tbsp. flour
 1/8 tsp. salt

Melt butter in saucepan, remove from heat and add salt and dry flour, stir until perfectly smooth. Return to heat and slowly add hot milk, stirring until sauce thickens. Serve over fish.

Lemon Parsley Sauce

¼ cup soft butter
2 tsp. finely chopped parsley
1 tbsp. lemon juice

¼ tsp. salt
few grains pepper

Combine ingredients; melt and heat over hot water using a double-boiler.

Orange Sauce for Duck

3 tbsp. butter
¼ cup flour
1 ⅓ cups water
¼ tsp. salt

Few grains pepper
⅔ cup orange juice
2 tbsp. grated orange rind
1 tbsp. sherry flavoring

Melt butter, blend in flour. Cook until browned. Gradually add water. Cook, stirring constantly, until thick. Add salt and pepper. Just before serving, add orange juice and flavoring. Makes 2 cups.



Egg Sauce

⅓ cup butter
1 ½ cups hot water
⅛ tsp. pepper

3 tbsp. flour
½ tsp. salt
2 hard boiled eggs

Melt half the butter, add flour and seasonings and gradually pour on hot water. Boil 5 minutes, then add remaining butter in pieces and 2 chopped hard boiled eggs.

Ten Minute Cranberry Sauce

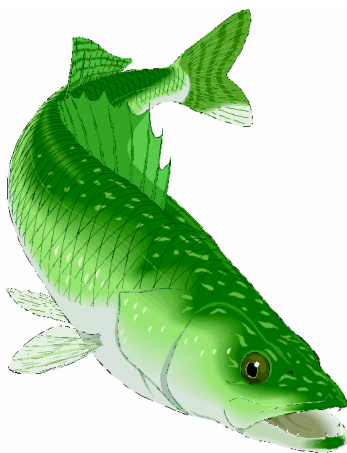
4 cups cranberries
2 cups water

1 ½ cups sugar or less

Boil sugar and water together 5 minutes. Add cranberries and boil without stirring [5 minutes is sufficient] until all the skins pop open. Remove from heat when popping stops. Allow the sauce to remain in pan undisturbed till cool.

Fish





Fish Scallop

3 tbsp. butter
 3 tbsp. flour
 2 cups milk
 1/8 tsp. pepper
 1/4 tsp. salt
 2 tbsp. green pepper

2 tsp. onion juice
 2 cups flaked fish
 1 tbsp. lemon juice
 2 eggs, hard boiled
 2/3 cup crushed corn flakes
 1/2 cup grated cheese

Melt butter, add flour, stir in milk and seasoning and cook until thick. Add onion juice and green pepper to flaked, cooked fish. Place in dish and cover with sliced eggs, cornflakes, cheese and the white sauce. Bake in oven at 375 deg. For 25 minutes. Serves 6.

Baked Whitefish Loaf

1 cup cooked whitefish
 1 cup stale bread crumbs
 1 tbsp. butter
 2 egg whites

1 cup scalded milk
 Salt and pepper to taste
 2 egg yolks

Put together all ingredients except egg whites. Mix well. Fold in stiffly beaten egg whites. Pour into greased baking pan and bake in moderate oven for 1/2 hour. Serves 4.

Baked Whitefish with a Difference

2 cups flaked cooked whitefish
 1 cup cubed, drained pineapple
 1 cup mashed, creamed potatoes
 1/4 cup grated cheddar cheese
 1/8 tsp. paprika

6 tbsp. cream
 Pinch of salt & pepper
 1 beaten egg
 2 tsp. milk

Grease a casserole, arrange the pineapple in it. Add cream, salt and pepper to fish, mix and spread over the pineapple. Beat the potatoes with the egg and milk, add paprika and place over the fish. Bake in a moderately hot oven 375 deg. F., for 15 minutes. Remove from oven and sprinkle the top with grated cheese. Return to oven for about 5 minutes or until cheese is melted. Serve hot.

Fish in Batter

Prepare and cut fish in serving pieces, then dip in this batter.

1 cup flour
 2/3 cup milk

1/4 tsp. salt
 2 eggs

Beat eggs well, add milk, then flour and salt. Beat all together until smooth. Fry the pieces of fish, coated with the batter in deep hot fat until tender and golden brown.

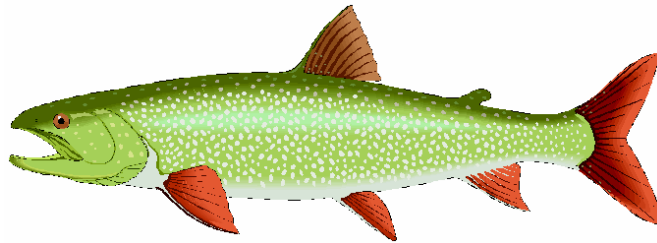
Roasted Fish

4 medium fish
 1 cup vegetable oil
 4 tbsp. allspice

1 tsp. salt
 3 tbsp. flour
 2 tbsp. vinegar

Scrape and clean fish thoroughly, wash and cut into serving pieces. Place in a dish, salt and let stand overnight. Pour oil and vinegar in a roaster, sprinkle the fish with flour and place it in the oil and vinegar mixture. Add the allspice. Roast 3 to 5 hours [depending on size of fish] in oven at 300 deg. F.

Lake Trout



Cooked in a pressure cooker:

1 small lake trout, cleaned and scaled

1 cup water in cooker with rack

Butter

Wrap trout in cheesecloth and place on rack with water in cooker, or brown fish in bottom of cooker if desired. Place cover on cooker. Allow steam to flow from vent to release all air from the cooker. Place indicator weight on vent and cook 8 minutes with stem in cook position. Let stem return to down position.



Curried Fish

½ lb. Cooked fish
2 large onions
1 apple
1 lemon

½ pint stock from fish
1 tbsp. curry powder
1 cup boiled rice
Salt to season

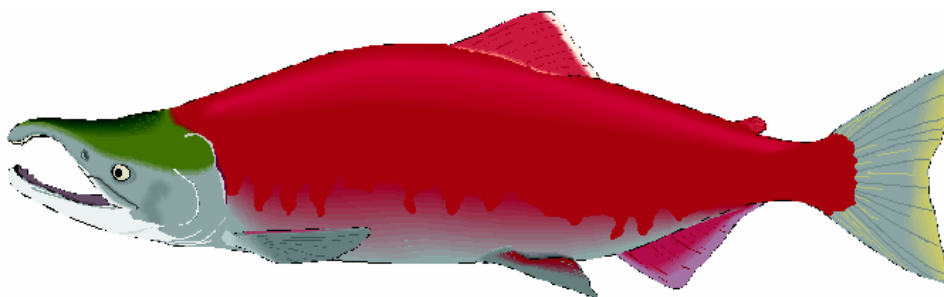
Peel and chop onion finely. Fry until a nice golden brown. Peel and chop the apple, add to onion with curry powder. Moisten with stock, season with salt and pepper, simmer all together for 30 minutes. Add fish, cut into nice sized pieces. Add curry mixture and heat through. Before serving add lemon juice and parsley. Serve with boiled rice.

Pan Fried Fillets

¾ cup evaporated milk
1 tsp. salt
1/16 tsp. pepper
½ cup flour

½ cup yellow cornmeal
1 tsp. paprika
Salad oil
8 large fish fillets

Combine milk, salt and pepper. Mix together flour, cornmeal and paprika. Pour oil to depth ¼ inch in heavy skillet. Dip fish in milk mixture. Coat well with flour mixture. Place pan about 4 inches from hot coals, heat until fat is hot but not smoking. Add fish, fry 4 minutes. Turn carefully. Fry 3 to 4 minutes longer or until fish is brown and flakes easily with a fork. Drain on absorbent paper. Yield: 4 servings.



