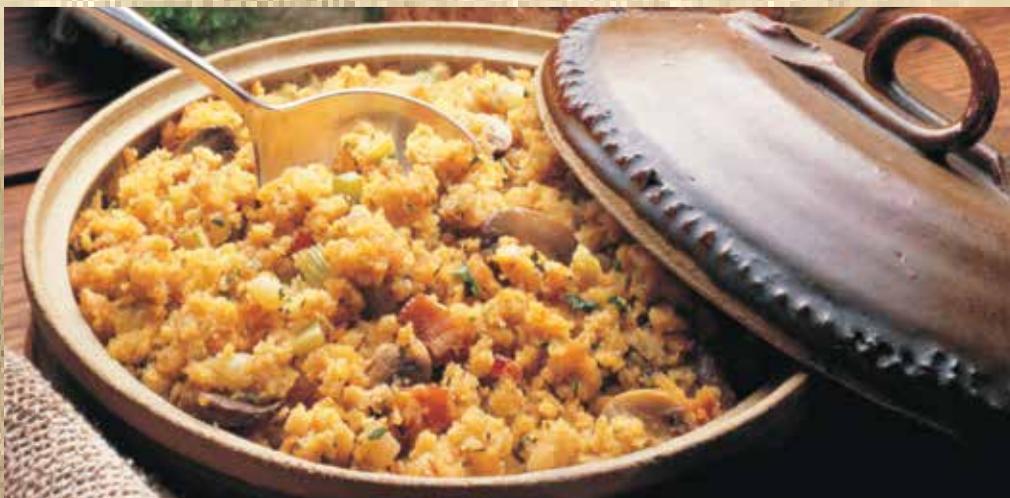


Chapter 6

STUFFING, STOCK, SAUCES & MARINADES, AND SMOKING



There are many ways to improve the meals you make with wild game—most of them involving very simple techniques with which you might already be familiar. Making stock and stuffing, and using sauces and smoking, are all ways to vary the menu and investigate the combination of different flavors and textures.

Stuffing is one of those things that can be as simple or as complicated as you care to make it. Use stuffing mix, fresh bread, croutons, or rice; the five recipes here run the gamut. Making stock is also a basic skill that will improve the flavor of all your recipes, no matter what type of game you're preparing. It's more tasty and less salty than broth bought at the store. Once you've got stock, you can use it to prepare sauces and marinades, which tenderize and soften the meat. Smoking is the one technique covered here that requires some special equipment, whether a smokehouse or a homemade smoker built from an old grill or an old refrigerator. Learn the difference between hot smoking (used as a cooking method) and cold smoking (a flavoring technique), and see how it changes the taste of your wild game, whether venison or pheasant.



Stuffing

Upland game birds and waterfowl should be stuffed just before roasting. Pack the stuffing in lightly, allowing room for expansion.

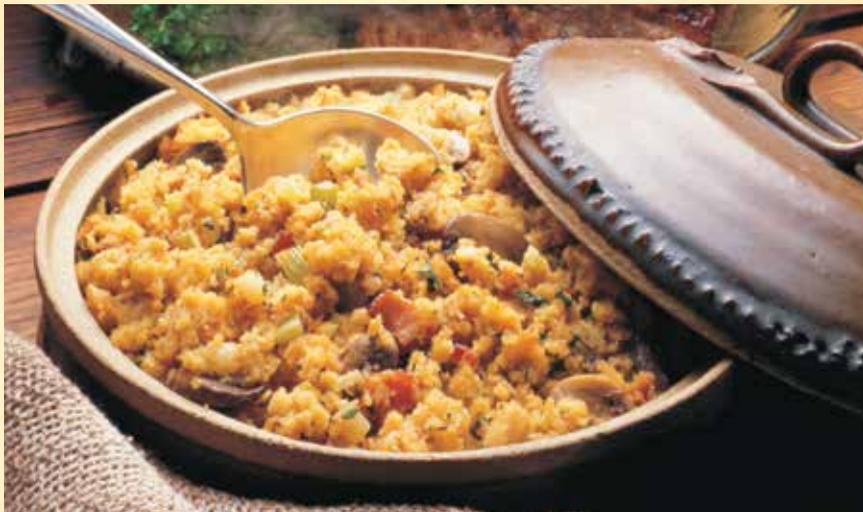
Each of the recipes in this section makes about 5 cups stuffing—enough for a whole goose or turkey, or four pheasants or ducks. Stuffing can also be baked separately as a

side dish to accompany roasts, grilled meats, or other main courses. Place it in a greased 1½-quart casserole. Bake, covered, at 350° for 30 minutes. Uncover, and continue baking until the stuffing is hot, 15 to 25 minutes. If you are baking stuffing as a side dish to accompany a roast, spoon pan juices from the roast over the stuffing several times to add flavor.

