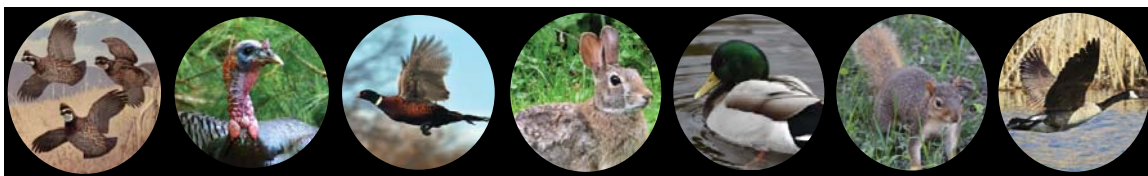


# 4-H SHOOTING SPORTS



## SHOTGUN

*Wild Harvest Table Guide to  
Hunting Fowl & Other Small Game*



**Cornell University**  
Cooperative Extension  
Department of Natural Resources

This guide is produced in partnership with Wild Harvest Table, NYS 4-H Shooting Sports, Seneca County Cornell Cooperative Extension, and Cornell University Department of Natural Resources.



Cornell University  
Cooperative Extension  
Seneca County



Cornell University  
Cooperative Extension  
Department of Natural Resources

Edited and Compiled by: Moira Tidball, Keith Tidball  
Graphic Design by: Christie Brewer



United States  
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11/2015 v.1

Through the 4-H Shooting Sports Shotgun training you have learned how to safely shoot a shotgun and have hopefully had lots of practice shooting! A potential added benefit of outdoor recreation activities and shooting sports is bringing home meat to eat. Shotgun is often used to hunt small game, upland game birds, and waterfowl. Sometimes shotguns are used like rifles to hunt bigger game. In such a case, a single solid slug is used in either a smooth or rifled barrel. Clearly, a single, solid slug is not “shot” and is closer to a projectile that is fired from a rifle. This type of firearm and big game hunting is covered in the Wild Harvest Table Rifle Guide. This booklet offers practical advice on preparing and consuming small game, upland game birds, and waterfowl from field to table based on the Wild Harvest Table program and Cornell Cooperative Extension research and outreach. The health and nutritional benefits of consuming small game and wild fowl are presented, along with recipes and tips for delicious preparation and presentation. Always be sure to check your state’s hunting regulations for seasons and bag limits as well as guidance regarding game and habitat studies.

Hunting is a great way to learn more about animals. By spending time in their habitats you will learn more about the animals and the environment they live in. Cornell’s Department of Natural Resources offers many publications to learn about wildlife and conservation, including interesting fact sheets for different species that you may hunt (or just watch), such as American woodcock, ruffed grouse, and rabbit. You can find them at <http://blogs.cornell.edu/cecp/publications/wild-things-in-your-woodlands/>. New York State DEC also has some interesting facts about animals, such as white tailed deer, along with excellent information on responsible hunting practices and wildlife conservation.

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# *Health Considerations*

## **Transition to Hunting**

Check with New York State's Department of Environmental Conservation to find out the rules and regulations for hunting in your area and to sign up for a Hunter Safety Course. It is important to find a hunting mentor to help transition from safely target shooting to safely hunting birds. A family member, friend, sportsman's club or game preserve are good places to start.

## **Health and Food Safety Considerations**

Choice of ammunition and shot is important health consideration for wild fowl consumption. The use of lead shot for upland game birds and small game has not been outlawed, as it has for waterfowl. However research shows that lead ammunition can be harmful to wildlife populations and humans when ingested. Even lead shot that passes through an animal can leave traces of harmful lead. Lead exposure is particularly harmful to growing children and fetuses (pregnant women) because high blood levels of lead can cause neurological effects that stunt development. There are many ammunition alternatives to lead, such as steel, that are healthier options. It is important to remember that shot will inevitably remain in the meat that you are cooking, therefore be careful of your teeth as you chew it! Field dress animals right away and keep meat cool and clean to avoid bacterial contamination of the meat.

Many wild game species do not have known nutritional content in the USDA Nutrient Database Laboratory. Cornell researchers are filling this gap by facilitating the addition of ruffed grouse and Canada goose. Yet many species are still missing, such as wild turkey and woodcock.

### Nutritional Value of Upland Birds

Based on 3 ounce portions (85g):	Pheasant, Breast Meat only	Quail, Breast Meat only	Ruffed Grouse, Breast Meat only	Spruce Grouse, Native (Canadian)
<b>NUTRIENTS:</b>				
Energy (kcal)	113	105	95	92.6
Protein (g)	20.71	19.2	21.98	20.4
Total fat (g)	2.76	2.54	0.75	0.85
Total saturated fat (g)	0.935	0.740	0.036	0.085
Total mono-unsaturated fat (g)	0.884	0.714	0.036	0.085
Total poly-unsaturated fat (g)	0.468	0.655	0.112	trace
Cholesterol (mg)	49	49	34	N/A
<b>MINERALS:</b>				
Ca (mg)	3	8	4	2.55
Fe (mg)	0.67	1.96	0.49	3.4
Mg (mg)	18	24	27	25.5
P (mg)	170	194	194	161
K (mg)	206	221	264	278
Na (mg)	28	47	42	45
Zn (mg)	0.54	2.3	0.43	0.77

Data source: U.S. Department of Agriculture, Agricultural Research Service. 2011. USDA National Nutrient Database for Standard Reference, Release 24. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/ndl>. Compiled by Moira M. Tidball, Cornell University Cooperative Extension, revised September 2014.

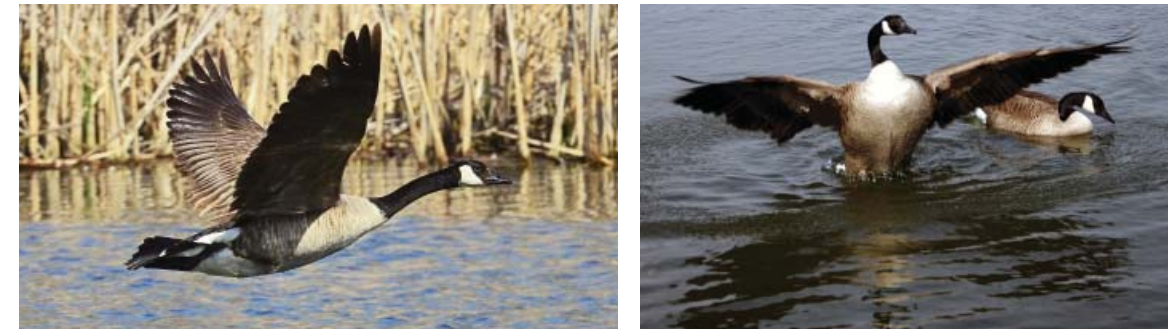


Wild fowl is a healthy, lean source of poultry meat. There is nearly half the amount of fat in the wild duck and goose meat compared to domestically raised duck and goose, as noted in the chart below.

