

Wild Wisconsin Wild Game Cooking Guide – Fall 2017



Wild Wisconsin Wild Game Cooking Guide for Fall of 2017

In this cookbook, you will find amazing recipes submitted by staff and other DNR agencies to help get you excited about hunting and trapping!

Wild Wisconsin Wild Game Cooking Guide – Fall 2017

ORANGE PHEASANT (Submitted by Alyse Boivin, Law Enforcement Bureau)

- 2 pounds pheasant (can use chukar as well)
- 1 cup Flour
- ¼ cup corn starch
- 1 egg
- 1 teaspoon garlic powder
- ½ teaspoon ginger powder
- 1 teaspoon cracked black pepper
- ¼ teaspoon salt
- 1 teaspoon onion powder
- ½ cup cooking oil of your choice (I recommend olive oil)

Chop pheasant into 1 inch cubes/bite size pieces and set aside.

In plastic bag, mix all dry ingredients.

Beat egg in medium sized bowl until egg whites and yolk are mixed.

Add pheasant to dry ingredients in batches, making sure all is coated.

Heat oil in wok or skillet on medium heat

Once oil is hot, add the pheasant to hot oil in batches. Cook fully until crispy, about 4-6 minutes each batch

Set pheasant aside and start on the orange glaze

Orange Glaze

- 1 tablespoon fresh ginger, minced
- 2 teaspoon garlic, minced
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon sesame oil
- 1 ½ tablespoons soy sauce
- 5 tablespoons sugar
- 1 tablespoon rice wine vinegar
- 5 tablespoons white vinegar
- ¼ cup orange juice
- 1 tablespoon orange zest

Mix orange juice, sesame oil, soy sauce, sugar, vinegar, and zest, in a small bowl until sugar is dissolved. Add 1 tablespoon corn starch to bowl and mix until smooth.

Heat 1 tablespoon oil in wok or skillet.

Stir crushed red pepper, ginger, and garlic and sauté for 30 seconds, then add 1 tablespoon rice wine vinegar.

Add orange juice mixture to wok or skillet and bring to a boil, stirring often so sauce does not burn

Once sauce comes to a boil, add the cooked pheasant and stir until evenly coated

Remove from heat and place on a bed of white or brown rice and garnish with green onion and sesame seeds

Wild Wisconsin Wild Game Cooking Guide – Fall 2017

VENISON HEART (Submitted by Curt Rollman, Wildlife Management Bureau)

- 1 venison heart
- 1 cup water
- 1 ½ cup white vinegar
- 1 ½ cup sugar
- 1 cup white wine
- 1/8 cup pickling spice
- Raw onion slices (to taste)

Allow venison heart to boil, on rolling boil for at least 30 minutes. Meanwhile, heat water, white vinegar, and sugar in saucepan, until it reaches a boil.

With heat off add white wine, pickling spice, and raw onion slices to the saucepan mixture.

Slice the boiled heart and place in a quart jar while adding the vinegar solution. You will have left over solution.

Put a lid on jar and place in refrigerator. Let cure for a week. Keep in refrigerator until used up.

VENISON NECK ROAST-SLOW COOKER RECIPE (Submitted by Nicholas Hefter, Parks and Recreation Management Bureau)

- 1 venison neck roast
- 1 large onion or 2 small onions, halved
- 1 packet dry ranch seasoning mix
- 1 packet of dry italian seasoning mix
- 1 packet of dry brown gravy mix
- ½ cup of water

Cut onion(s) in half and pull apart layers to make a bed of onions in the bottom of your slow cooker.

Combine all three dry packet mixes in a bowl and with ½ cup of water, mix until thick. Place venison neck roast into the slow cooker on the bed of onions, feel free to add other vegetables to the cooker, and pour seasoning mix over the neck roast.

Cook for 7-8 hours on low.

When cooking is complete use juice in the slow cooker as gravy.

Wild Wisconsin Wild Game Cooking Guide – Fall 2017

WOODCOCK DIPPERS (Submitted by Chris Thielman, Bureau of Customer and Outreach Services)

- Woodcock fillets, breasted
- Seasoning, salt, pepper, italian or cajun
- Oil
- Beer batter

Breast out each of the woodcock fillets, soaking overnight in salt water is optional. Pound each breast flat with a meat mallet.

Apply seasoning to taste (salt, pepper, Italian seasoning, or a Cajun blend) and allow flattened breasts (medallions) to rest for 20 minutes.