Corn Bread Stuffing

5 slices bacon	4 cups corn bread stuffing mix
3 tablespoons butter or margarine	½ cup snipped fresh parsley
1 small onion, chopped	1 cup game bird stock (page 185)
½ cup chopped celery	or chicken broth
1½ cups sliced fresh mushrooms	1 egg, beaten

In medium skillet, fry bacon over medium-low heat until crisp. Remove bacon to paper towels to drain. Crumble bacon; set aside. Over medium heat, melt butter in bacon drippings. Add onion and celery. Cook and stir for 3 minutes. Add mushrooms. Cook and stir until vegetables are just tender, about 2 minutes longer. Remove from heat. In medium mixing bowl, combine corn bread stuffing mix, parsley, reserved crumbled bacon, and vegetable mixture. Mix well. Add broth and egg. Mix well.



Apricot Stuffing

Good as a stuffing for any game bird, this also makes an excellent side dish to serve with small game or venison.

7 or 8 slices whole wheat or white bread (or half whole wheat, half white bread)	½ teaspoon salt
½ cup cut-up dried apricots	¼ teaspoon pepper
½ cup chopped pecans or walnuts	1 medium onion, chopped
1 teaspoon dried crushed sage leaves	1 cup chopped celery
1 teaspoon dried parsley flakes	¼ cup butter or margarine
	1 cup game bird stock (page 185) or chicken broth

Heat oven to 325°. Place bread directly on oven rack. Bake until bread is dry, 5 to 10 minutes. Cool. Cut into ½-inch cubes; there should be about 5 cups bread cubes. Place bread cubes in medium mixing bowl. Add apricots, pecans, sage, parsley, salt, and pepper. Mix well; set aside.

In medium skillet, cook and stir onion and celery in butter over medium heat until tender. Stir into bread-cube mixture. Add stock; mix well.

NOTE: For moister stuffing, or if stuffing is to be cooked separately, add one beaten egg with stock.

Spicy Sausage Dressing

Use this as a stuffing for waterfowl, or bake as a side dish with a venison roast.

¼ cup butter or margarine	⅓ cup thinly sliced celery
5 cups cubed French bread, ¾-inch cubes	1 medium apple, cored and chopped
½ pound spicy pork sausage	½ cup chopped pecans or walnuts
1 small onion, chopped	⅓ cup game bird stock (page 185) or chicken broth

In large skillet, melt butter over medium-low heat. Add bread cubes, stirring to coat. Cook and stir over medium heat until bread cubes are lightly toasted. Transfer bread cubes to large mixing bowl; set aside.

In same skillet, cook sausage over medium heat until meat loses pink color, stirring to break up pieces. Add onion and celery. Cook and stir until vegetables are tender and pork sausage is cooked through. Add sausage mixture to bread crumbs. Add apple and pecans; mix well. Add stock; mix well.

NOTE: For moister stuffing, or if stuffing is to be cooked separately, add one beaten egg with stock.

Onion-Bread Dressing

This is a very traditional dressing.

- | | |
|---|--|
| 1 medium onion, cut in half lengthwise and thinly sliced | ½ teaspoon dried crushed sage leaves, optional |
| ¼ cup butter or margarine | ½ teaspoon dried basil leaves |
| 4½ cups herb-seasoned croutons | ¼ teaspoon dried marjoram leaves |
| 2 teaspoons dried parsley flakes | 1 cup game bird stock (page 185) or chicken broth |
| ½ teaspoon salt | 1 egg |