### Comparison of Wild Goose and Domesticated Goose

Based on 3 ounce portions (85g):	Wild Canada Goose, skinless	Domesticated Goose, skinless	Wild Duck	Domesticated Duck
<b>NUTRIENTS:</b>				
Energy (kcal)	113	137	179	343
Protein (g)	20.66	19.34	14.81	9.77
Total fat (g)	3.42	6.06	12.92	33.44
Total saturated fat (g)	0.518	2.372	4.284	11.237
Total mono-unsaturated fat (g)	0.694	1.572	5.780	15.887
Total poly-unsaturated fat (g)	0.295	0.765	1.717	4.318
Cholesterol (mg)	68	71	68	65
<b>MINERALS:</b>				
Ca (mg)	3	11	4	9
Fe (mg)	5.02	2.18	3.54	2.04
Mg (mg)	25	20	17	13
P (mg)	218	265	143	118
K (mg)	286	357	212	178
Na (mg)	42	74	48	54
Zn (mg)	1.43	1.99	0.65	1.16

Data source: U.S. Department of Agriculture, Agricultural Research Service. 2011. USDA National Nutrient Database for Standard Reference, Release 24 & 27. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/ndl>. Canadian Nutrient File, Health Canada, 2010 (electronic version at [www.healthcanada.gc.ca/cnf](http://www.healthcanada.gc.ca/cnf)). Compiled by Moira M. Tidball, Cornell University Cooperative Extension. September 2014.



# Dressing Game Birds

Remember to bring a sharp hunting knife, clean cloths or papertowels, plastic gloves, and ideally a cooler filled with ice on your hunt.

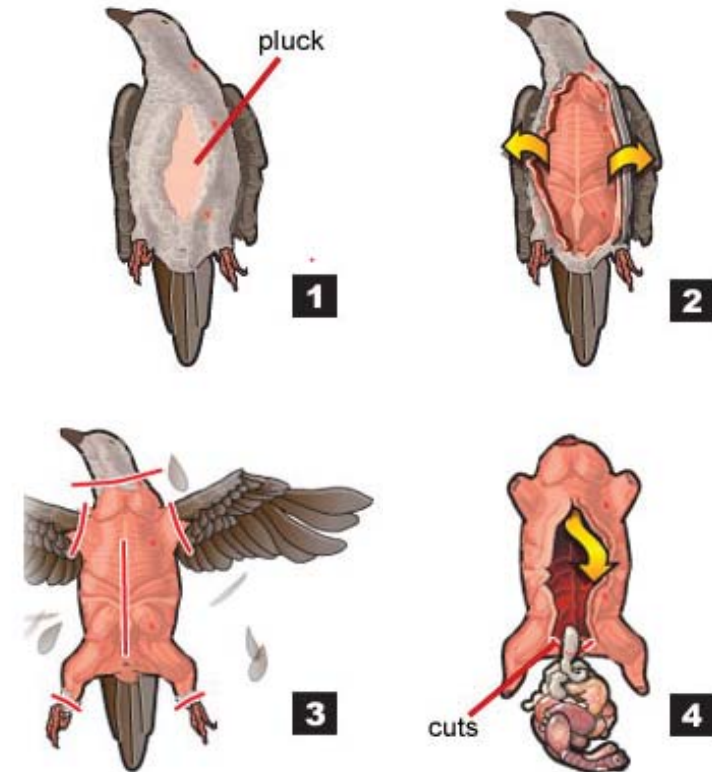
Temperature is important to consider for controlling the food safety of the meat you will be eating. If it is a warm day, it is better to hang birds, rather than carrying them in a lined game pocket. Piling birds can also trap the heat, inviting harmful bacteria to grow. It is important to field dress the birds as soon as possible to start the cooling process and store the dressed birds in a cooler with ice for longer transportation. You want to cool the carcass quickly to retain flavor and maintain the quality of the bird.

Waterfowl and upland birds are dressed in the same way. After the animal is plucked or skinned, remove head, feet and wings; and make a cut across the soft lining tissue in the abdomen (See figure 3). Reach inside up to the neck and pull backwards—most of the entrails should pull free. After this procedure, clean out the lungs, which lie at the back of the rib cage, then clean around the vent. Wipe the inside with cloth or paper towel to remove blood and allow air to circulate (See figure 4).

In the field, you can remove the entrails before plucking for quick cooling while you continue to hunt. To do this make the cut shown in figure 4, cutting the skin from the bottom of the breast bone to the anal opening (vent) and remove the entrails by pulling them downward. Then reach in to remove the windpipe and crop, leaving the rest of the bird intact.

Birds can be aged for a few days to increase the tenderness of the meat, though it is not necessary for many recipes. To do this, hang them in a cool, (35-40 degree) dry place for 2-3 days. Otherwise you can store the

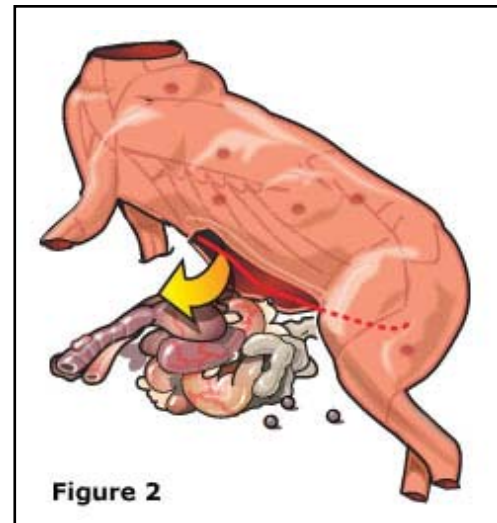
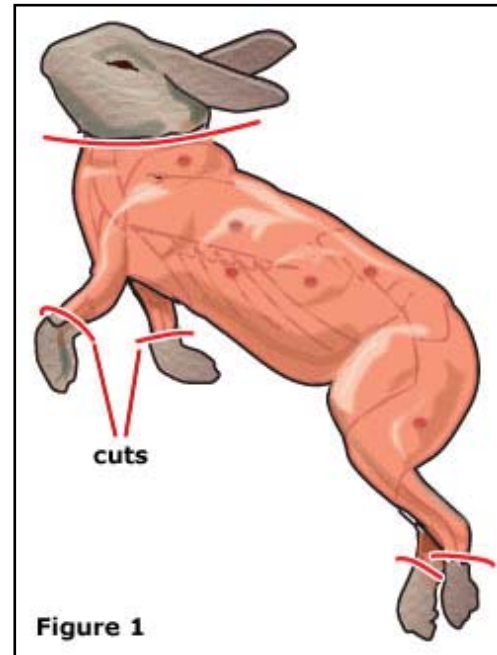
meat in the refrigerator if it will be eaten within three days or freeze it for longer storage. Birds should be plucked and thoroughly cleaned before freezing them. Wrap the birds tightly in butcher paper or vacuum seal the birds to prevent freezer burn. You can create your own vacuum seal bag by using a freezer bag and removing the excess air from the bag by sucking it through a straw, being careful not to suck in any raw meat or juice. Make sure to label the birds, including the date. When you are ready to cook the birds, defrost the meat by placing it in the refrigerator for a day (it could take two days for whole turkeys or geese to thoroughly defrost). This slow defrosting is important for food safety and also to tenderize the meat.