Barbecued Salmon Steaks with Smoky Sauce

2 lbs. Sockeye salmon steak – soaked for
3 minutes in salted cold water
½ cup ketchup
3 tbsp. lemon juice
2 tbsp. each liquid smoke, vinegar
1 tsp. each salt

Grated onion
Worcestershire sauce
1 clove garlic, finely chopped
¼ cup corn oil
¼ tsp. paprika
3 drops Tabasco

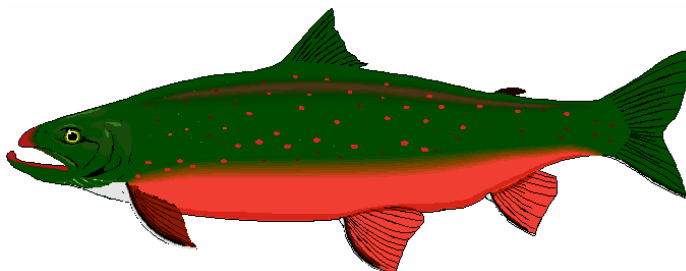
Combine all ingredients except salmon steaks and blend thoroughly. Marinate fish in sauce for 30 minutes. Place fish on foil wrap and place on grill. This will prevent fish from sticking to grill and from falling through grill when it is done. Grill over moderately hot coals for about 10 minutes; baste with sauce. Turn and brush with remaining sauce. Grill for 5 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

Whole Fish in Foil

1 clove garlic, minced
1 tsp. each oregano, salt
½ tsp. basil, thyme
cup finely chopped onion
Dash freshly ground pepper

½ cup corn oil
¼ cup lemon juice
4 to 5 lb. Whole fish, dressed and ¼
head removed

Mix garlic, oregano, salt, basil, thyme and pepper. Stir in corn oil, lemon juice and onions; set aside. Tear off 1 sheet of extra-heavy foil wrap twice the length of the fish plus 3 inches. Place fish on foil. Pour marinade over fish. Bring extending half of foil over fish and seal the 3 sides with double folds. Refrigerate about 1 hour. Place on grill about 5 inches from heat and cook, turning once or twice until fish flakes easily with fork, 45 minutes to 1 hour. Serves 6.



Klondike Fish Steaks

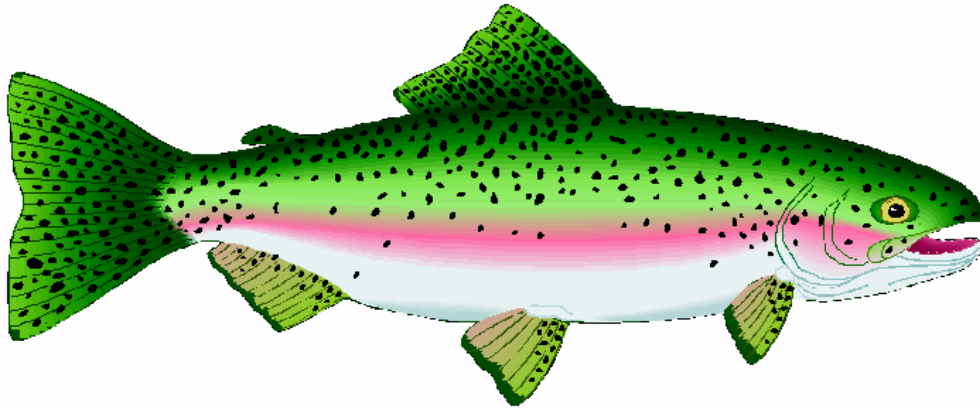
2 fish steaks
1 cup milk
2 mild onions
¼ cup flour

1 tbsp. fat
2 slices bacon
½ tsp. salt
Pepper

Combine pepper, salt, flour and sprinkle over fish. Place on bottom of greased shallow pan. Add milk and bake in hot oven 425 deg. F., 10 minutes. Brown onions in fat. Place onions and bacon on top of fish and bake another 10 to 12 minutes or until fish is tender.

Baked Northern Whitefish

Fill fish with stuffing of fine bread crumbs, a little butter and a little finely chopped onion. Sew up the fish, sprinkle with butter, pepper and salt. Dredge with flour and bake one hour, basting often. Serve with parsley or egg sauce.



Trout and Tomato Jelly Ring

1 cup cooked trout
2 cups tomato juice
1 tsp. grated onion
½ tsp. salt
1 cup chopped celery

2 tbsp. water
¼ tsp. paprika
½ bay leaf
2 tbsp. sugar
1 tbsp. gelatin

Cook tomato juice, onion, bay leaf for 5 minutes, then remove bay leaf. Soak gelatin in cold water for several minutes, then add tomato mixture. Allow to cool until it congeals slightly. Flake trout and add celery. Pour into ring mould and let set. Garnish. Serve with mayonnaise in centre of mould.



Whitefish Salad

1 cup flaked baked whitefish

¼ cup mild vinegar

1 ¾ cup hot tomato juice

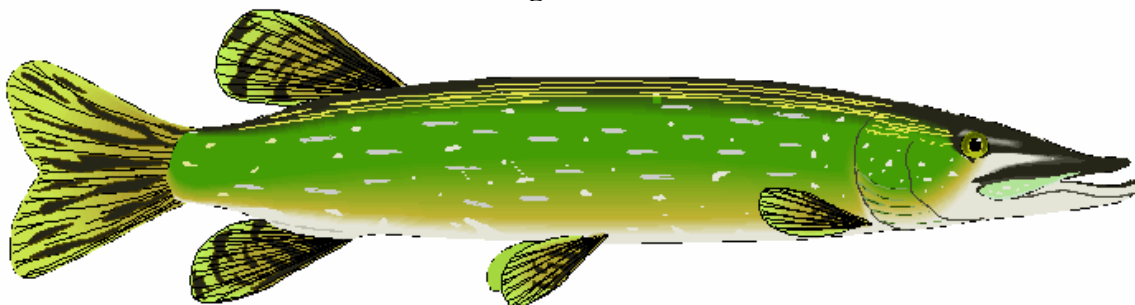
1 ½ cup chopped vegetables

1 pkg. Lemon jelly powder

¼ tsp. Tabasco sauce

Dissolve jelly powder in hot tomato juice and add vinegar. Chill. When slightly thickened add flaked whitefish and chopped up vegetables. Add salad dressing for additional flavor. Garnish with devilled eggs, cheese balls, pickles or olives. Serves 8.

Note:- To make the whitefish taste less fatty cut around the dorsal fin [top most fin on the back of the fish mid-way down the body] cut around the fin in a tear-drop shape from front to back. Using a melon scoop or the cup on an oyster knife scrape out the fat from this area while cleaning.