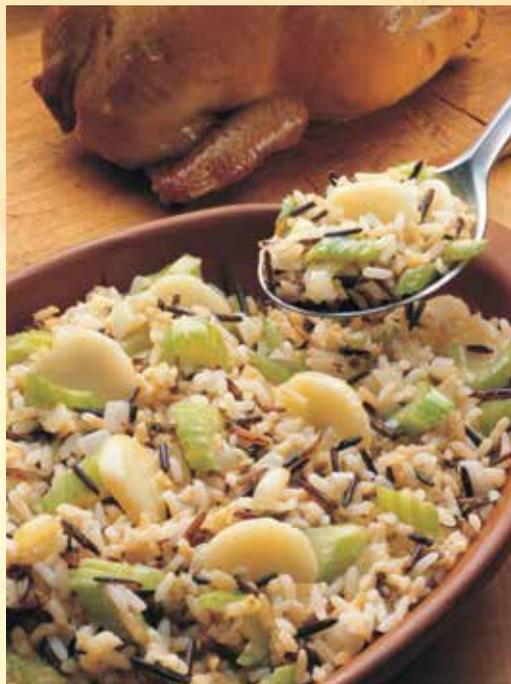
In medium skillet, cook and stir onion in butter over medium heat until tender. Remove from heat; set aside. In medium mixing bowl, combine croutons, parsley, sage, basil, and marjoram; mix well. Stir in onions and butter. In small mixing bowl, blend stock and egg. Add to crouton mixture; mix well.

Gingered Rice Stuffing

A mixture of white, brown, and wild rice makes this stuffing very attractive. Use as a stuffing for any game bird, or as an interesting side dish.

- 2 cups chopped celery**
- 1 medium onion, chopped**
- 2 teaspoons grated fresh gingerroot**
- ½ cup butter or margarine**
- 2 cups cooked rice**
- 1 can (8 ounces) sliced water chestnuts, drained**
- ⅓ cup unseasoned dry bread crumbs**

In medium skillet, cook and stir celery, onion, and gingerroot in butter over medium heat until tender. In medium mixing bowl, combine vegetable mixture and remaining ingredients; mix well.



Stock

Good stock is fundamental to good cooking. It's used as the base for sauces, and as the cooking liquid in many recipes. Game stock is made by boiling the bones of big-game animals, birds, or small game, usually with vegetables and seasonings. It adds more flavor to recipes than commercial chicken or beef broth. For convenience, freeze stock in 1-cup batches (page 57). Or, can it in the pressure cooker (page 197). Leave ½ inch head space in pint jars; process at 10 pounds pressure for 20 minutes.

If you make a large batch of stock, you may want to try a technique used by professional chefs. Prepare the stock without

adding salt, then strain it through a double thickness of cheesecloth. Allow the strained stock to cool completely, then skim off any fat. Boil the strained and skimmed stock until it is reduced by half to make a *demi-glaze* (half glaze), which is the base for many classic French sauces. Reducing the *demi-glaze* even further produces a hard, rubbery glaze that can be cut into small chunks and frozen. A small chunk of the glaze added to a sauce or braising liquid intensifies the flavor of the dish without adding liquid. If a recipe calls for a teaspoon of instant bouillon granules, you can substitute a small chunk of glaze and a bit of salt.



Venison Stock

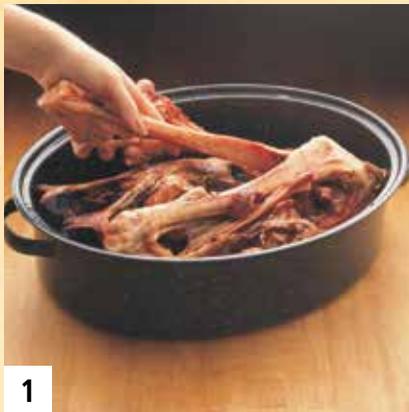
Browning the bones in the oven makes the stock rich and dark. Venison stock requires long cooking to bring out all the flavor from the large bones.

- | | |
|--|--|
| Enough deer, antelope, elk, or moose bones to fit stockpot (5 to 10 pounds) | 2 medium onions, cut into quarters |
| 4 to 6 carrots, cut into 2-inch pieces | 2 bay leaves |
| 3 or 4 stalks celery, cut into 2-inch pieces | 10 whole black peppercorns |
| | 4 or 5 sprigs fresh parsley |
| | 1 sprig fresh thyme, or ½ teaspoon dried thyme leaves |

About 3 quarts

(continued on next page)

How to Prepare Venison Stock



1

Arrange bones in roasting pan. Heat oven to 450°. Roast until well browned, about 1 hour, turning bones once during roasting. Transfer bones to stock pot.



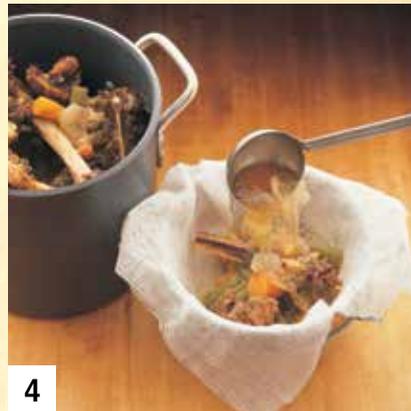
2

Loosen browned bits from roaster by stirring, adding 1 cup water if necessary. Pour liquid into large measuring cup. Skim fat; discard. Add liquid to stockpot.



