

KBH Archers **Wild Game** **Cookbook**



This cookbook has been compiled through the efforts of the members of KBH Archers and the Kitsap Hotshots JOAD program.

We would like to acknowledge and thank everyone who has helped us in producing this cookbook. Without the efforts of all those involved in this publication this cookbook would not have been possible.

This cookbook is designed and prepared for those who enjoy cooking and eating wild game and we hope that you enjoy all of the dishes that the members have submitted to us for this publication.



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Marinade Sauce

Ingredients

1 cup dry vermouth
1/2 cup brandy
1/2 cup peanut oil
3 tablespoons fresh lemon juice
1 bay leaf crumbled
water

Directions

Mix ingredients thoroughly.
Soak small pieces thin slices for 2 hours stirring marinade frequently.
Marinate large cuts or whole birds overnight. Stir often or marinade will separate.
Be sure game is completely covered with marinade. Use at least 2 cups water with this recipe, more if needed.

Recipe submitted by: Kitsap Hotshots

Pheasant and Wild Rice Stuffing

Ingredients

2 stalks celery, cut into 2 inch pieces
3 lbs ready to cook pheasant
2 tablespoons butter or margarine
3/4 cup diced celery
1/2 cup chopped onions
2 tablespoons chopped parsley
1 teaspoon salt
1/4 teaspoon pepper
3/4 teaspoon rosemary (optional)
1 can or 4 oz sliced mushrooms drained
1 1/2 cups cooked wild rice
1 can condensed cream of mushroom or celery soup
1/4 cup milk

Directions

Place 2 inch pieces of celery on bottom of crock pot as a flavor rack for the pheasant. Rinse pheasant and pat dry with a paper towel. In a skillet melt butter, sauté celery, onion, and parsley until lightly browned (about 10 min.) then add remaining ingredients, except for the soup and milk. Mix together and then spoon stuffing into the neck and body cavity of pheasant. Truss pheasant with skewers and place breast side down on celery in crock pot. Mix the soup and milk and pour into cooker. Cover and cook on low for 6 to 8 hours or on high for 2 1/2 to 3 1/2 hours. Remove pheasant and place on serving platter. Serve with sauce poured over pheasant and rice.

Recipe submitted by: Kitsap Hotshots

Venison Stew

Ingredients

2 lbs venison stew meat cut in 1 inch cubes
Salt and pepper
3 stalk celery cut diagonally in 1 inch pieces
1/2 cup chopped onions
2 minced garlic cloves
1 tablespoon chopped parsley
1/2 cup water
1/2 cup red wine
8 ounce can tomato sauce
1 package or 9 oz of frozen artichoke hearts (optional)

Directions

Salt and pepper venison cubes. Brown lightly in 2 tablespoons butter or oil. Put celery and onions in crock pot, add browned meat cubes and remaining ingredients. Cover and cook on low for 7 to 12 hours or high for 4 to 6 hours stirring occasionally. Serve over rice or buttered noodles.

Recipe submitted by: Kitsap Hotshots

Roast Wild Duck or Quail

Ingredients

Duck or quail
2 potatoes chopped
2 carrots cut up
2 carrots chopped
2 apples chopped

Directions

Soak duck or quail in marinade overnight. Season inside and out of bird with salt and pepper. Brown well in lightly oiled skillet to remove excess fat. Stuff cavity of bird with chopped potatoes, chopped carrots and chopped apples, (discard this stuffing after cooking). Place cut carrots in bottom of crock pot to act as a rack for the birds. Place birds in pot, add water or dry vermouth, cover and cook on high 2 hours, then turn to low for 8 hours. Before serving make sure you discard the chopped vegetable stuffing. Serve with rice, baked sweet potatoes or potatoes.

Recipe submitted by: Kitsap Hotshots

Wild Game Meat Loaf

Ingredients

1 1/2 lbs ground game meat
1 beaten egg
1/4 cup milk
1 1/2 teaspoons salt
2 slices bread (crumbed)
1/2 small onion chopped
2 tablespoons chopped green peppers
2 tablespoons celery
4 - 6 unpeeled potatoes cut up
ketchup

Directions

Mix egg, milk, bread crumbs and salt, allow to soften. Thoroughly combine ground game meat, add a small amount of ground pork suet if game meat is very lean, shape into loaf and place in crock pot. Top with ketchup and pepper rings. Place potatoes on sides of loaf, cover and cook on high for 1 hour, then turn to low for 8 to 9 hours.

Recipe submitted by: Kitsap Hotshots

Deer Heart

Ingredients

1 deer heart
2 - 3 eggs beaten
1/4 cups olive oil
2 cups cold water
3 tablespoons flour
1 medium onion
2 cups breading
Salt and pepper to taste

Directions

Slice the heart into 1/4 to 3/8 inch thick pieces cross wise (slicing the heart length wise makes for a less tender cut) Dip the slices in beaten eggs. Then, roll the slices in the breading of your choice. Bread crumbs, Ritz cracker crumbs, soda cracker crumbs, crushed seasoned croutons. Brown the slices in olive oil over medium high heat, and remove. Brown the sliced onion in the same deep skillet with the drippings. While the onions are cooking, prepare the flour/water mixture for the gravy. In a small mixing bowl, stir the flour into the cold water and stir until the mixture is smooth. When the onion slices are clear slowly add the flour/water mixture, stirring constantly so the mixture becomes a gravy. Add the browned meat into the gravy, cover and simmer without stirring, over low medium heat for about 30 minutes. Serve over mashed potatoes, jasmine rice, or toasted French bread slices. Steamed asparagus spears, with cheese or butter sauce make a wonderful side dish.