Preheat oil about 2 inches deep in any pan to medium-hot (about 350 degrees).

Prepare your favorite beer batter according to the recipe (a dark beer pairs well with the woodcock).

Dip medallions in batter and fry to a golden brown being careful not to overcook. Pat excess oil when done.

These are served well with Ranch, hot-sauce, or bleu-cheese dressing and a mound of french fries. Using a similar method, you can create fabulous grouse nuggets as well!

SEARED VENISON STEAK AND PEPPERS (Submitted by Chris Thielman, Bureau of Customer and Outreach Services)

- Venison, any cut
- Salt
- Pepper
- Olive Oil
- Bell peppers, green or red, sliced

This is a very light dish simple ingredients to allow the venison to be the star of the show any time of the year!

Using ANY cut of venison you desire from tenderloin to round steak, pound with a meat mallet to approximately ½" thickness. Season both sides to taste with coarse salt (Kosher works well) and cracked black pepper (smash whole peppercorns with your meat mallet). It's important to press the cracked peppercorns into both sides of the steak (the more the merrier). Lightly drizzle with olive oil.

Heat a cast iron pan on high until smoking.

Wild Wisconsin Wild Game Cooking Guide – Fall 2017

Meanwhile, coarsely slice green/red bell peppers and onions about a ½” thick. These can be sautéed in a separate pan with olive oil simultaneously or quickly seared in the same cast iron pan if you prefer.

In your cast iron pan, sear each side of the steak no more than one minute on each side. If you find your first steak to need additional time or doneness, use caution not to overcook beyond medium-rare.

Serve steaks covered with peppers and onions over a bed of pasta that was tossed with olive oil and parmesan cheese.

GOOSE KABOBS (Submitted by Chris Thielman, Bureau of Customer and Outreach Services)

- Goose, breast and thigh meat, cut into chunks
- Apple cider vinegar
- Pineapple juice
- Garlic salt
- Black pepper
- Bell peppers
- Onions
- Cherry tomatoes

Take the breast and thigh meat from goose and cut to bite-sized chunks. Marinate the meat overnight in a equal parts apple cider vinegar and pineapple juice, along with garlic salt and black pepper to taste. The liquid needs to be deep enough to submerge the amount of meat you've prepared.

The following day, cut bell peppers and onions in to chunks similar in size to the meet. Alternate chunks of pepper, onion, meat, and cherry tomatoes on bamboo skewers.

Drizzle skewers with olive oil and cook on the grill or over an open fire of medium intensity. Take your time to prevent over-charring the tomatoes during the process. Check meat for doneness (well done) prior to serving.

RECIPE BASICS FOR ALL TYPES OF GAME (Submitted by John Motoviloff, National Wild Turkey Federation)

VENISON STEAK

Basic marinade recipe is 1 part peanut oil to 4 parts Worcestershire sauce. Works with steaks and backstrap. Cook no more than medium. Good, because it's super simple and enhances good natural flavor

Wild Wisconsin Wild Game Cooking Guide – Fall 2017

VENISON STEW

good basic stick-to-ribs fare. Flour and brown meat, then long slow simmer. Mushrooms and red wine are good flavors. Good, because there's nothing better to eat at deer camp.

DUCK OR GOOSE BREAST

Begin with mallard or goose breast. Season with salt, pepper, and herb such as thyme or rosemary. Heat skillet until white hot. Sear on both sides - it's like steak only better.

PHEASANT

Cut into parts, flour, and brown. Cook in broth and dried fruit until tender in Crockpot or Dutch oven. Serve over Basmati rice. Good, because this reflects the cuisine of Central Asia, where pheasants are originally from

SQUIRREL AND RABBIT

simmer and cool, then added mushrooms and cream to broth for a thick gravy. Top with pie crust. Bake. Good, because it's potpies are the ultimate comfort food

WILD TURKEY

Cut into pieces and slow cooked with morel mushrooms and ramps and served over good local pasta like RPs. Good, because it's uberlocal.

CANNED VENISON

Thaw venison roast or steak. Trim off most of the tallow.
Cut venison into 1/2 cup chunks.

Heat oil in frying pan, add chunks of venison and allow to brown.
Add 1 cup water to frying pan, cover and let simmer for about 15 minutes.

It will take approximately 2 fry pans full of meat for 4-5 pints of canned venison.

Heat jars, covers and lids in shallow pan to sterilize.