3

Add remaining ingredients to stockpot. Cover bones with cold water. Heat to boiling over medium-high heat. Reduce heat. Skim foam from top of stock. Simmer for about 8 hours, skimming periodically, and adding additional water as necessary to keep bones covered.



4

Strain stock through a double thickness of cheesecloth. Discard bones and vegetables. Pour stock back into stockpot. Heat to boiling over medium-high heat. Cook until reduced to about 3 quarts. Cool slightly. Refrigerate overnight. Skim any solidified fat from top.

Rabbit Stock

Follow recipe on page 185, substituting 1½ to 2 pounds rabbit backs, ribs, and other bones for the game bird bones. Continue as directed, cooking 2 to 2½ hours.

Game Bird Stock

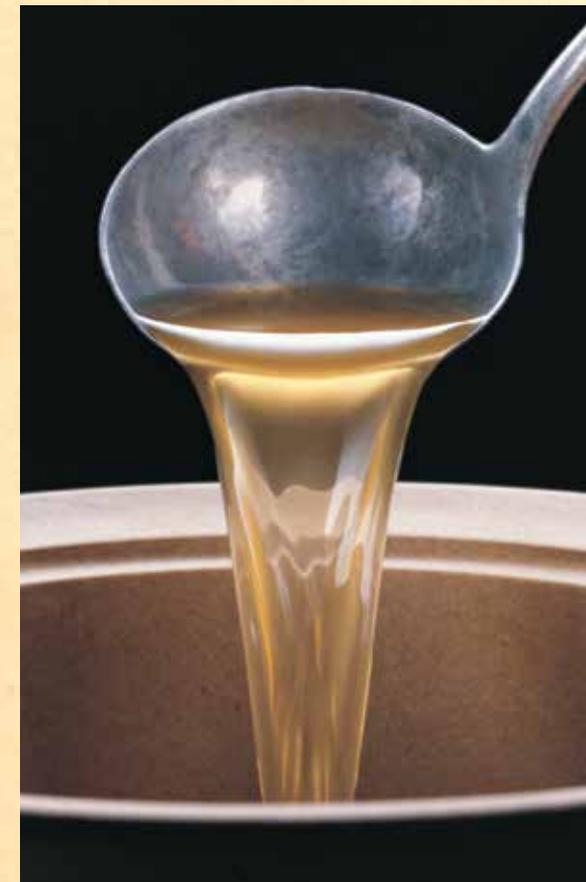
(Pheasant, Partridge, Grouse, Turkey, or Waterfowl)

Save the backbone and neck when portioning birds, and any bones left after boning, until you have enough to make stock. Game bird stock cooks quicker than venison stock.

1½ to 2 pounds uncooked bird
game backs and bones
1 small onion, quartered
1 stalk celery, cut into
1-inch pieces
1 carrot, cut into 1-inch pieces
¼ cup snipped fresh parsley

½ teaspoon dried marjoram leaves
½ teaspoon dried thyme leaves
6 whole black peppercorns
2 whole cloves
1 bay leaf
1¼ teaspoons salt, optional
4 to 6 cups cold water

About 3 cups stock



In large saucepan, combine all ingredients, adding enough water to completely cover the bones and vegetables. Heat to boiling over medium-high heat. Reduce heat. Skim foam from top of stock. Simmer for 1½ to 2 hours, skimming periodically. Strain through a double thickness of cheesecloth. Discard bones and vegetables. Cool stock slightly. Refrigerate overnight. Skim any solidified fat from top.

Dried Mushroom Sauce

Dried morel mushrooms enliven this variation of Easy Velouté Sauce (page 186). The mushroom-soaking liquid is used to replace the game stock.

½ ounce dried morels or other mushrooms (about ⅓ cup)	¼ teaspoon salt
1 cup warm water	Dash white pepper
2 tablespoons butter or margarine	Dash ground nutmeg
2 tablespoons all-purpose flour	¼ cup whipping cream or half-and-half

About 1½ cups

Break dried mushrooms into pieces. In small mixing bowl, combine mushrooms and water; stir. Let rehydrate 15 minutes. Remove mushrooms with slotted spoon; set aside. Reserve ¾ cup soaking liquid.