Source: Indiana's Hunter Education Course Study Guide, *Today's Hunter*.

# Field Dressing a Rabbit

1. Wear plastic or latex gloves.
2. If you want, skin the small game animal, such as a rabbit, before making the cut to remove the entrails (step 3). If you skin a rabbit, also remove the head, feet, and tail. (See Figure 1.)
3. Placing the blade at the anus, cut through the skin and pelvic bone.
4. Cut up to the breastbone, placing a finger under the blade to avoid cutting any organs.
5. Reach into the body cavity, and pull the esophagus and windpipe loose. (See Figure 2.)
6. Remove the entrails.
7. Wipe out the cavity, and allow the carcass to cool.



Source: Field Dressing Small Game from New York State Hunters Ed

# Feathers and Furs

Besides the tasty and nutritious meat, there are other uses for the animals you harvest.

Feathers can be used for making fishing lures, decorations, and the down for filling pillows. Squirrel tails can also be used for making fishing lures and Mepps will even pay a nominal fee for them.

See [www.featheremporium.com](http://www.featheremporium.com) for tips made with mallard duck or grouse feathers.



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Serves: 10

GOOSE



## Goose Leg Enchiladas

This is a great recipe to utilize the legs that are often left behind. This savory recipe is courtesy of wildlife biologist, Andy Weik.

### INGREDIENTS

- 2 large goose or wild turkey legs (thigh and drumstick) or combination of legs and wings of turkey or other game birds, about 3 pounds
- 1 shallot, chopped
- 3 garlic cloves, crushed
- 1 tablespoon coriander seed
- 2 bay leaves
- 1 tablespoon fresh thyme (or 1 teaspoon dried)
- 1 teaspoon black pepper
- 2 small (10 ounces) or 1 larger can Enchilada sauce
- 10 - 14 ounces cheese – your choice of cheddar, jack, etc.
- Packet of Fajita seasoning, or mix your own
- 1 can diced tomatoes (10-15 ounces) – depending on tastes, this can be tomatoes with green chilies or fire roasted tomatoes including liquid

*(ingredients and directions continued on next page)*

- 1 can beans (optional) – choice of black, pinto, etc., rinsed and drained
- 1 large onion, chopped
- 2 or 3 cloves garlic, or more depending on taste, crushed
- 10 large burrito sized flour tortillas, preferably whole wheat
- 1 tablespoon olive oil for sautéing

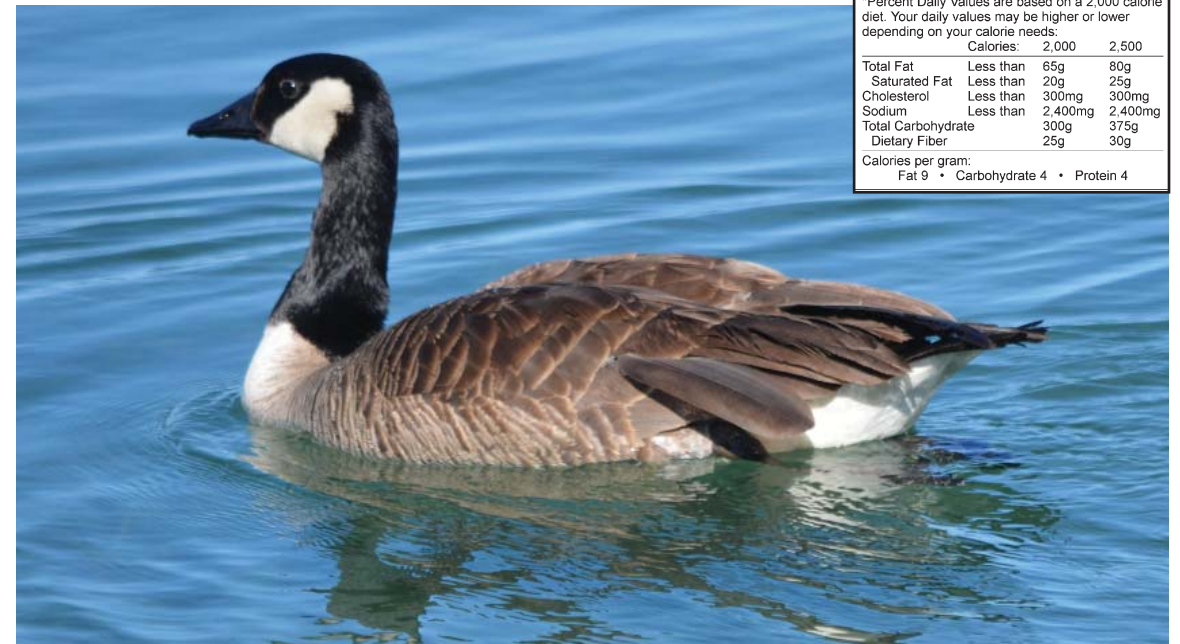
**DIRECTIONS**

1. Put meat in a crock pot (or heavy sauce pan with lid to cook on stove or in oven) and cover with braising liquid: some combination of water and/or stock or broth to cover bird parts in pot.
2. Add shallot, garlic, coriander, bay leaves, thyme, pepper and dash of salt (optional) to pot. Cover and simmer until meat is tender and easily separates from the bone (about 4 hours on a high heat crock pot, 6-8 hours on low heat crock pot or 3 hours on the stove or oven at 325°F), adding more liquid as needed.
3. Let cool, and pick meat from the bones. Strain liquid and save (freeze) for other recipes or discard. Chop meat into bite size pieces.
4. Saute 1 diced onion in olive oil in large skillet until translucent. Stir in the crushed cloves of garlic followed by the meat and fajita seasoning, then add the can of diced tomatoes; drain the liquid off of the can of beans and stir in the beans. Heat until bubbling. Adjust seasonings – add hot sauce or diced chipotle peppers in adobo sauce to kick up the heat if so desired.
5. Heat oven to 350°F. Cover bottoms of baking dishes (probably one 13x9 and one 8x8) with enchilada sauce. One at a time, heat tortillas in

**GOOSE**

a large skillet or 10 seconds in the microwave to make flexible, add some meat mixture and about 1 ounce shredded cheese to each tortilla, roll and fold in ends, and place in baking dishes. When all the tortillas have been filled and placed in the baking dishes, top them with the remaining enchilada sauce, cover baking dish with foil, and bake until bubbling, about 40 minutes. Remove foil and bake another 15 minutes or until enchiladas start to crisp up.