Birds
Upland Game
Birds
Ducks & Geese

Upland Game Birds

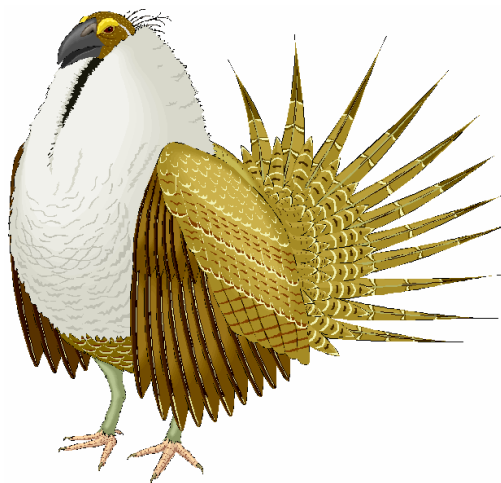


Barbecue Prairie Chicken

Clean, plucked prairie chicken, split lengthwise

Basic basting sauce

Brush pieces of prairie chicken with basic sauce and place on grate about 12 inches away from heat, skin side up. Cook slowly until tender turning frequently and basting each time. These are done when the thickest piece is fork tender. Brush with sauce again just before turning.



Prairie Chicken Turnover

Cold cooked prairie chicken
Salt and pepper
Grated lemon rind

white sauce
flaked pastry

Finely mince left-over cooked prairie chicken. Season with salt, pepper and lemon rind. Moisten with white sauce. Form into balls. Cut the rolled out pastry into rounds. Put a ball of mixture into the centre of each. Wet the edges of pastry and gather them together to cover the mixture. Bake in a hot oven 450 deg. F., until pastry is nicely browned.

Grouse with Almonds

1 ½ cups raw grouse meat
½ cup Chinese Bamboo shoots
½ cup mushrooms
1 cup celery
Cut the above ingredients into small pieces.

½ cup fried almonds, blanched
½ cup cooked fresh green peas
1 tbsp. soy sauce
1 tbsp. salt

Fry grouse in frying pan until cooked. Then add bamboo shoots, mushrooms, celery, peas and soy sauce with a little water. Cook 3 minutes. Add fried almonds last. Mix well. Garnish with parsley on top. Serve.

Grouse

2 ½ lbs. Cleaned, cut up grouse
1 cup sour cream
1 tbsp. fresh lemon juice
1 tsp. salt
1 tsp. celery salt

½ tsp. garlic powder
2 tsp. paprika
¾ cup flour
1/3 cup shortening
½ tsp. ground black pepper

Place cut up grouse in refrigerator dish. Combine next several ingredients and pour over grouse, being sure to cover all pieces. Cover dish and refrigerate over night. Drain. Dredge in flour mixed with 1 tsp. salt. Melt shortening in an 8 X 12 X 2 in., baking pan and place grouse in it. Bake in a preheated hot oven 400 deg. F., for 70 minutes or until done, turning to brown both sides.

Oven Fried Grouse

2 ½ lbs. Grouse, cut in serving sized pieces
 ¾ cup pancake mix
 ¾ tsp. crumbled rosemary

2 tsp. salt
 ½ tsp. ground black pepper
 ½ cup shortening

Wash grouse. Combine next 4 ingredients in a large paper or plastic bag. Shake well. Add all the grouse and shake to coat each piece well. Melt shortening in a 9 X 13 X 2 inch pan in a pre-heated hot oven, 400 deg. F. Arrange grouse in pan, skin side down. Bake 30 minutes. Turn and bake 30 to 40 minutes longer or until done.

Partridge Pie

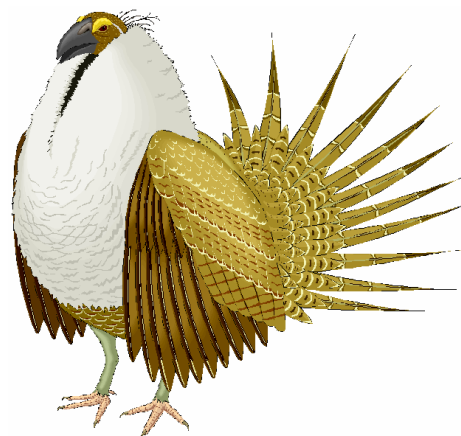
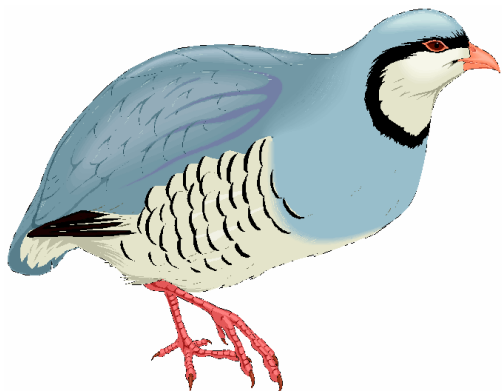
1 cup cooked partridge, cubed
 ¾ cup canned pea's
 1 cup well seasoned partridge gravy

½ cup carrots
 Rich biscuit dough

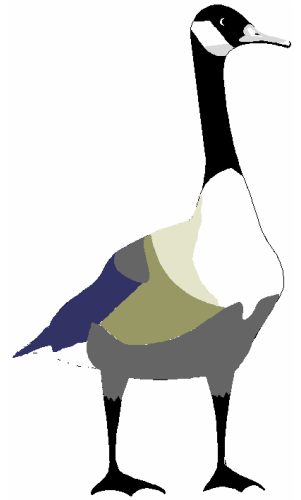
Combine the partridge, gravy and vegetables, pour into a buttered casserole or baking dish and top with biscuit dough, which has been rolled thin and cut with a biscuit cutter. Bake in a hot oven 450 deg. F., for 12 to 15 minutes or until the biscuit topping is nicely browned. Serves 6.

Partridge or Prairie Chicken

To prepare, pluck, clean and singe. Place in salted water for about 1 hour. Drain and dry thoroughly. Dress with dry bread crumbs, dripping, summer savory salt and pepper, mixed with enough warm water to make the mixture hold together. Place birds in a covered roasting pan, spread with a little meat dripping or shortening and add a cup full of water. Season to taste. Roast slowly for 1 to 1 ½ hours. Remove the lid of pan and brown. Serve with red currant jelly.



Ducks & Geese



Wild Goose

To prepare, pluck off feathers as clean as possible, draw and wash thoroughly. To take off small feathers cover bird with liquid Para wax, let set and scrape. This will remove all particles of feathers. Set birds in salted water for about an hour, then drain well and wipe dry. These birds may be dressed with a bread, onion and sage dressing; or by placing a large onion inside each bird and any fish or strong gamey flavor will be removed. Place in covered roasting pan, season with pepper and salt and cook slowly for at least 3 hours at 350 degrees F. Remove cover and brown. When cooking a goose use ½ cup vinegar and ½ cup water for basting and your goose will not taste so greasy. This basting is very good for wild fowl too.