In small saucepan, melt butter over medium-low heat. Stir in flour, salt, pepper, and nutmeg. Blend in cream, and reserved mushrooms and liquid. Cook over medium heat until thickened and bubbly, 5 to 7 minutes. Serve sauce warm.

Madeira Game Sauce

Excellent with any big-game roast or steaks.

3 tablespoons butter or margarine	2 tablespoons currant jelly
3 tablespoons all-purpose flour	2 tablespoons Madeira wine
1 cup venison stock (pages 183–184) or beef broth	

About 1 cup

In small saucepan, melt butter over medium-low heat. Stir in flour. Blend in stock. Cook over medium heat until thickened and bubbly, 5 to 7 minutes. Add jelly; stir until melted. Add Madeira; heat just to boiling. Serve sauce warm.

Pepper-Flavored Brown Sauce

In small saucepan, combine 1 cup venison stock, six to ten whole black peppercorns, ¼ to ½ teaspoon dry mustard, and a dash cayenne pepper. Heat to boiling. Reduce heat; cover. Simmer 10 minutes. Strain stock and discard peppercorns. Follow recipe for Big-Game Brown Sauce, using pepper-flavored stock, and substituting vermouth for white wine. Continue as directed.

Big-Game Brown Sauce

In classic French cooking, many sauces are based on brown sauce, made by reducing rich stock. The following recipes are variations on that idea, simplified for the home cook.

⅓ cup finely chopped onion	1 cup venison stock (pages 183–184) or beef broth
1 small carrot, finely chopped	1 teaspoon lemon juice or vinegar
3 tablespoons butter or margarine	Salt and freshly ground black pepper
¼ cup dry white wine	
2 tablespoons all-purpose flour	

About 1 cup

In medium skillet, cook and stir onion and carrot in butter over medium heat until tender. Stir in wine. Cook, stirring occasionally, until reduced by half. Stir in flour. Blend in stock and lemon juice. Cook over medium-high heat, stirring constantly, until thickened and bubbly, 5 to 7 minutes. Strain sauce if desired. Add salt and pepper to taste. Serve warm.

Richer Big-Game Brown Sauce: Cook onion and carrot in butter as directed



in recipe for Big-Game Brown Sauce. Blend in wine; reduce as directed. Stir in flour. Blend in ¾ cup reduced venison stock (*demi-glace*, page 183), ¼ cup white wine, and lemon juice. Cook over medium-high heat, stirring

constantly, until thickened and bubbly, 5 to 7 minutes. Strain sauce if desired. Add salt and pepper to taste. Serve warm.

Quick and Easy Big-Game Brown Sauce: Cook onion and carrot in butter as directed in recipe for Big-Game Brown Sauce. Blend in wine; reduce as directed. Omit flour. In small bowl, blend 1 package (.87 ounces) brown gravy mix and 1 cup water. Blend gravy mixture and lemon juice into onion mixture. Cook over medium-high heat, stirring constantly, until thickened and bubbly, 5 to 7 minutes. Strain sauce if desired. If necessary, add salt and pepper to taste. Serve warm.

Orange-Flavored Brown Sauce

In small bowl, combine 3 tablespoons grated orange peel and 2 cups boiling water. Let stand 5 minutes. Drain; set peel aside. Follow recipe for Big-Game Brown Sauce, omitting carrot, and substituting ¼ cup orange juice for the white wine. Continue as directed. When sauce is thickened and bubbly, stir in reserved orange peel, 2 tablespoons cognac (optional), and 1 tablespoon red currant jelly. Cook over medium heat until jelly melts, stirring constantly.

Lemon-Garlic Marinade

This marinade is especially good with upland game birds.

½ cup fresh lemon juice	3 cloves garlic, minced
½ cup olive oil or vegetable oil	½ teaspoon freshly ground black pepper
2 teaspoons dried oregano leaves	
1 teaspoon prepared Dijon-style mustard	

In small saucepan, combine all ingredients. Heat until bubbly. Cool to room temperature. Marinate game birds or meat at least 3 hours, or overnight, turning occasionally, before grilling or broiling.

Greek-Style Marinade

Try marinating big-game steaks in this blend before grilling. This is also excellent with ducks.

½ cup olive oil or vegetable oil	1 small red onion, thinly sliced and separated
½ cup sweet vermouth	½ teaspoon cracked black pepper
1 tablespoon lemon juice	
¾ teaspoon dried tarragon leaves	

In small saucepan, combine all ingredients. Heat until bubbly. Cool to room temperature. Marinate game birds or meat at least 3 hours, or overnight, turning occasionally, before grilling or boiling.