Nutrition Facts	
Serving Size 1 Each	
Servings Per Container 10	
Amount Per Serving	
<b>Calories</b> 550	<b>Calories from Fat</b> 200
% Daily Value*	
<b>Total Fat</b> 22g	<b>34%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0g	
<b>Cholesterol</b> 145mg	<b>48%</b>
<b>Sodium</b> 1270mg	<b>53%</b>
<b>Total Carbohydrate</b> 40g	<b>13%</b>
Dietary Fiber 8g	<b>32%</b>
Sugars 6g	
<b>Protein</b> 50g	
Vitamin A 15%	Vitamin C 15%
Calcium 35%	Iron 60%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	





Serves: 8



This is an excellent recipe for feeding a crowd, whether at your dinner table or potluck supper. The meat becomes very flavorful and tender cooked in the slow cooker.

**INGREDIENTS**

- breast meat from 1 goose, about 2 pounds, boneless and skinless
- 1-2 tablespoons olive oil or butter
- 1 large onion, chopped
- 3 cloves garlic, crushed
- 2-4 cups apple juice, cider, or chicken stock
- favorite barbecue sauce

**GOOSE**

**DIRECTIONS**

1. Heat olive oil in a large skillet and brown the goose breasts for a few minutes on each side. Transfer to a slow cooker and add the onion, garlic, and enough juice or stock to cover the meat.
2. Simmer on low heat for 6-8 hours. This can also be done in a dutch oven or braising pan placed in the oven at 300°F for 3+ hours (make sure the liquid does not cook off). The meat should be tender and easily shredded when done.
3. Remove the goose meat from the pan and shred the meat. Discard the cooking liquid. Mix the goose meat with your favorite BBQ sauce and heat through. Great for sandwiches or served as a main course.

Nutrition Facts	
Serving Size 3 oz.	
Servings Per Container ~8	
Amount Per Serving	
<b>Calories 170</b>	<b>Calories from Fat 50</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 90mg</b>	<b>30%</b>
<b>Sodium 60mg</b>	<b>3%</b>
<b>Total Carbohydrate 2g</b>	<b>1%</b>
Dietary Fiber 0g	0%
Sugars 2g	
<b>Protein 28g</b>	
Vitamin A 0%	• Vitamin C 2%
Calcium 0%	• Iron 35%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Information does not include barbeque sauce.



This is a nice recipe to use up goose breast that may be lingering in the freezer from last season. The brining creates a tender cutlet, plus sauce and cheese are always tasty!

**INGREDIENTS**

- 1 pound goose cutlet
- ½ cup onion, sliced
- ½ cup fresh herbs such as parsley, rosemary, thyme or 2 tablespoons dried Italian seasoning
- 1 quart water
- 2-4 tablespoons salt
- 1 egg, stirred
- ½ cup skim milk
- ½ cup seasoned bread crumbs, panko or whole wheat
- 1-2 tablespoons olive oil
- 2 cups marinara sauce
- 1 cup Italian cheese blend, mozzarella, and Parmesan

Nutrition Facts	
Serving Size ~ 3 oz	
Servings Per Container ~ 6	
Amount Per Serving	
<b>Calories</b> 290	Calories from Fat 130
% Daily Value*	
<b>Total Fat</b> 15g	23%
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 105mg	35%
<b>Sodium</b> 1530mg	64%
<b>Total Carbohydrate</b> 15g	5%
Dietary Fiber 3g	12%
Sugars 6g	
<b>Protein</b> 27g	
Vitamin A 25%	Vitamin C 10%
Calcium 20%	Iron 35%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**DIRECTIONS**

1. Starting in the morning cut the goose breast into pieces about the size of a deck of cards (chop size). Then pound the goose breast until they are about ¼ inch thick, using a meat mallet (tenderizer).
2. Combine onion, herbs, water and salt in a non-reactive container and submerge the breasts in the liquid. Place container in the refrigerator. Drain and change the salted water at least every hour (every half hour for the first 2 hours is even better). You do not need to change the onion and herbs, just the salted water. The goose will start to lose its red color a bit. It is best to have all day for this process, but it can be achieved in 3-4 hours.
3. Once the goose breast has transformed into veal-like qualities, you can cook it cutlet style...place milk in one bowl, the mixed egg in another, and the seasoned bread crumbs in a third bowl or plate (no need for more salt because of the salted water brine).
4. Heat 1-2 tablespoons of olive oil in a frying pan. Place each cutlet first in the milk, then egg, and then coat with bread crumbs. Fry in the olive oil 2-3 minutes per side until golden brown.
5. Lay the cutlets in a shallow baking pan, spread a few tablespoons of marinara sauce on the meat, and add some shredded mozzarella and Parmesan cheese. Put under the broiler for a few minutes until the cheese melts and gets a little golden brown. Serve with sautéed or grilled New York grown summer vegetables.

Serves: 4



This is a great recipe to make after a youth pheasant hunt. It's tasty and simple to make if you are just learning to cook.

### INGREDIENTS

- 2 tablespoons flour
- 1-2 teaspoons Cajun seasoning
- 1 pound boneless, skinless pheasant breast cut into 3/4 inch strips
- 1 1/2 cups corn flake cereal
- 2 eggs

## PHEASANT

### DIRECTIONS

1. Preheat oven to 350°F and lightly grease baking sheet.
2. Place flour and Cajun seasoning in resealable plastic bag. Place pheasant (3-4 strips at a time) in bag. Seal and shake to coat pheasant. Remove pheasant and lay on a plate.
3. Place corn flakes in plastic bag and gently crush the cereal until you have finely crushed corn flakes. For "hot" fingers add 1/2 tablespoon of Cajun seasoning.
4. Lightly beat 2 eggs and place in shallow pan. Dip floured pheasant strips in egg and then place in corn flake bag and shake to coat pheasant evenly with corn flakes.
5. Place pheasant on lightly greased baking sheet. Bake in 350°F oven for 15 minutes, or until baked through and crispy on outside. Enjoy with your favorite barbecue sauce for dipping.

Nutrition Facts	
Serving Size ~ 3 ounces	
Servings Per Container ~4	
Amount Per Serving	
<b>Calories</b> 230	Calories from Fat 50
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 125mg	<b>42%</b>
<b>Sodium</b> 340mg	<b>14%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein</b> 31g	
Vitamin A 8%	Vitamin C 15%
Calcium 2%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Serves: 4



# Pheasant Cacciatore

Pheasant can be cooked in a similar way to many chicken dishes, especially if they are braised in liquid and slow cooked as in this classic recipe.

## INGREDIENTS

- 2 pheasants, cut into serving pieces
- 2 tablespoons olive oil
- 1 celery stalk, diced
- 1 carrot (about 1 cup), diced
- 1 red pepper, diced
- 3-5 cloves garlic, minced
- 1 onion, diced
- 1 quart crushed or diced tomatoes (28 ounce can)
- 1 cup white wine
- 2 tablespoons fresh sage, minced
- 1 tablespoon fresh rosemary, minced } or dried Italian seasoning
- 12 ounce cremini or button mushrooms, 2 cups diced
- salt and black pepper to taste
- 4 tablespoons parsley, minced

## PHEASANT

### DIRECTIONS

1. Preheat oven to 350°F.
2. In a large braising pan or Dutch oven heat 2 tablespoons of olive oil over medium heat. Add pheasant pieces and brown them well. Take your time and do it in batches. Remove the pheasant pieces as they brown.
3. Add the carrot, celery, onion, pepper, and mushrooms and sauté 3-5 minutes until the onion is wilted and beginning to brown. Add more oil if needed. When they begin to brown add the garlic and cook for another 1-2 minutes, stirring occasionally.
4. Add the herbs and the white wine and turn up the heat to high. Stir well, scraping any browned bits from the pan with a wooden spoon. Let the wine cook down by half. Add the tomatoes and mix well. Add the pheasant and mix.
5. Cover and cook in the oven for about an hour or until meat is falling off the bone.
6. Serve over noodles with sauce and sprinkle with fresh parsley and Parmesan cheese (optional).