Wild Duck

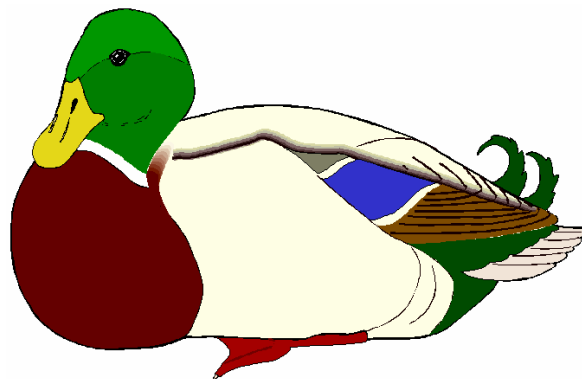
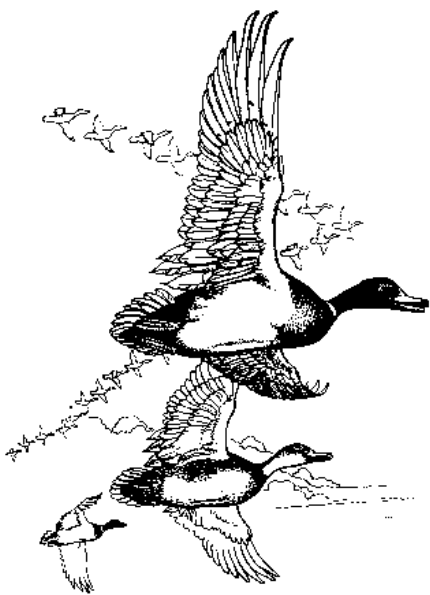
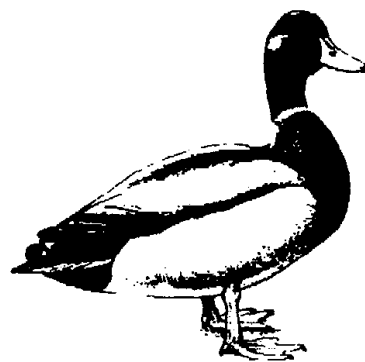
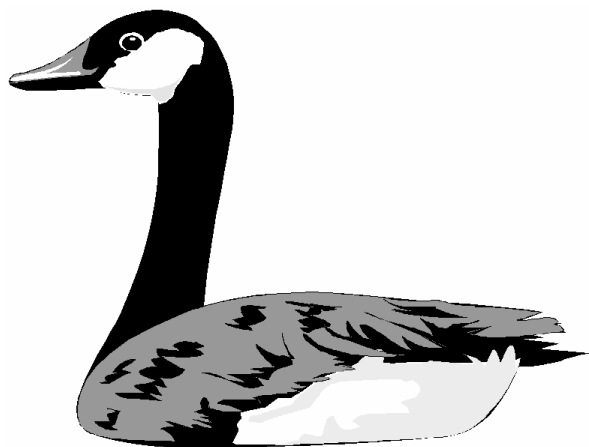
To prepare, pluck off feathers as clean as possible, draw and wash thoroughly, then take off small feathers, cover the bird with liquid Para wax, let set and scrape. This will clean off all particles of feathers. Set birds in salted water for about an hour then drain and wipe dry. These birds may be dressed with a bread, onion and sage dressing and any fish or strong gamey flavor will be removed. Place in covered roasting pan, season with pepper and salt and cook slowly for 1 ½ hours at 350 degrees F. Remove cover and brown. Serve with wild cranberry jelly and boiled rice.

Goose

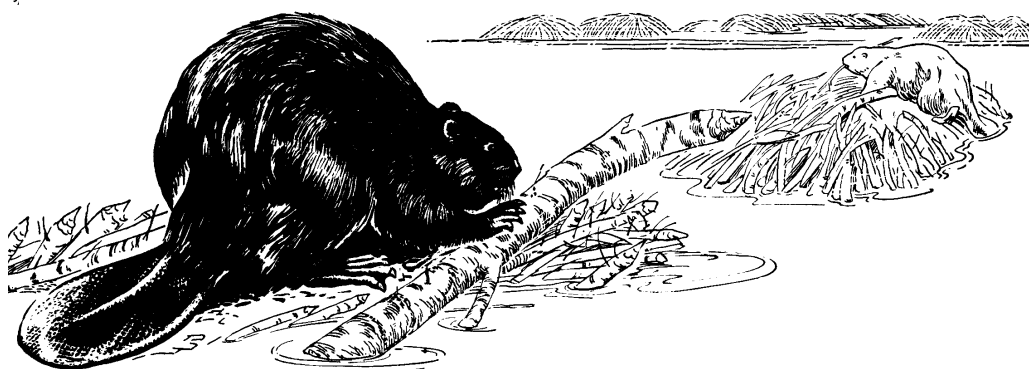
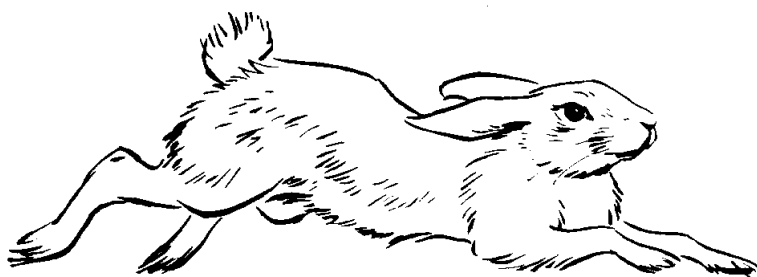
When cooking wild goose use ½ cup vinegar and ½ cup water for basting and your goose will not taste so greasy. Note: this is a very good idea when cooking any “Fat” wild birds.

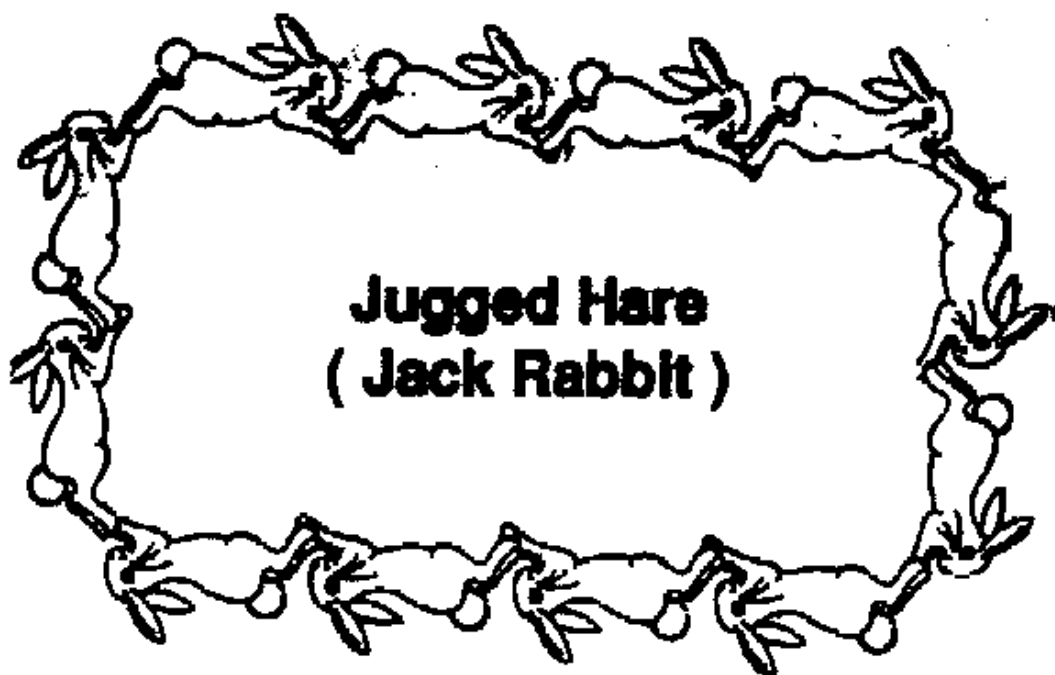
Wild Duck in Gravy

Cut clean duck into serving size pieces, sprinkle with salt and fry in lard or vegetable oil in hot skillet. Brown on both sides, then remove from pan and place in casserole. To grease left in pan, add 1 small chopped onion, salt, pepper and thyme. Add 2 tbsp., flour and brown. Add enough water to make a soft sauce, enough to cover duck. Pour over duck and simmer for 2 hours or until done, adding water occasionally.