Smoking

Smoke and wild game seem to go together naturally. The tangy, sweet smoke flavor is reminiscent of a day in the woods or field.

There are two basic methods of smoking. In *hot smoking*, or smoke cooking, temperatures are higher than 120° (generally 150° to 300°); in *cold smoking*, below 120°. Hot smoking is not a preservation technique, but simply a cooking method. Old-time smokehouses used cold smoking to preserve heavily brined meat. But preserving with cold smoke is tricky, in some cases requiring several weeks. In this book, cold smoking is used as a flavoring technique only.

All smokers work on the same principle. The meat is hung or laid on racks in an enclosure. A heat source, usually at the bottom of

the enclosure, burns wood to provide smoke. Vent holes allow some smoke to escape so it doesn't become stale, and also help regulate the temperature.

A wide variety of smokers is available at sporting-goods stores, but many people make their own. Homemade smokers range from an old refrigerator with a hot plate, to more elaborate brick enclosures. Consult a book on smoking for complete instructions on making smokers.

Many smokers can be used for either hot or cold smoking, depending on the weather and the heat source. If your smoker doesn't have a built-in thermometer, it's helpful to add one (page 192).

Smokers with large electric coils, or those that use charcoal for the heat source, generally are used as hot smokers.

Hot-Smoking Times for Game Birds and Small Game

TYPE OF GAME	TYPE OF WOOD	TYPICAL GAME
Wild Turkey	Apple	8 to 12 hours (on bottom shelf)
Pheasant	Apple	2 to 3 hours (on bottom shelf)
Partridge	Apple, alder	1 to 2 hours (on bottom shelf)
Grouse	Apple	1 to 2 hours (on bottom shelf)
Quail	Apple, alder	1 to 2 hours (on bottom shelf)
Turkey Breast	Apple	3 to 4 hours (on bottom shelf)
Large Ducks	Cherry, hickory	3 to 4 hours (on bottom shelf)
Small Ducks	Cherry, hickory	2 to 3 hours (on bottom shelf)
Whole Goose	Pear, cherry	6 to 12 hours (on bottom shelf)
Goose Breast	Pear, cherry	3 to 4 hours (on bottom shelf)
Squirrel	Hickory, alder	2 to 4 hours (on top shelf)
Wild Rabbit	Hickory, mesquite	3 to 5 hours (on top shelf)

Charcoal-fueled units can also serve as cold smokers. Use only a handful of charcoal, rather than a full batch. Monitor the temperature carefully.

Hot smokers often have a pan above the heat source for holding liquid. The heat evaporates the liquid, so the meat is bathed in moist smoke. Game does not dry out as much as in dry heat. Many cooks use beer, broth, and other liquids to add flavor.

Smokers with small electric hot plates for the heat source may not be adequate for smoke cooking, especially in cold weather. These smokers, commonly made of aluminum, are often used for cold smoking.

Wild game, unlike fish, is not always brined before smoking. Many people prefer to smoke it plain, or lightly seasoned. But

brining before smoking does add a unique flavor, and makes the meat firmer.

To produce smoke, use trimmings from fruit trees or other hardwoods. Apple and alder add a mild, sweet flavor. Cherry and pear provide a stronger taste. Hickory is the strongest, and is traditionally used with hams and bacons. Cobs from dried corn add an interesting flavor, as do unusual woods like mesquite and sassafras. You can often purchase wood chunks or shavings where smokers are sold, or in large supermarkets. Never use wood from evergreens or softwoods; they give meat a resinous taste.

Soak wood chunks in water for at least an hour before using them. They will produce more smoke, and are less likely to burst into flame than dry chunks. Small chips or

sawdust used over small electric hot plates are not usually soaked.

Weather can greatly affect smoking time. In hot weather, even models with small hot plates may get too warm for cold smoking. Cold and windy weather lowers the temperature in any smoker. To increase the smoking temperature, place your smoker out of the wind. If your smoker is electric, slip the shipping carton or other large cardboard box over it for insulation. If it's charcoal-fueled, just add extra charcoal. Should the temperature still not rise enough for hot smoking, smoke the meat for several hours at the low temperature, then finish cooking in the oven.