Put pressure cooker with rack in place.
Add 1 quart and 1 cup water to bottom of pressure cooker and put on burner on low.

Pack jars with browned venison, but not too tightly.
Add 1/2 teaspoon canning salt to each pint.
Divide the liquid left in fry pan between the 4-5 pints, after add warm water to each jar so they are each about 1/2 full of liquid.

Wild Wisconsin Wild Game Cooking Guide – Fall 2017

Make certain the mouth of the jar is clean and dry before attaching ring tightly.

Put jars in canner, cover and place valve on top at 10 lbs pressure. Turn up heat and listen for the canner to jiggle, if it jiggles continuously turn down heat until it is jiggling or releasing steam only every 5-10 seconds. Allow to cook for 80 minutes.

Take off burner and cool. Open canner carefully, once cool to the touch, remove jars. Once jars are cooled, check for seal.

Remove rings from jars after 24 hours, but don't force them off.

Canned venison can be opened at any time to use for chipped venison on a bun.

VENISON CHILI (Submitted by Tia Kropf-Beringer, Wildlife Management Bureau)

- 1 pound ground venison
- 2 cups water
- 1½ cups frozen corn
- 1 cup salsa (spicy if you wish)
- 2 tablespoons chili powder
- 2 ½ teaspoons cumin
- 1 Tablespoon sugar
- 1½ teaspoons dried oregano
- 1 (16oz.) can of chili beans – not drained
- 1 (14.5oz.) can of diced tomatoes – not drained

In a large pot (Dutch Oven) brown venison and drain.
Add remaining ingredients to venison and bring to a boil.
Reduce heat and simmer uncovered for 25 minutes

BREADED PHEASANT BREAST IN LEMON CREAM SAUCE (Submitted by Mark Witecha, Wildlife Management Bureau)

- 4 skinless, boneless pheasant breasts
- ¼ cup all-purpose flour
- Pinch of salt
- Pinch of black or white pepper
- 5 tablespoons butter, divided
- ¼ cup finely chopped shallots
- ¼ cup finely chopped celery
- ½ cup sliced mushrooms
- ¾ cup chicken broth (can substitute a ¼ cup of broth with cream sherry)
- 2 teaspoons finely shredded lemon peel

Wild Wisconsin Wild Game Cooking Guide – Fall 2017

- 3 tablespoons lemon juice
- 1 cup heavy whipping cream
- ¼ cup dairy sour cream
- 2 cloves garlic, minced
- 6 cups fresh spinach leaves
- ¼ cup toasted sliced almonds or pine nuts

Place pheasant breast boned side up between 2 pieces of plastic wrap. Working from the center to edges, very gently pound with the flat side of a meat mallet. Remove plastic wrap. Repeat with remaining pheasant breasts.

In a shallow dish, stir together flour, salt, and pepper. Lightly coat pheasant with flour mixture; shake off excess.

In a large skillet, melt 2 tablespoons of butter. Cook pheasant over medium-high heat approximately 3-5 minutes on each side, or until lightly browned and thoroughly cooked. Remove from skillet and keep warm.

In the same skillet, add 1 tablespoon butter. Cook mushrooms, shallots, and celery in butter for 5-6 minutes or until tender, stirring often.

Add ¾ cup chicken broth (optional, replace ¼ cup of broth with cream sherry), lemon juice, and lemon peel. Bring mixture to a boil, reduce heat. Cook uncovered over medium-high heat for 8-10 minutes or until most of the liquid has evaporated, stirring often. Whisk in the whipping cream and sour cream. Cook, whisking constantly, over medium heat for 5 minutes or until mixture thickens.

In a 12-inch skillet, melt 2 tablespoons butter. Add garlic. Cook garlic for 1 minute. Add spinach leaves. Toss spinach for 30 seconds to coat in butter, remove when leaves begin to wilt.

To serve, place pheasant breast on bed of spinach. Pour sauce over top. Garnish with almonds or pine nuts. Enjoy!

Serves 3-4

PEAR CURRY AND CRISPY DUCK

- ½ - 1 cup duck meat, sliced
- 1 small onion or shallot, sliced
- 1 pear, diced
- Ground cumin, large pinch
- Turmeric, large pinch
- Chili powder, large pinch
- Ginger - large pinches
- Olive oil
- Water

Wild Wisconsin Wild Game Cooking Guide – Fall 2017

- Salt and pepper

Remove skin and any excess fat from the duck meat, slice, and season with salt and pepper and set aside.