Rabbit, Muskrat, Beaver, Skunk





1 Jack Rabbit
 1 qt. Good stock or hot water
 1 med. Can tomato juice
 parsley, thyme, bay leaf
 Red currant jelly
 Veal Force meat

3 ounces butter or other frying fat
 1 ounce flour
 1 med. Sized onion
 few cloves and peppercorns
 Salt and Pepper to taste

Skin and clean hare, cut into pieces, leave overnight, sprinkle well with salt. Wash off before cooking. Fry each piece in the fat until brown. Put into baking dish with salt, the onion stock with cloves, 1/2 tin tomato juice, the lemon juice, peppercorns, herbs and stock of water previously made hot. Cover the dish closely and cook in a moderate oven for about 2 hours. When more convenient this dish may be cooked in an earthenware jar in a saucepan of boiling water on top of the stove. About half an hour before serving thicken the gravy to taste and add other half tin of tomato juice and seasoning if necessary. Serve with veal forcemeat balls and red currant jelly if desired.

Rabbit with Rice

3 lbs. Rabbit, cut in serving pieces
 1/4 cup olive oil
 1/3 cup minced onion
 2 small green peppers, minced
 4 cups canned tomatoes
 1/2 tsp. ground pepper

1/2 tsp. garlic powder
 2 tsp. paprika
 1 bay leaf
 2 cups uncooked rice
 3 pimentos, chopped

Brown rabbit on all sides in olive oil. Add next 8 ingredients and sauté until limp. Add boiling water. Gradually add rice and pimento. Turn into a large baking pan. Cover bake in a moderate oven for 1 1/2 hours or until done. Yield: 6 to 8 serving.

Stewed Rabbit

Divide into pieces at the joints, wash, and rub with salt and pepper. Brown well. Add 1 cup tomato juice, 2 tbsp. lemon juice. Simmer 1 hour.

Baked Rabbit

Jack or Bush Rabbit

Skin and clean. Wash thoroughly and let stand in salt water for at least 2 hours. To bake this, cut apart, cut the back into at least 2 pieces. Make a dressing. Spread all the pieces, one side only and place corresponding pieces together and tie securely. Place on open roasting pan with a little water, salt and pepper and bake for 1 ½ hours or until done at 350 degrees F. This is delicious served with black currant jam.



Baked Skunk

Baked skunk is delicious and these little animals with the black stripes down their backs are useful after all. In order to have baked skunk for Sunday dinner you must first obtain the skunk. This isn't easy. The method recommended by many Northern trappers is the old-time box traps. You can make one of these traps to take to your summer cabin and have meat and protection at the same time. Once you get the skunk in the box trap, the really delicate work begins. Attach a long pole to the box trap and take the skunk carefully to the nearest water hole and drown him. This method is very humane and you can wash the skunk at the same time. After the skunk is drowned skin him very carefully and make sure you remove the scent sack under the tail as it might taint the meat.

After the skunk is cut up and quartered you put the meat in a pan and sprinkle paprika, sage, salt and pepper along with some onions and you can bake the skunk meat until tender. Invite your mother-in-law and you no doubt know some politicians intimately who you could invite for dinner? GOOD LUCK.

Baked Muskrat

[Marsh Hare]

North American Indian

Soak the cleaned carcass in salted water over night. Bake in a covered dish. Onion, sage and bread dressing may be used as stuffing. The meat is not unlike wild duck. It is best in the very early spring.

Beaver

Because beavers are very fat boil in water with the water well covering the meat. The water gives a chance for the grease to float to the surface. Do not eat beaver meat when it is too fresh. It is very laxative. Beaver can also be broiled in the oven, giving the grease a chance to drop. The amount of time required to cook a beaver is entirely to everyone's particular taste.



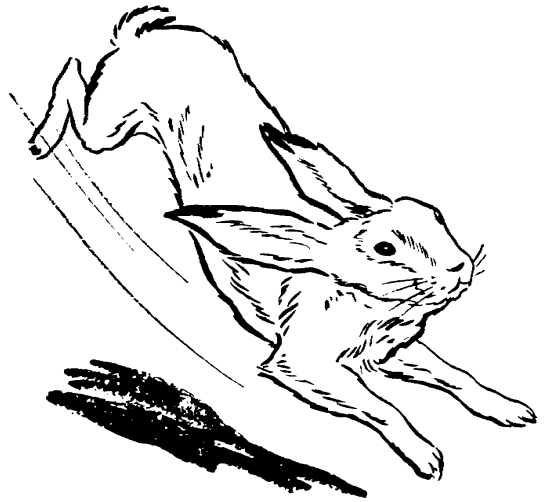
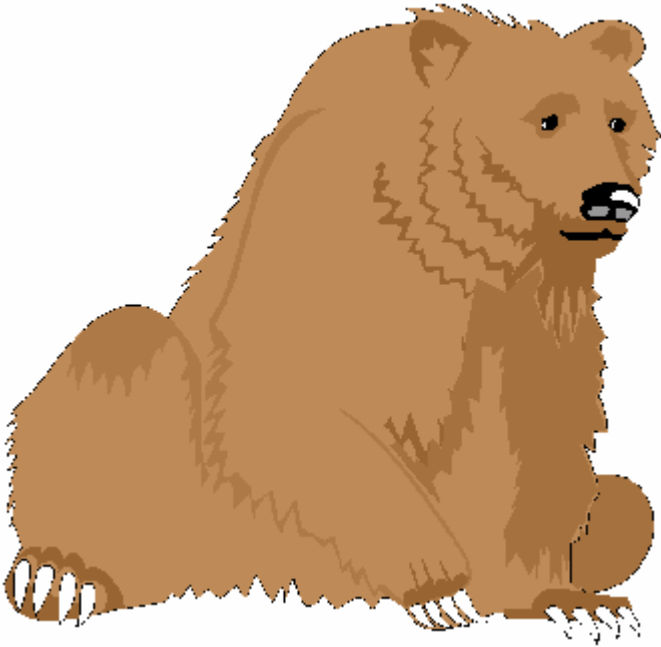
Bear

If the bear is skinny, as it is particularly in the spring, forget about it. You may just as well cook your rubber boots. In case of starvation the only way to swallow it would be to make bear-hamburger [grind it]. If the bear is fat, remove skin as soon as is possible after killing and cleaning. Let the meat soak in very salty cold water overnight. Then boil it for quite awhile until tender to taste.