Nutrition Facts	
Serving Size half a pheasant if small Servings Per Container ~4	
Amount Per Serving	
<b>Calories 400</b>	<b>Calories from Fat 100</b>
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 125mg</b>	<b>42%</b>
<b>Sodium 380mg</b>	<b>16%</b>
<b>Total Carbohydrate 16g</b>	<b>5%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 7g	
<b>Protein 49g</b>	
Vitamin A 90%	• Vitamin C 70%
Calcium 10%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Serves: 2 - 4



This is an excellent, earthy one- dish meal.

**INGREDIENTS**

- 1 small sweet potato, peeled and cubed
- 2 tablespoons olive oil (divided)
- ½ teaspoon cinnamon
- ½ teaspoon garlic powder or 1 clove fresh minced garlic
- salt & black pepper
- 1 cup mushrooms, cleaned and sliced
- 1 cup pheasant meat, cubed
- 2 cups cooked brown rice
- 1 tablespoon good quality balsamic vinegar (optional)
- 1 tablespoon fresh rosemary, chopped

**PHEASANT**

**DIRECTIONS**

1. Preheat oven to 375°F.
2. Place sweet potatoes on a roasting pan and drizzle with olive oil. Season with cinnamon, garlic, salt and pepper and toss with your hands or a spoon to combine. Bake for 40-45 minutes until slightly browned and soft.
3. In a large sauté pan heat remaining olive oil over medium-high heat. Add the mushrooms and stir fry with the pheasant until cooked through. Turn heat to low and add the roasted sweet potatoes, stir in the rice, balsamic vinegar (optional), and rosemary. Adjust flavor with salt and black pepper.

Nutrition Facts	
Serving Size serves 2 as main course Servings Per Container 2-4	
Amount Per Serving	
<b>Calories 570</b>	<b>Calories from Fat 210</b>
<small>% Daily Value*</small>	
<b>Total Fat 24g</b>	<b>37%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol 60mg</b>	<b>20%</b>
<b>Sodium 370mg</b>	<b>15%</b>
<b>Total Carbohydrate 61g</b>	<b>20%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 5g	
<b>Protein 30g</b>	
Vitamin A 190%	• Vitamin C 6%
Calcium 6%	• Iron 15%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000    2,500</small>
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	





Here is a recipe that is pretty simple, yet tender and flavorful. Using an oven cooking bag traps in the moisture and creates even cooking of the birds.

**INGREDIENTS**

- **1 oven cooking bag, a chicken size will do**
- **1 tablespoon flour**
- **½ cup apple cider or chicken stock or white cooking wine**
- **2 whole grouse that have been cleaned, head and feet removed, skin on\*, birds may also be halved**
- **2-3 tablespoons melted butter or olive oil**
- **½ teaspoon poultry seasoning**
- **salt and pepper**
- **½ apple or onion (or a bit of both)**

**DIRECTIONS**

1. Heat oven to 350°F.
2. Rub grouse evenly with melted butter and season with poultry season, salt and pepper.
3. Place some apple and-or onion slices inside the cavity of the birds.
4. Follow instructions on cooking bag to add 1 tablespoon flour to the bag, shake and place bag in baking dish.
5. Pour cider, stock, or wine into the bag.
6. Place grouse next to each other in the cooking bag. Close bag and secure with the nylon tie provided. Make 6 slits in the top of the bag (not the sides or bottom as you want to reserve the juices).
7. Place in oven and roast about one hour until cooked through (165°F on a meat thermometer and juices run clear when thigh is pierced). If birds are not nicely browned, slit bag down the center and fold back, being careful not to spill any juices.
8. Place back in oven and cook about 15 minute more until browned. Gently lift out birds and place on carving board and tent loosely with foil, removing the apple and onion from the birds. \*If using skinless birds you can wrap some bacon slices around the birds.
9. Pour juice from bags through a strainer into a 10 inch skillet. Simmer the juice until it is reduced by about half. Drizzle this under and over the birds for serving.

<b>Nutrition Facts</b>			
Serving Size 1/2 grouse			
Servings Per Container ~4			
Amount Per Serving			
<b>Calories</b> 270	Calories from Fat 70		
		% Daily Value*	
<b>Total Fat</b> 8g			<b>12%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 0g			
<b>Cholesterol</b> 70mg			<b>23%</b>
<b>Sodium</b> 85mg			<b>4%</b>
<b>Total Carbohydrate</b> 5g			<b>2%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 4g			
<b>Protein</b> 44g			
Vitamin A 0%		Vitamin C 2%	
Calcium 2%		Iron 6%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
	Fat 9	Carbohydrate 4	Protein 4



## *Woodcock and Wild Rice Pilaf*

This side dish is part of our Thanksgiving feast every year. It allows for more people to taste the little morsels of woodcock in a rich, earthy, side dish.

### **INGREDIENTS**

- **1-2 woodcock, boneless, skinless breast and leg meat, diced with any silverskin removed**
- **1 small shallot, minced**
- **1 tablespoon butter or olive oil**
- **1 cup uncooked wild rice, rinsed**
- **2 cups chicken broth**
- **½ cup chopped fresh parsley**
- **½ cup chopped nuts, such as almonds or pecans (optional)**
- **1 cup diced mushrooms (optional)**
- **salt and pepper to taste**

### **DIRECTIONS**

1. In a saucepan over medium heat, melt butter (or olive oil). Add shallot and woodcock meat (plus the mushrooms and nuts if using) and gently sauté for 3-5 minutes until fragrant. Add the rice and saute, stirring lightly, about one minute more. Add the chicken broth and parsley.
2. Increase heat to medium high and bring mixture up to a gentle boil. Reduce heat and cover with a lid.
3. The rice mixture should be gently simmering, but not boiling at this point. Cook for about 45 minutes. Uncover and fluff rice with a fork. Simmer an additional 5 minutes, uncovered. The rice should be tender, but not mushy. Drain any excess liquid. Taste and adjust seasoning with salt and fresh black pepper to taste.
4. This can be made into a soup!
5. Wisk ¼ cup of flour with ½ cup of chicken stock to make a paste. Stir this into the rice mixture. Slowly stir in 3 more cups of chicken broth and ¼ cup sherry or sweet vermouth. Cook, while stirring, until broth is slightly thickened, add ½-1 cup of light cream. Stir until heated through without boiling the soup. Serve with a little parsley sprinkled on top.