Slice the onion lengthwise.

Skin the pear, remove core material, and then cut into chunks no more than ½-inch thick. Set aside.

Mix together cumin, turmeric, chili powder and ginger in small bowl.

Heat a couple of good slugs of olive oil in a pan and add the spice mixture, stirring rapidly to prevent burning

Continue stirring spice mixture while adding the sliced onion.

Reduce the heat and cook until the onion is translucent and begins to soften.

Add water to the pan [about 1 cup and top up as necessary] and the sliced pears. ·

Bring to the boil and stir for a couple of minutes then reduce the heat, cover and simmer until the pear chunks are tender [but not mushy]. · Add seasoning to taste.

Meanwhile, heat a little oil in a frying pan to fry the duck pieces until nicely browned, feel free to deep fry.

Remove pan from the heat, and allow the meat to rest for a few minutes.

Serve duck on top of the dished fruit curry and over rice.

Variation – try adding sliced potato to the dish. Add potato before adding the pear, so that it can soften.

GOOSE STROGANOFF

- Goose, duck or venison (Use filleted skinned goose breasts, duck or venison), cubed into bite sized pieces
- 1 large onion, chopped
- 2 tablespoons flour
- 2 tablespoons ketchup
- 4 tablespoons butter, divided
- 12 ounce can chicken broth or 1 cup of mixed chicken bullion
- 1 cup sour cream (not the low fat stuff)
- 1 can cream of mushroom soup
- 1 can drained mushroom pieces
- salt and pepper to taste – use white pepper if you have it.

Brown goose in 2 tablespoons melted butter in a frying pan or Dutch oven and set aside.

In saucepan, sauté onion in 2 tablespoons melted butter.

Wild Wisconsin Wild Game Cooking Guide – Fall 2017

Wisk in flour, ketchup, cream of mushroom soup, chicken broth and sour cream and simmer for 10 minutes.

Add mushroom pieces, salt and pepper to saucepan mixture.

Pour mixture over the browned goose in a covered Dutch oven or casserole dish and place in oven and cook at 325 degrees for 3 hours.

Serve over noodles.

Works good for tough old birds!!

DOVE STUFFED MUSHROOMS (Courtesy of Ohio DNR)

- 12 large fresh mushrooms
- 3 to 4 whole doves or quail cooked and deboned
- 1 cup shredded cheddar cheese
- 1 serrano or jalapeno pepper, seeded
- 2 bacon strips, cooked and crumbled

In a food processor, combine the dove, cheese, Serrano salt and pepper. Cover and pulse until finely chopped.

Remove stems from mushrooms and stuff caps with finely chopped meat mixture

Place on a baking sheet and sprinkle with bacon. Bake at 400 for 10-15 minutes or until cheese is melted.

DOVE POPPERS (Courtesy of Ohio DNR)

- Dove breasts (4 per person)
- Pineapple, green chili or jalapeno pepper and mushroom chunks
- Strips of uncooked bacon
- Teriyaki sauce

Place chunks of pineapple, pepper or mushroom between dove breast sections. Wrap stuffed dove breasts in 1/2 slice of bacon and hold together with a toothpick.

Glaze each breast with teriyaki sauce and place on low heated grill for about 20 minutes, or until bacon is browned, turning every 5 minutes.

BROILED VENISON STEAK WITH GARLIC SAUCE (Submitted by Dawn Rymsha, Customer Service Lead, Rhinelander)

- 3 tablespoons butter
- 1 teaspoon garlic powder
- 1 teaspoon chopped garlic
- ½ cup A-1 sauce

Wild Wisconsin Wild Game Cooking Guide – Fall 2017

- 1 tablespoons worcestershire sauce
- 2 ½ pounds venison steaks, ¾ inch to 1 inch thickness

Melt butter in saucepan over low heat. Add garlic powder, chopped garlic, A-1 and worcestershire sauce to the saucepan. Mix well and bring to a boil, remove from heat once boil is reached.

Preheat broiler pan in oven.

Brush saucepan sauce on both sides of steaks. Place steaks on hot broiler pan and broil for 3 minutes. Turn steaks over brush with additional sauce, broil for another 3 minutes or till done.

Use sauce generously!