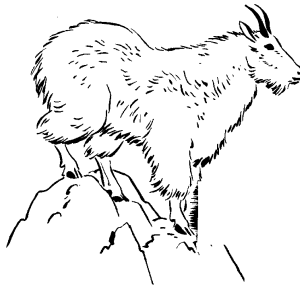
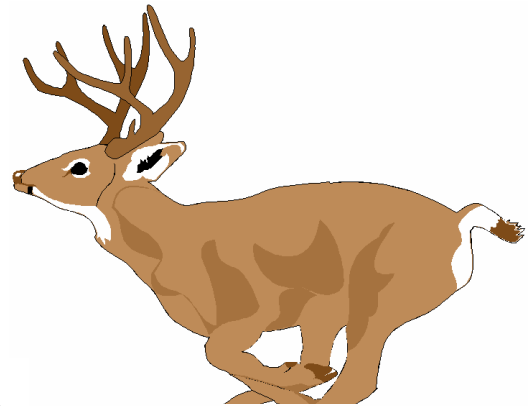
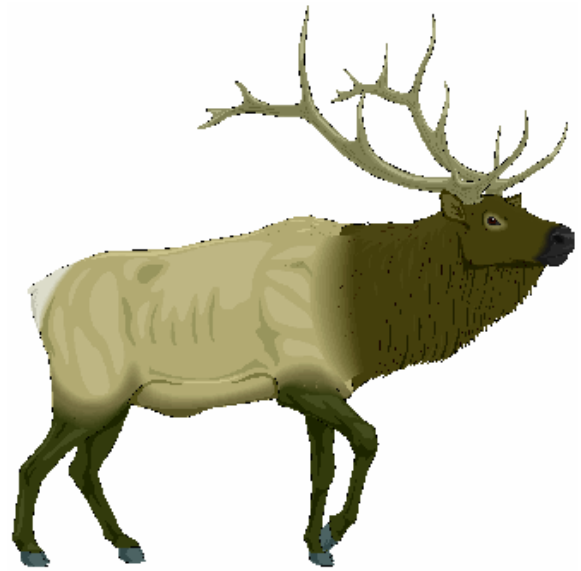
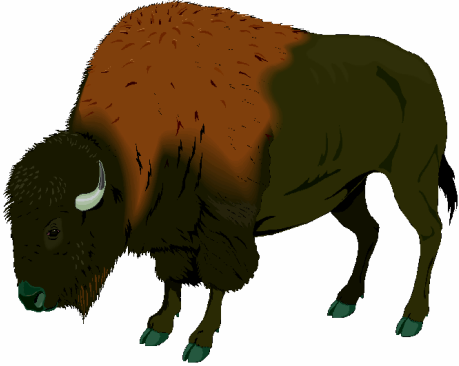


Muskrat

Let the muskrat soak in salty water overnight. Then boil until tender to taste. It is easier to cook than bear and is very good in May.



Big Game



Spiced Venison Roast

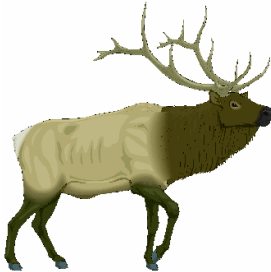
5 pound venison roast [whitetail/mule deer]	1 tsp. salt
1 tbsp. cinnamon	1 tbsp. vinegar
1 tbsp. ginger	2 cups tomato juice
2 tbsp. sugar	2 onions, chopped
2 bay leaves	½ tsp. pepper

Brown roast. Combine remaining ingredients. Add cover and cook 3 hours in a moderate oven or until done. Serves 8.

Venison Steak Rolls

2 lbs. Thinly cut round venison steak	3 cups boiling water
¼ lb. Bacon	1 medium sized onion
Salt and pepper to taste	

Cut steak in squares. Spread each with finely chopped bacon and onion, roll and fasten with cord. Sear each roll in hot fat, then drop in boiling water and let simmer for 1 hour. When ready to serve, pull cord off rolls, thicken the meat stock for gravy and place all in a large serving dish to set on table.



Deer and Elk Steak

[Pressure Cooker]

2 to 6 steaks	¼ cup onions, chopped for each steak
½ cup flour	2 tsp. horse radish, for each
1/8 tsp. pepper	Fat for frying
1 tsp. salt	

Pound steak on both sides to tenderize. Place in paper sack with flour, salt and pepper. Remove. Brown in fat in frying pan. Put ½ cup water in pressure cooker and the false bottom. Put in 1 steak and cover with 1 tbsp. horse radish and ¼ cup onions. Continue with each steak. Cook medium pressure for 15 minutes.

Elk Burger Dumpling Stew

1 ½ lbs. Lean elk ground
 1 ½ tsp. salt
 1/8 tsp. pepper
 Onion juice
 1/3 cup fat

1 tbsp. flour
 2 cups hot water
 1 cup tomato juice
 1 tbsp. chili sauce
 1 recipe dumplings

Mix elk with salt, pepper and onion juice, shape lightly into small cakes and sear in fat in hot frying pan until well browned; remove cakes. Stir flour into drippings in pan, add water, tomato juice and chili sauce and bring to a boil. Return cakes to pan and drop 1 tbsp. dumpling mixture on to of each, cover lightly and cook 10 minutes. Approximate yield: 6 portions.

Dumplings

2 cups sifted flour
 1 tsp. salt
 1 cup milk

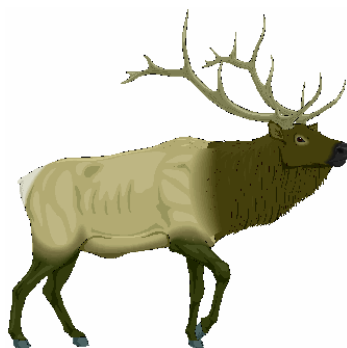
4 tsp. baking powder
 1 tbsp. shortening
 Mix to form soft dough

Grilled Elk Steak

Good cut of steak
 Salt

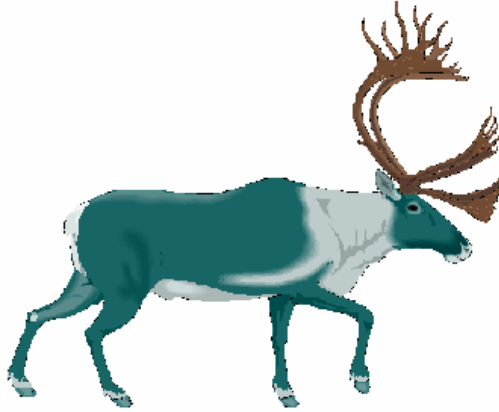
1 tbsp. butter
 Pepper

The success of grilling steak depends upon sufficient heat to sear the outside of the meat quickly. Dip the steak in salad oil. Heat the pan, rub with fat or suet to prevent the steak from sticking. The fork used to turn the steak must not be thrust into the meat in such a way as to make holes and allow the juices to escape. When done, spread the butter on the surface lightly. Sprinkle with salt and pepper. Serve on a hot dish. Time 8 to 12 minutes, depending on the thickness of the steak.



Swiss Caribou Steak

Approximately 1 pound round caribou steak, cut in serving size pieces, rolled in flour and well pounded. Brown in hot fat to which a little onion has been added. Then add 1 cup water and 1 small tin of tomato soup. Simmer gently for two hours. Serve hot.



Barbecued Short Ribs of Caribou

2 ponds short ribs
1 medium onion
2 tbsp. fat
4 tbsp. lemon juice
½ cup water

2 tbsp. brown sugar
2 tbsp. vinegar
1 tbsp. meat sauce
1 cup chili sauce
Salt and pepper

Cut the short ribs into serving size pieces. Place in a pan and bake in oven at 350 degrees F., for ½ hour. Mince onion and brown in fat. Mix all other ingredients together and add to onions. Cook over low heat for 20 minutes. Add to short ribs, which should bake in oven another hour. Serves 4.



Bear Stew with Savory Balls

½ lb. Lean bear meat
1 onion
1 tbsp. flour
¼ tsp. pepper

1 tbsp. drippings
1 tbsp. vinegar
½ tsp. salt
1 quart cold water

Heat drippings in a very hot cast iron frying pan. Peel and slice onion, then brown it in the drippings. Shake in the flour and brown it also. Add the water, vinegar, salt and pepper and the meat. Simmer for 2 hours. After it has simmered for 1 hour PREPARE:

2 cups flour
1 tsp. baking powder
¼ tsp. pepper
1 small onion, chopped fine

3 sprigs parsley chopped fine
4 tbsp. suet, cut finely
1 tsp. salt
½ tsp. sweet herbs, powdered

Mix all these together, make a stiff dough with cold water. Divide into 12 balls, roll each lightly in flour and drop them into the stew. They will take ¾ hour to cook and may be served on a separate dish as you would potatoes.