*Nutrition Fact Labels are not available for woodcock.*

Serves: 4



# Wild Turkey Breasts

## Buttermilk, Pan-fried

This recipe is perfect for wild turkey meat which can be a little on the drier side compared to store bought turkey. By soaking the meat in buttermilk overnight, you lock in the moisture and enrich the flavor of the meat. The quick pan fry will also keep the meat moist. You can play with the seasoning of the flour to suit your taste.

### INGREDIENTS

- 1 ½ pounds wild turkey breast meat
- 1 quart buttermilk
- 1 ½ - 2 cups flour
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon white pepper
- 1 teaspoon cayenne pepper
- 1 tablespoon garlic powder (not garlic salt)
- 1 tablespoon onion powder
- 1-2 tablespoons dried sage
- 1 tablespoon grated lemon peel
- 2-4 tablespoons olive or canola oil

## TURKEY

### DIRECTIONS

1. Fillet and/or pound turkey breast meat into 4½ inch thick pieces...cutlet sized.
2. Soak turkey cutlets in buttermilk overnight in a glass or ceramic container in the refrigerator.
3. When ready to cook, mix flour and remaining ingredients (except oil, which is for frying) in a shallow pan.
4. Remove turkey pieces from the buttermilk and place directly into the seasoned flour, dredging thoroughly.
5. Heat the 2-4 tablespoons oil in skillet over medium heat.
6. Pan fry flour-coated turkey cutlets until golden brown and cooked through, turning over once after about 4 minutes.

Nutrition label based on domestically raised turkey.

Nutrition Facts	
Serving Size 4-6 ounces	
Servings Per Container ~4	
Amount Per Serving	
<b>Calories 440</b>	<b>Calories from Fat 120</b>
% Daily Value*	
<b>Total Fat 13g</b>	<b>20%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol 95mg</b>	<b>32%</b>
<b>Sodium 720mg</b>	<b>30%</b>
<b>Total Carbohydrate 32g</b>	<b>11%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 4g	
<b>Protein 44g</b>	
Vitamin A 6%	• Vitamin C 4%
Calcium 15%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Serves: 4



To breast a turkey, lay the turkey on its' back, and cut a small incision along the top of the breast bone just long enough to be able to grab the skin to pull it back. The skin with the feathers should easily pull away from the breast meat. Once the breast meat is exposed, carefully run your knife (a fillet or boning knife works well) along the breast bone and ribs until the breast is cut free. Be careful not to cut the crop which is located at the top of the breast bones (inside the v shape) it can be a bit stinky. Often there are some scraps of meat still on the bird after the breasts are removed, including some thigh and leg meat, which can be tough if traditionally cooked as whole pieces. I remove any remaining breast pieces of meat and choice pieces of leg meat to use for the following recipe.

**INGREDIENTS**

- 1 pound turkey, wild caught (cooked pieces)
- 1 bunch broccoli, washed and chopped
- ¼ cup butter
- ¼ cup flour
- 1 ½ cups skim milk
- 1 cup chicken broth
- ½ cup sherry wine

**TURKEY**

- 2 teaspoons Worcestershire sauce
- 2 tablespoons grated Parmesan cheese

**DIRECTIONS**

1. If starting with raw turkey pieces, saute turkey pieces in a greased (either with cooking spray or a little olive oil) fry pan over medium heat until just cooked through (about 5 minutes).
2. Cook broccoli either in a microwave or steamer until barely tender (about 3-4 minutes). Arrange the broccoli on the bottom of a greased casserole (or 9×11 inch) dish and then layer the cooked turkey meat on top of the broccoli.
3. Meanwhile, heat the butter in a sauce pan over medium heat and add the flour. Stir and cook about 2 minutes to form a roux (a paste). Gradually stir in milk and chicken broth and cook until sauce thickens. This may take 5 minutes, stirring occasionally.
4. Add Worcestershire sauce, salt and pepper to taste, and then add sherry wine. Cook 1 minute longer.
5. Pour the sauce over the turkey and broccoli. Sprinkle with Parmesan cheese (and some parsley flakes, if you have them).
6. Bake in a 400°F oven for 20 minutes.

Nutrition label based on domestically raised turkey.

Nutrition Facts			
Serving Size 1-1.5 cups			
Servings Per Container 4			
Amount Per Serving			
<b>Calories</b> 350	<b>Calories from Fat</b> 130		
		<b>% Daily Value*</b>	
<b>Total Fat</b> 14g			<b>22%</b>
Saturated Fat 8g			<b>40%</b>
Trans Fat 0g			
<b>Cholesterol</b> 70mg			<b>23%</b>
<b>Sodium</b> 610mg			<b>25%</b>
<b>Total Carbohydrate</b> 26g			<b>9%</b>
Dietary Fiber 5g			<b>20%</b>
Sugars 9g			
<b>Protein</b> 30g			
Vitamin A 30%	•	Vitamin C 230%	
Calcium 20%	•	Iron 15%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
		<small>Calories:</small>	<small>2,000      2,500</small>
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
		<small>Fat 9</small>	<small>• Carbohydrate 4</small>
			<small>• Protein 4</small>

Serves: 4



If your schedule is super busy, this duck recipe is the perfect, easy dish to make for a delicious dinner. Simply put all the ingredients in the slow cooker in the morning, and by the time you are back home for dinner, you'll have a tasty meal waiting for you!