Judge doneness of hot-smoked meat by checking its temperature with a

thermometer. When using cold smoke to flavor meat, use the color of the meat as a guide. A golden color on pheasant, for example, indicates a light smoke flavor, while a deep golden-brown indicates strong smoke. You'll soon learn how much smoke you prefer. After cold smoking, roast the meat in the oven to the desired temperature.

Smoking is an art, requiring a willingness to experiment. Home smokers are imprecise, subject to great variations in heat, moisture, and amount of smoke produced. You must learn how the weather affects smoking, how long your smoker takes to smoke, and what methods you prefer for different game. For future reference, keep a notebook listing recipe used, smoking times, weather conditions, and results.

Tips for Smoking Wild Game



1

Smoke cook game of different sizes at the same time by placing large items on bottom rack and small ones on top rack. Game on top is farther from heat, and also easier to remove if it gets done sooner.



2

Use a covered barbecue grill as a hot smoker. Pile charcoal briquets on one side and light. Toss wet wood chunks onto ash-covered coals. Place a pan of liquid on grate above the coals. Put game on other side of grate. Close cover, and regulate heat with air vents.



3

Clip a deep-frying thermometer into a clothespin and insert the tip into a vent hole if your smoker doesn't have a built-in thermometer. Position the clothespin so the thermometer does not come in contact with hot metal.

Cold-Smoked Game Birds

Birds smoked in this manner have a firm, dry texture, and are usually served as an appetizer. Rabbits or squirrels can also be smoked with this recipe.

BRINE:

2 quarts bottled spring water
 ¾ cup pickling salt
 ½ cup brown sugar
 ¼ cup maple syrup

3 tablespoons white wine vinegar
 1 tablespoon pickling spice

2 whole pheasants or wild ducks

3 or 4 servings

In medium ceramic or glass mixing bowl, combine all brine ingredients, stirring until salt is dissolved. Add pheasants or ducks. Place a small ceramic plate on top of birds to submerge them completely. Brine birds in refrigerator at least 8 hours or overnight, turning once.

Remove birds from brine; pat dry. Air-dry for ½ hour. Cold-smoke pheasants for 2 to 3 hours, ducks for 3 to 4 hours. Heat oven to 350°. If birds have skin on, roast uncovered until desired doneness, about 1 hour. If birds have been skinned, cover them with cheesecloth which has been saturated with butter, or with slices of bacon. Serve birds hot or cold.

NUTRITIONAL CHART

If a recipe has a range of servings, the data below applies to the greater number of servings. If the recipe lists a quantity range for an ingredient, the average was used to calculate the nutritional data. If alternate ingredients are listed, the analysis applies to the first ingredient listed, with one

exception: canned broth was used in place of homemade stock. Sauces and optional ingredients are not included in the analysis. Data for pheasants were used in all recipes calling for grouse, partridge, or woodcock. Data for squab was used in recipes calling for dove.

Dietary Exchanges: S=Starch Fr=Fruit C= Carb/Other V=Vegetable M=Milk(whole) F=Fat							
VLM=Very Lean Meat LM=Lean Meat MFM=Medium-Fat Meat HFM=High-Fat Meat							
	Calories	Fat (g)	Sodium (mg)	Protein (g)	Carbohydrate (g)	Cholesterol (mg)	Exchanges
Apricot Stuffing (½ c.)	156	9	390	3	17	10	1 S; ½ Fr; ½ V; 2F
Baked Pheasant in Madeira	513	24	540	57	14	175	8 LM; 1 C; ½ V
Baked Smothered Pheasant	697	40	1,310	60	22	215	1 S; 8 LM; 1 V; 3 F
Barbecued Partridge on Rotisserie (1 bird)	765	33	660	79	32	245	11½ LM; 2½ C
Basque Pheasant	752	44	900	57	33	175	1 Fr; 8 LM; 1½ C; 4 F
Bear Steak Flamade	373	24	410	25	13	30	½ S; 3LM; 1½ V; 3 F
Bear Stew	348	16	530	29	21	0	1 S; 3½ LM; 1 V; 1 F
Big Game and Onion Casserole Braised in Beer	248	9	380	27	13	105	3½ VLM; ½ C; 1 V; 1½ F
Big Game Baked Round Steak	292	11	780	34	12	130	½ S; 5 VLM; ½ C; 2F
Big Game Belgium	753	46	830	56	24	175	½ S; 7½ VLM; 1 C; 1½ V; 8½ F
Big Game Goulash	302	16	650	17	24	60	1½ S; 1½ VLM; 1 V; 3 F
Big Game Pie	554	33	770	20	44	75	3 S; 1½ VLM; 1 V; 6 F
Big Game Pot Roast	422	13	760	51	23	180	½ S; 6½ VLM; 3 V; 2 F
Big Game Sandwich Filling (½ c.)	203	9	500	27	2	100	4 VLM; 1½ F
Big Game Swiss Steak	249	9	790	28	13	100	½ S; 3½ VLM; 1 V; 1½ F
Big-Game Brown Sauce (1 Tbsp.)	29	2	75	.3	1	5	½ V; ½ F
Big-Game Mincemeat Pie (½ recipe)	707	35	560	12	90	70	1½ S; 1 VLM; 3½ Fr; 1 C; 6½ F
Birds in Aspic	131	3.5	360	22	.6	55	3VLM; ½ F
Blue Goose with Cherries	798	48	640	47	44	175	1½ Fr; 1½ C; 6½ MFM; ½ V; 3 F
Brunswick Stew	336	11	670	31	29	110	1½ S; 3½ VLM; 1½ V; 1½ F
Cherry Sauce (¼ c.)	97	2	35	.3	12	5	½ Fr; 1 C; ½ F