Baked Bear Burgers

1 egg
1 ½ lbs. Chopped bear meat
½ tsp. grated onion
½ cup water or tomato juice
2 tsp. salt

1 tsp. chopped parsley
1 cup soft bread crumbs
4 strips bacon
1/8 tsp. pepper

Beat egg. Add other ingredients and mix well. Pack in greased pan. Put strips of bacon on top. Bake in a moderate oven for 45 to 60 minutes.

Planked Charcoal Broiled Buffalo Steak

Choose for charcoal broiling a tender Buffalo sirloin, porterhouse, rib or tenderloin steak. Let the steak stand at room temperature for one hour, rub with salt and pepper and melted butter. Broil three inches above hot coals for 3 minutes, turn and continue broiling for 3-4 minutes or the desired time.

Place steak on plank which has been bordered with peeled potatoes. Place bouquets of freshly cooked vegetables which have been sautéed in butter around the steak. Top steak with cooked mushroom heads. Squeeze the juice from $\frac{1}{4}$ lemon over steak, mushrooms and cover with butter which has been cooked to a golden brown over a brisk flame.

Cooking Method for Smoked Buffalo Briskets

1. Bring water to 212 degrees F., [boiling point] sufficient to cover the meat.
2. Add 1 oz., mixed pickling spices, 2 oz., and salt to 1 qt., of water.
3. Reduce water temperature after 15 minutes to about 180 degrees F., [simmer] for 90 minutes until meat is nice and tender.
4. Cool the meat, use the stock for onion soup, slice 2 large onions finely, brown in butter or lard, when brown add to stock, boil for 8 minutes. Soup is ready to serve.

Buffalo brisket is a northern specialty, excellent when served with cabbage and boiled potatoes or cold in salads or in many other ways.

Cooking Method for Smoked Buffalo Tenderloin

The smoked tenderloin needs no cooking before use; however, it may be sliced like ham, fried in butter with fried eggs or used in sandwiches or any other taste-tempting specialty preparations. This smoked buffalo product has a good keeping quality at room temperature. The meat will stay in good condition for a long time.

Braised Buffalo Steak Carbonade

Rub 12 one-inch thick Buffalo round steaks with salt and pepper. Dust with flour and sear in 6 tablespoons of rendered Buffalo kidney suet. Remove meat and add 4 cups of sliced onions to remainder of suet. Place meat and onions in casserole, add 2 tablespoons flour, 1 tablespoon vinegar, 2 tablespoons salt, ½ teaspoon pepper, 1 teaspoon brown sugar, 2 bay leaves, ½ teaspoon thyme, 3 tablespoons minced parsley, 1 tsp. tomato paste, 3 cups of beer. Cover and cook for 3 hours in moderate oven or until meat is tender. Serve with cottage style potatoes.

Tomato Sauce

8 oz. Can tomato sauce

½ tsp. crumbled whole basil

½ tsp. crumbled whole basil leaves

1/8 tsp. ground ginger

¼ cup boiling water

½ crumbled whole oregano leaves

Mix all ingredients in a saucepan. Bring to a boil. Pour over Moose Balls Gourmet.



Moose Upside Down Pie

1 ½ cups flour
3 tsp. baking powder
1 tsp. salt
1 tsp. paprika
¼ cup sliced onions
½ lb. Raw ground moose meat

1 tsp. celery salt
¼ tsp. pepper
5 tbsp. shortening
¾ cup milk
1 can tomato soup

Sift together flour, baking powder and ½ tsp. salt, paprika, celery salt and pepper. Add 3 tbsp. shortening and mix thoroughly with a fork. Add milk and stir until blended. Melt remaining shortening in a pan and cook onions in it until soft. Add tomato soup, remaining salt and ground moose. Bring to a boil. Spread baking powder mixture on top of moose mixture and bake in hot oven about 475 deg. F., for about 20 minutes. Turn out upside down on large plate. Serves 8.

Moose Balls Gourmet

1 ½ cups ground moose meat
1 ½ tsp. instant minced onion
1 ½ tsp. salt
1/8 tsp. ground black pepper
1/8 tsp. garlic powder/granulated garlic

¼ cup fine dry bread crumbs
½ cup grated cheddar cheese
1 tsp. ground ginger
Tomato sauce

Combine first 6 ingredients. Divide into 8 equal portions. Mix cheese with ginger and shape into 8 balls of equal portion. Wrap a portion of meat around each cheese ball, keeping the cheese in the center. Brown on all sides over medium heat in a baking pan. Pour tomato sauce over all. Bake 30 to 40 minutes in a preheated moderate oven.

Moose Muffle

Moose Nose

Moose nose makes a delicious broth and can be used for soup stock or eaten on the spot. Take one or two noses of moose and put them in boiling water; drop in two fair sized onions [if tame or wild onions are not available use sage, marjoram or squaw vine leaves]. You should carry some salt with you on the trail along with a little pepper for seasoning.

How to Prepare:

Cut the nose from the moose you have just shot and rub it carefully in snow if there is no water available to clean it before eating. You will find it makes a delicious broth if you can forget what you are eating.

Note:- Moose Muffle is not recommended for trophy hunters as it louses up the head for mounting and taxidermists are dead set against Moose Muffle.

Moose Steaks

Cut from the round or loin, $\frac{1}{4}$ to $\frac{1}{2}$ inch thick. Wash and dry. If the Moose is not young, the meat should be marinated or a tenderizer used. Young means less than 3 years old.

Use a heavy skillet with only a small amount of fat if you are going to pan broil. Seal well in a very hot pan. **DO NOT TURN MORE THAN ONCE!** If you use a thick steak, you can get better results by pan frying on one side only and then dot with butter and a few bread crumbs on the other side. Then put under broiler to finish, without turning. Make pan gravy with the juice, adding a little water, a dash of salt and freshly ground pepper, plus a little Worcestershire. Serve this juice separately in a warm bowl. We suggest the possible addition of lemon juice and oregano to taste.

Moose Stew A La Bourquignonne

Cut lean Moose stew meat into 1 $\frac{1}{2}$ inch cubes and brown them in a heavy skillet, using 1 tablespoon of rendered suet or bacon fat for each pound of meat. When the meat is well seared sprinkle with $\frac{1}{2}$ teaspoon of sugar per pound of meat and continue to cook for 2 or 3 minutes. Place meat to brown. Add chili powder or desired spices. For each pound of meat add 1 tomato quartered, 1 green pepper cut up coarsely, $\frac{1}{2}$ cup of beef stock or water, and a pinch of thyme, 3 oz., of red wine and salt and pepper to taste. Cover casserole and simmer over lowest flame until meat is nearly cooked. Add 12 small carrots, 12 pickling onions, 12 small heads of small mushrooms and 1 cup of burgundy. Cover and continue cooking until vegetables are tender. Serve with slices of French Bread which have been fried to a golden brown in garlic seasoned oil or bacon fat.