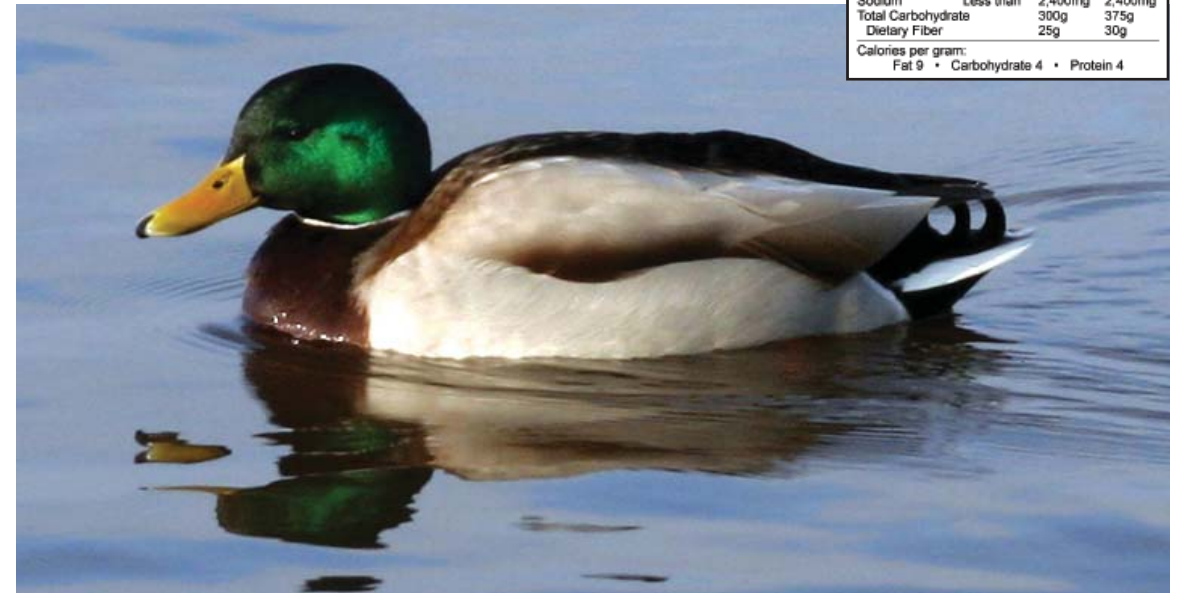
### INGREDIENTS

- 4-6 duck breast halves, skin removed
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 small oranges, peeled and sectioned
- 1 medium apple, peeled and cut into thick slices
- 1 medium onion, cut into thick slices
- 1 clove garlic, crushed
- 1 cup orange juice
- 1-2 tablespoons chopped fresh parsley (1 teaspoon if dried)
- 1/4 cup seasoned flour with a dash of salt, pepper, and poultry seasoning

## DUCK

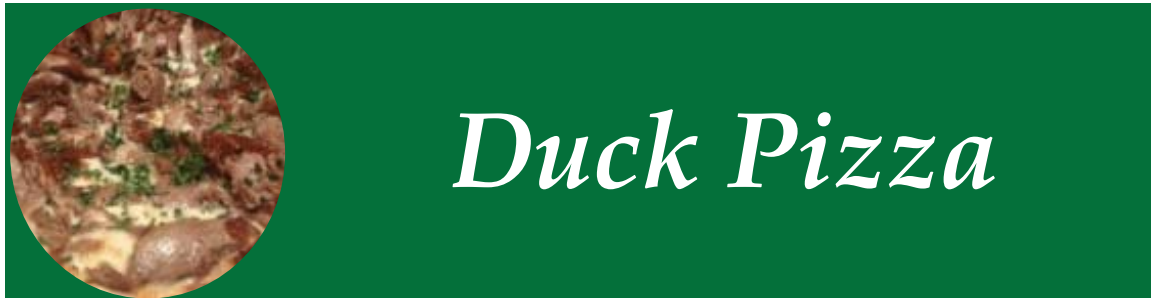
### DIRECTIONS

1. Sprinkle duck with salt and pepper. Layer duck, oranges, apple, onion and garlic in a 3.5 to 6 quart slow cooker. Sprinkle sugar (or honey) and parsley on top of the duck. Pour orange juice over top.
2. Cover and cook on low heat setting about 6-8 hours or until duck is tender.
3. Remove duck from slow cooker. Discard fruit and onion mixture, since it may be bitter.
4. Slice thin to serve. You can try it drizzled with an orange/Asian flavored sauce available in many grocery stores.



Nutrition Facts	
Serving Size 5 oz. Servings Per Container 4	
Amount Per Serving	
<b>Calories 230</b>	<b>Calories from Fat 40</b>
<b>% Daily Value*</b>	
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 80mg</b>	<b>27%</b>
<b>Sodium 350mg</b>	<b>15%</b>
<b>Total Carbohydrate 27g</b>	<b>9%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 21g	
<b>Protein 22g</b>	
Vitamin A 6%	• Vitamin C 100%
Calcium 4%	• Iron 30%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000    2,500</small>
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Serves: 8



Duck pizza is an easy weeknight meal for the whole family to enjoy. Recipe courtesy of Allison Urbani, Cornell Dietetic Intern.

### INGREDIENTS

- 1 large, boneless duck breast, cut into bite-sized slices
- 1 small yellow onion, sliced
- 1 tablespoon olive oil
- 2 tablespoons honey
- 1 pre-baked 10-12 inch pizza crust, preferably whole wheat
- 3-4 tablespoons of your favorite BBQ sauce
- 10 ounces of shredded fontina cheese (or other favorite cheese)
- 1 tablespoon dried rosemary

## DUCK

### DIRECTIONS

1. Preheat oven to 450°F. In a skillet over medium heat, saute the duck meat in the 1 teaspoon of olive oil for 3-5 minutes.
2. Remove from pan.
3. Add the onions and additional 2 teaspoons of olive oil to the skillet over medium heat and cook until translucent and soft, about 5 minutes. Mix in honey and continue to cook until brown and fragrant, about 5-7 minutes more.
4. Layer BBQ sauce, caramelized onions, cheese, duck slices, and rosemary. Get creative with additional toppings, such as spinach, apples, or squash.
5. Bake in preheated oven until cheese in center of pizza is completely melted, about 10 minutes.

Nutrition Facts	
Serving Size 1 slice	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 260</b>	<b>Calories from Fat 130</b>
% Daily Value*	
<b>Total Fat 14g</b>	<b>22%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 450mg</b>	<b>19%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 7g	
<b>Protein 13g</b>	
Vitamin A 8%	Vitamin C 2%
Calcium 20%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Serves: 6



Here is an easy way to prepare duck or goose breast in a way that masks any hint of gameyness. You can make it into either a red or a green curry dish.

### INGREDIENTS

- 1 duck (both halves) or goose (1 half) breast, cut into thin slices
- 1 tablespoon red or green Thai curry paste found in the Asian section of many grocery stores (check for a curry recipe on the jar)
- 1 can coconut milk (low-fat if possible)
- ¼ cup fresh basil leaves
- 3 tablespoons fish sauce
- 2 tablespoons brown sugar
- ⅓ cup chicken stock
- 1 cup fresh veggies, such as thinly sliced onion, carrots, broccoli, celery, etc.

## DUCK

### DIRECTIONS

1. Par boil the thinly sliced duck or goose breast for 1-2 minutes and drain the liquid.
2. Proceed to make the recipe for the red or green curry dish on the label of the Thai curry paste.
3. Simmer all of the above ingredients for 10-15 minutes.



Nutrition Facts	
Serving Size 8 oz. Servings Per Container 6	
Amount Per Serving	
<b>Calories 240</b>	<b>Calories from Fat 130</b>
	% Daily Value*
<b>Total Fat 14g</b>	<b>22%</b>
Saturated Fat 10g	<b>50%</b>
Trans Fat 0g	
<b>Cholesterol 80mg</b>	<b>27%</b>
<b>Sodium 820mg</b>	<b>34%</b>
<b>Total Carbohydrate 9g</b>	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein 20g</b>	
Vitamin A 6%	• Vitamin C 15%
Calcium 4%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Serves: 4



Hasenpfeffer is a traditional German rabbit dish made by first marinating the rabbit and then braising it with other vegetables in a stew.