	Calories	Fat (g)	Sodium (mg)	Protein (g)	Carbohydrate (g)	Cholesterol (mg)	Exchanges
Chicken-Fried Venison Steaks	411	21	630	39	16	200	1 S; 5 VLM; ½ M 3 F
Cold-Smoked Chops with Kraut	241	8	2,030	29	13	95	3½ VLM; 2 V; 1½ F
Cold-Smoked Game Birds	690	34	1,310	83	7	260	12 LM; ½ C
Coon Sauce Piquante	Nutritional information not available						
Coonpfeffer	Nutritional information not available						
Corn Bread Stuffing (½ c.)	204	7	590	6	29	35	2 S; ½ V; 1½ F
Corned Venison	233	4.5	1,630	43	2	160	6 VLM; ½ F
Corned Venison with Vegetables	286	4	1,260	35	27	120	1 S; 4 VLM; 2½ V; ½ F
Cranberry Braised Raccoon	Nutritional information not available						
Creamed Turkey Patties	330	24	430	18	7	125	½ S; 2½ VLM; ½ C ½ V; 4½ F
Creamy Rice Casserole	245	11	600	18	18	50	1 S; 2 VLM; ½ V; 2 F
Danish Pickled Duck	40	2	110	4	.5	15	1 LM
Deviled Birds	713	47	1,090	53	17	235	1 S; 7LM; 5 F
Doves in Corn Bread Stuffing	621	35	1,460	24	53	110	3½ S; 2 LM; 5½ F
Dried Mushroom Sauce (1 Tbsp.)	21	2	35	.2	1	5	½ F
Duck and Pistachio Terrine (½ recipe)	325	23	550	24	4	120	½ S; ½ LM; 3 V; 2½ F
Duck Breasts with Bacon and Onions	607	48	500	30	8	145	2½ MFM; ½ F
Duck in Corn Bread Stuffing	475	18	1,460	25	53	95	3½ S; 2 VLM; 3 F
Duck with Orange Sauce	670	49	680	30	27	140	½ Fr; 1½ C; 4 MFM; ½ V; 6 F
Duck-Breast Rumaki	110	9	140	4	1	20	½ S; 4 MFM; 1 V; 5½ F
Easy Velouté Sauce (1 Tbsp.)	30	3	100	.3	1	10	1F
Elk Tenderloin Sauté	289	11	1,150	30	16	75	½ S; 3½ VLM; 2 V 2 F
Fillet of Venison (5.25 oz.)	227	9	105	35	0	135	5 VLM; 7 F
Florentine Rabbit Pasta	650	37	210	26	53	175	2 S; 3 VLM; 7 F
Fried Deer Heart Slices	Nutritional information not available						
Garlic Sausage (4 oz.)	181	11	640	19	.4	70	2½ VLM; 2 F
Gingered Rice Stuffing (½ c.)	154	10	150	2	16	25	1 S; 1V; 2 F
Goose and Wild Rice Casserole	385	22	920	21	26	80	1½ S; 2½ LM; ½ V; 1½ F
Goose in Gravy*	329	18	200	31	7	105	½ S; 2½ LM; 1 V; 3 F
Grilled Antelope Shoulder	223	13	95	25	.5	110	4 VLM; 2 F
Grilled Bacon-Wrapped Big Game	207	8	200	32	.1	115	4½ VLM; 2 F