Moose Steak and Noodles

$\frac{1}{2}$ lb. Round moose steak, cut in serving pieces
3 tbsp. shortening
1 cup water
 $\frac{1}{2}$ cup celery, finely chopped

1 – 5 ounce pkg., noodles
2 large onions
 $\frac{1}{2}$ cup tomato ketchup
Seasoning

Fry steaks lightly in hot fat. Add onions and cook slowly. Add water, ketchup, celery and noodles, which have been previously boiled and drained. Let simmer for one hour. Serve hot. Add seasoning just before serving



Moose Loaf

1 lb. Ground moose meat

1 cup bread crumbs

3 tbsp. melted drippings

1 tbsp., finely chopped onion or
celery or parsley

1 cup milk

1 egg

Salt and pepper to taste

Mix ground moose, bread crumbs, salt, pepper and fat. Add the milk which has been combined with the egg, then add the onion or parsley and mix it all together. Pack into a well greased loaf pan and bake and baste for 45 minutes in a moderate oven.

Serves 6.

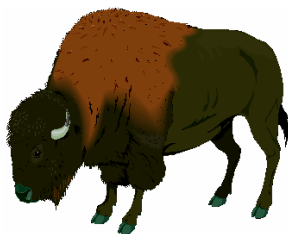


Smoking & Curing Wild Meats



Preparation of Smoked Buffalo Meats

Smoked buffalo brisket is cured and willow smoked. It is processed as a quality product which has a good keeping factor, before and after cooking. Storage temperature for this specialty meat should be from 37 deg. F. To 50 deg. F.



Pemmican

North American Indian

Use moose, elk or deer meat. Meat is cut very thinly into layers and hung up on a homemade rack, similar to a clothes rack to sun dry. A fire or rather a smudge is made to keep insects off. Meat is put out every day in the sun until thoroughly dried and brittle so it cracks [takes a few days]. Now put into a cloth and pound until powdery. Work in drippings or grease to form into balls. Dried berries are sometimes worked into it for flavor. This is used in winter but keeps an indefinite time. The dried meat, sun cooked, never spoils.

Curing Meat

Moose or Bear



For each 100 lbs of meat use

9 lbs. salt
2 ounces soda

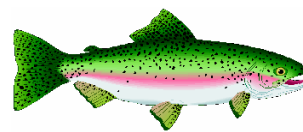
4 ounces salt Peter
2 quarts molasses

Add enough water to make brine to cover meat. Scald brine and let cool before pouring on meat. Let stand in this until salty enough to suit taste. Then hang up and smoke.

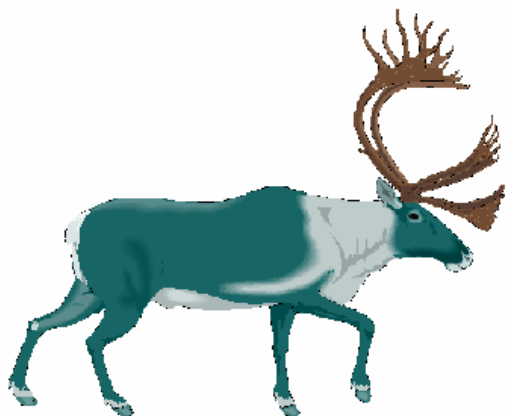
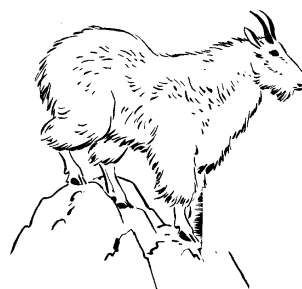
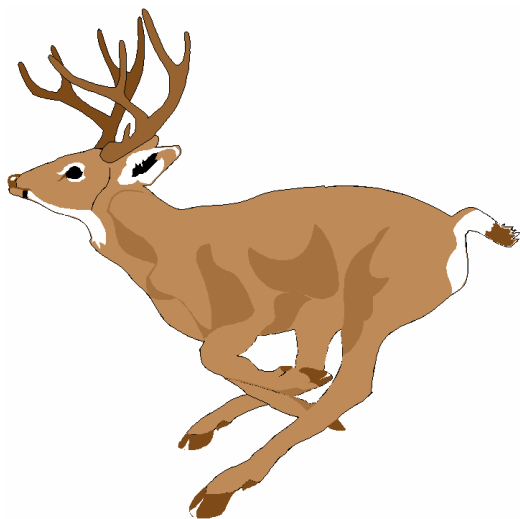


Smoking Meats

Moose, Caribou, Elk, Deer, Sheep, Goat, Bear or Fish



To prepare a smoke house, construct a small building about 4 to 6 feet square, leaving an opening in the center at the top. This opening should be small, about 6 inches in diameter. The building should be 6 to 8 feet high. Smoke is best piped in at the base from a near by source. Use alder or birch wood for smoking. Racks should be placed above the smoke entrance approximately 3 feet and good ventilation must be maintained about each piece of meat or fish. Smoking time depends on taste, but we found continual smoking for about 36 hours best for our preference. Smoke must be warm but not hot.



Jams & Jellies



Blueberry or Saskatoon Berry Jam

Pick over the berries and then add just enough water to cover them. Cook covered for 15 minutes or until soft. Put through course sieve and measure. To every 4 cups of juice and pulp add 4 cups sugar and $\frac{1}{2}$ cup orange juice or juice of two lemons. Cook slowly until fairly thick, about 15 minutes. Put into sterilized jars and seal.

Jellied Moose berries

This wild fruit is used with fowl like cranberries. Pick over and wash. Cook with just enough water to show through at top, until fruit is soft. Add $\frac{1}{2}$ - $\frac{3}{4}$ cup sugar for each cup of fruit according to taste. Boil until it thickens. Pour into sterile jars and seal.

Hints on Drying Saskatoon Berries

Saskatoon berries may be dried and used in place of currants. An easy way is to scrub two window screens and spread a thin layer of berries on a cloth between screens and dry in the sun. When quite dry place in a cloth bag to store.

High Bush Cranberry Jelly

This fruit should be picked when yellow or just turning red. As it gels very easily, it may be combined with fruits lacking in pectin. Stem and wash. Just cover with hot water and boil until soft. Put into a jelly bag of fine muslin wrung out of warm water. Allow to drain overnight. Add $\frac{3}{4}$ cup of sugar to each cup of fruit juice and boil until it tests for jelly. Pour into sterile jars. Place in a sunny window for two days. Then seal with paraffin. Water may be added to pulp in jelly bag and mixture re-boiled. Put through colander and use as a basis for jam or catsup.

Raspberry and Red Currant Jelly

4 quarts raspberries
2 quarts currants

1 quart water
Sugar

Wash currants, add water and boil until juice from the currants is extracted. Strain through jelly bag. Clean raspberries well and mash. Bring to boiling point and cook slowly until soft. Pour into jelly bag. Drain thoroughly. Measure juice. Bring to boil, then for each cup of juice add $\frac{3}{4}$ cup of sugar. Boil briskly to jelling stage. Test frequently as currants are rich in pectin and it may take only 5 minutes.

Rose Hip Jam

Do not gather berries until after the first frost and preserve the same day as picked. Boil 4 cups berries with 2 ½ cups water until berries are tender. Force through a sieve to remove seeds. Add 1 cup of sugar to two cups pulp. Mix thoroughly and bring to a simmer slowly. Cook 10 minutes. Bottle. A layer of sugar sprinkled on the top helps to improve the flavor.

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Jana & Ken
Dawson Creek, British Columbia, Canada
2000



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Volume I



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