### INGREDIENTS

- 2 dressed rabbits (about 2 pounds each), cut into quarters
- 2 cups red
- 1 cup water
- 2-3 cloves garlic, minced
- 1 tablespoon Worcestershire sauce
- 2 teaspoons Italian seasoning or Herb de Provence
- 10 whole peppercorns
- ½ cup flour
- 4-6 slices bacon
- 1 cup sliced mushrooms
- 1 cup chopped onion
- 1 clove garlic, minced
- ½ cup chopped carrot
- 1 cup dry red wine
- salt and pepper to taste
- ½ cup sour cream

## SQUIRREL/RABBIT

### DIRECTIONS

1. In a large glass bowl (not metal) combine marinade ingredients (wine through peppercorns) and add the rabbit pieces. Turn to coat, cover the bowl and refrigerate for 2 to 3 days, turning the rabbit every now and then.
2. When it is time to cook, remove the rabbit from the marinade and flour the pieces (this can be done in a zip lock bag or on a plate).
3. In a Dutch oven or braising pan, cook the bacon until just crisp. Add rabbit pieces and brown on all sides. Remove with a slotted spoon to a plate.
4. Add mushrooms, onions, carrot, and garlic and saute 3-5 minutes. Pour in 1 cup of red wine and gently scrape the bottom of the pan with a wooden spoon (deglaze the pan).
5. Add the rabbit back to the stew and gently stir. Cover and simmer the stew for about 1 hour. Stir in the sour cream at the end and serve the Hasenpfeffer over noodles.

Nutrition Facts	
Serving Size	
Servings Per Container 4-6	
Amount Per Serving	
<b>Calories</b> 510	Calories from Fat 160
% Daily Value*	
<b>Total Fat</b> 18g	28%
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol</b> 240mg	80%
<b>Sodium</b> 320mg	13%
<b>Total Carbohydrate</b> 17g	6%
Dietary Fiber 2g	8%
Sugars 3g	
<b>Protein</b> 64g	
Vitamin A 45%	Vitamin C 6%
Calcium 10%	Iron 50%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Squirrel hunting is fun and a great way to practice your hunting and shooting skills. I must confess, I was a bit skeptical about eating squirrel at first, but having tried some recipes to post to the Wild Harvest Table website, I have to say, it is mighty tasty! Here is a tried and true recipe from a local hunter.

**INGREDIENTS**

- 4 squirrels
- 2 cups flour
- 1-2 tablespoons Cajun seasoning
- olive oil for frying
- 2 large onions, chopped fine
- 8 teaspoons lemon juice
- 6 cups chicken broth or consomme
- 4 bay leaves

**DIRECTIONS**

1. Cut squirrel into serving pieces. (3 pieces/ animal, 2 thighs and mid section) and rub the seasoning into the meat.
2. Roll meat in the flour and fry until brown in hot oil in a large heavy skillet and then place browned meat pieces in a large glass casserole dish.
3. Add onion and remaining flour to left over oil and brown. When onion and flour are brown, add chicken broth or consomme to make gravy.
4. Pour the gravy over the meat pieces in the casserole dish, enough to just cover the meat.
5. Add lemon juice and bay leaves and bake at 300°F for 2 to 2.5 hours (until meat is tender). Serve over rice or whipped potatoes.

<b>Nutrition Facts</b>			
Serving Size			
Servings Per Container 4			
Amount Per Serving			
<b>Calories 380</b>	<b>Calories from Fat 110</b>		
% Daily Value*			
<b>Total Fat</b> 13g			<b>20%</b>
Saturated Fat 2g			<b>10%</b>
Trans Fat 0g			
<b>Cholesterol</b> 95mg			<b>32%</b>
<b>Sodium</b> 230mg			<b>10%</b>
<b>Total Carbohydrate</b> 33g			<b>11%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 4g			
<b>Protein</b> 35g			
Vitamin A 0%		Vitamin C 15%	
Calcium 4%		Iron 45%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
	Fat 9	Carbohydrate 4	Protein 4



Here is a recipe to enjoy a couple different specimens of the Fall Harvest; squirrel or rabbit, and apples. When acorns, hickories, and apples are abundant, the squirrels are fat! Below is one of my family's favorite recipes, which is very easy and tasty.

**INGREDIENTS**

- 1 tablespoon butter
- 1 tablespoon olive oil (or vegetable oil)
- 1 dressed squirrel, cut in pieces and very lightly floured OR 1 dressed wild rabbit (1 ½ to 2 pounds), cut in quarters
- 1 medium onion, cut in chunks and separated
- 1 cup diced carrots
- 1½ cups apple cider
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon dried thyme
- 1 bay leaf
- 2 apples, peeled and quartered

**DIRECTIONS**

1. In a dutch oven or similar braising pan, melt butter and olive oil over medium heat. Add squirrel pieces and brown on all sides. Add onions and carrots and cooks for 3-5 minutes. Stir in cider and scrape up any brown bits in the pan. Add thyme, salt, pepper and bay leaf.
2. Reduce heat and cover, braising until squirrel is tender and cooked through, about 45 minutes. Add apple pieces on top, cover and cook an additional 15 minutes, until apples are tender.
3. Remove the squirrel pieces and take the meat off the bone. Place the meat back in the pan and increase the heat, bringing the cooking liquid up to a gentle simmer.
4. Reduce the cooking liquid to a nice thick sauce (about 5 minutes). The mixture can be served on toast as an appetizer or served over whole grain rice as a main course.

Nutrition Facts			
Serving Size 1 cup			
Servings Per Container 6			
Amount Per Serving			
<b>Calories</b> 250	<b>Calories from Fat</b> 60		
% Daily Value*			
<b>Total Fat</b> 7g			<b>11%</b>
Saturated Fat 2.5g			<b>13%</b>
Trans Fat 0g			
<b>Cholesterol</b> 95mg			<b>32%</b>
<b>Sodium</b> 270mg			<b>11%</b>
<b>Total Carbohydrate</b> 20g			<b>7%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 16g			
<b>Protein</b> 25g			
Vitamin A 90%	•	Vitamin C 8%	
Calcium 4%	•	Iron 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

# *Presentation of Game*

You “eat with your eyes first” is a true expression known by chefs and restaurants. If food looks appealing, people want to eat it or are at least willing to try it. If it looks nasty, well, you’ll have a harder time convincing people that it tastes good.

When serving wild game, keep in mind that some people are uneasy about eating non-conventional foods, especially hunted ones. Therefore, be sure that there are no stray feathers or particularly bloody spots in the meat presented at the table. Try to remove the possibility of shot or sharp bones in the meat when cooking, yet still let people know to chew carefully.

The term “plating” refers to making a dish look delicious by using a mix of color, textures, layering, and placement of foods on the plate. You can use the same techniques at home by choosing colorful vegetable side dishes or garnishing the plate with a bit of green parsley or a small section of fruit. You may choose to serve meat on top of rice, potatoes, pasta, or salad greens with a drizzle of sauce over the top when plating game dishes. Another important consideration is the portion on the plate so that it looks balanced and food is not spilling off the plate.



Photo by MasterChef

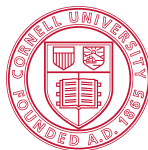
If you have taken the time to harvest an animal and cook it, then take the time to set a nice table and enjoy the meal. Share your feast with family or friends or treat yourself to a well-deserved gourmet meal!



Photo by Holly A. Heyser



For more information and recipes, go to:



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