Note: ½ recipe is for 6 steaks

DUTCH OVEN VENISON POT ROAST (Submitted by Dawn Rymsha, Customer Service Lead, Rhinelander)

- ⅓ cup flour
- 1 tablespoon pepper
- 1 tablespoon garlic powder
- 3 pounds rolled venison roast, rump or round
- 2 tablespoons bacon grease
- 1 can beef broth
- 4 potatoes, cut in 3 inch pieces
- 4 carrots, cut in 3 inch pieces
- 1 onion sliced
- ½ package onion soup mix

Mix flour with pepper and garlic powder. Dredge meat with this.

Melt bacon grease in dutch oven. Brown roast in bacon grease on all sides. Add 1 can beef broth. Arrange potatoes and carrots around roast. Place onion slices on top and sprinkle with onion soup mix.

Cover and bake at 325° for 1 ½ hours.

Note: Can be made in roasting pan and covered with foil

Wild Wisconsin Wild Game Cooking Guide – Fall 2017

HERBED VENISON AND MUSHROOMS (Submitted by Dawn Rymsha, Customer Service Lead, Rhinelander)

- ½ cup butter, divided
- 1 pound fresh mushrooms, sliced
- 3 medium onions, finely chopped
- ⅓ cup flour
- 2 teaspoons salt
- ½ teaspoons paprika
- ¾ teaspoons pepper
- 2 pounds venison steak, ½ inch thick
- 2 cloves garlic, crushed
- Pinch rosemary leaves
- 1 ⅓ cups beef stock

Melt 3 tablespoons of butter in skillet. Add mushrooms and onion to skillet and sauté until tender. Place mushrooms and onions in a 2 quart shallow casserole dish and set aside.

Combine flour, salt, paprika and pepper in a small bowl.

Melt 5 tablespoons butter in skillet. Dredge venison in flour mixture and add to skillet, cook until slightly brown. Place browned venison in casserole over onions and mushrooms.

Top casserole with garlic and rosemary and pour beef stock over all. Add loosen browned particles from skillet to casserole for extra flavor.

Cover casserole and bake at 350° for 30 minutes.

After cooking, serve remaining sauce in gravy boat with mashed potatoes.

SLOW-COOKER VENISON PEPPER STEAK (Submitted by Theresa Stabo, Fisheries Management)

- 2 tablespoons vegetable oil
- 1 ½ - 2 pounds venison, cut onto 1 x 3 inch strips
- 1 cup chopped onion
- ¼ cup soy or tamari sauce
- 2 cloves garlic, crushed, minced or grated
- 1 teaspoon sugar
- ¼ teaspoon pepper
- 1 inch ginger root, grated

Wild Wisconsin Wild Game Cooking Guide – Fall 2017

- 4 tomatoes diced or 1 can (15 ounce) diced tomatoes, unstrained - fire-roasted work well
- 2 large peppers, red, green or combination, cut in strips
- ½ cup cold water
- 1 tablespoon cornstarch

- Hot cooked noodles

Brown meat in cast iron frying pan or skillet with oil. Transfer meat to slow cooker. Combine the next seven ingredients and pour over meat. Cover and cook on high for 1 hour. Reduce heat to low and cook for 3-4 hours or until meat is tender. Add tomatoes and peppers and cook on low another hour. In a small bowl, combine cold water and cornstarch; stir until smooth then stir into hot mixture. Cook on high until thickened. Serve over hot egg noodles.

Yield: 6-8 servings

VENISON MEATBALLS (Submitted by Ashley Van Egtern, Law Enforcement Bureau)

- ⅓ cup chopped onion
- 1 cup cooked wild rice
- 1 teaspoon seasoned salt
- ½ teaspoon celery salt
- 1/8 teaspoon black pepper
- 2 cloves garlic (minced)
- 2 tablespoon milk
- 1 egg
- 1 pound ground venison

Cranberry sauce:

- 1 X 14 ounce can of cranberry sauce (or use homemade)
- 3 tablespoons brown sugar
- 3 tablespoons orange juice
- 1 tablespoon ginger

In a small frying pan sauté onions until tender.

In a large bowl, mix cooked wild rice, seasonings, garlic, milk and egg with sautéed onion. Add venison, work by hand, and form 1" meatballs.

Add meatballs to frying pan and brown evenly in the fat of your choice (butter!).

Meanwhile, combine cranberry sauce ingredients and cook in a saucepan over medium heat for 5 minutes, whisking until smooth.

Pour cranberry sauce over meatballs in a baking dish. Bake at 300 degrees for 1 hour.