Recipe submitted by: Anonymous

Deer Heart Mignon

Ingredients

1 deer heart
Flour
Salt
Pepper
Bacon fat
bacon

Directions

Clean the heart and spiral cut it about 1/2 inch thick. Bread it in flour with a touch of salt and pepper to taste. Fry each side for about 2 minutes in bacon fat...just long enough to brown all sides. Let cool a little so you can handle it. Next lay slices of bacon on one side of the heart and roll it up. Put the roles slices in a casserole dish and cover with slices of bacon. Put in a preheated oven at 350 degrees for 1 hour, Take the cover off for the last 10 to 15 minutes to brown the bacon.

Recipe submitted by: Anonymous

Wood Stove Chili and Biscuits

Ingredients

2 lbs beans
4 cups fresh tomatoes, or 30 ounces of canned tomatoes and juice
2 onions
2 green bell peppers
3 teaspoons salt
1/4 cup raw sugar
1 teaspoon garlic powder
1/4 to 3/4 teaspoon cayenne pepper (to taste)
1 to 2 tablespoons chili powder (to taste)

Directions

Soak beans in water overnight. Drain, then add enough water to cook. With the woodstove at 400 to 500 degrees surface temp. the beans should be done in about an hour and a half. Drain beans then add tomatoes. Sauté onions and bell peppers until soft and then add to beans. Add the remaining ingredients to the beans and stir. Cook until desired consistency is achieved. Serve with biscuits.

Recipe submitted by: KBH Member

Wood Stove Chili and Biscuits

Ingredients

2 cups flour
3 pinches salt
3 tablespoons sugar
1 heaping teaspoon baking powder
2 to 3 tablespoons shortening

Directions

Mix flour, salt, sugar and baking powder. Add water until the consistency is between thin cement and thick pancake batter. Melt 2 - 3 tablespoons shortening in skillet on woodstove with a 400 to 500 degree surface temp. Pour shortening into the batter and stir. Scrape batter into the same skillet, cover and cook until done, turning once. Serve with chili.

Recipe submitted by: KBH Member

Venison-Rabbit-Squirrel-Duck

Ingredients

3 to 4 lbs game meat
1 large onion cut up
1/2 large green pepper cut up
1 - 2 stalks sliced celery
2 cloves garlic chopped
2 cloves garlic minced
1/2 cup vinegar
2 tablespoons salt
Salt & pepper
1/2 teaspoon oregano
1 tablespoon dry parsley, or a few fresh twigs
3 tablespoons ketchup or tomato sauce
Cayenne pepper to taste
1 cup cider, tomato sauce or water

Directions

Mix vinegar, minced garlic and 2 tablespoons salt with enough water to cover meat. Soak meat in this marinade overnight. Remove meat from marinade and cut up. Brown meat with the vegetables in a hot skillet 5 to 10 minutes. Place meat and vegetables in crock pot, add remaining ingredients, cover and cook on low for 8 to 10 hours.

Recipe submitted by: Kitsap Hotshots

Fat Boy Breakfasts

Ingredients

2 lbs. elk or venison breakfast sausage
4 lbs. frozen hash brown potatoes
2 lbs. bacon
12-18 eggs
2 cup grated cheese

Directions

Fry bacon and remove from pan and dump oil, crumble and put on paper towel. Fry sausage and crumble, remove from pan. Put bacon and sausage on paper towels. Fry potatoes until brown. Place cooked sausage and bacon over potatoes. Whip eggs and pour over sausage and bacon. Sprinkle top with cheese. A 9 X 13 pan can be used. Cook at 350 degrees until eggs are done. Sprinkle with cheese.

Recipe submitted by: Tim Berg

BBQ Moose Steaks

Ingredients

2 - 3 lbs of moose steaks
1 package of McCormick meat marinate
1/4 cup olive oil
2 tablespoons vinegar (white or Cider)
1 tablespoon water

Directions

Mix ingredients in a bowl. Put meat into a Ziploc bag, pour marinate over, seal and squeeze meat in bag to coat with marinate. Place into refrigerator for 2 to 3 hours, squeeze as needed.

Remove meat from Ziploc bags and place on preheated BBQ set at low to medium heat. Cook approximately 10 minutes per side until well done. Use a meat thermometer to check for your choice of doneness.

Recipe submitted by: Anonymous

Bacon Wrapped Breast

Ingredients

6 breast halves
6 slices bacon

Directions

Use a tooth pick to hold bacon to breast. Wrap breast with bacon and fry.

Recipe submitted by: Tim Berg

Bacon Wrapped Shrimp

Ingredients

2.1 oz. package HORMEL Fully Cooked Bacon, cut in half horizontally
32 oz. 21-25 count frozen shrimp, raw, peeled, tail on, thawed and well rinsed.
Cooking spray

Directions

Preheat the oven to 425 degrees. Wrap a half-piece of Fully Cooked Bacon around each shrimp in a spiral fashion and secure with a toothpick, if needed. Place on a lightly-greased baking pan. Continue until all the shrimp are wrapped. Place baking pan in oven and bake 8 to 10 minutes or until bacon is crisp and shrimp have turned a bright orange and are firm to the touch. (Do not overcook or the shrimp will become tough.)

Preparation Tip: For easier wrapping, warm bacon strips in microwave for 5 seconds on HIGH.

Serve with your favorite dipping sauce.

Recipe submitted by: Hormel

Cheese & Garlic Biscuits

Ingredients

2 cups Bisquick baking mix
2/3 cups milk
1/2 cup shredded cheddar cheese
1/2 cup butter melted
1/4 teaspoon garlic powder

Directions

Mix Bisquick, milk and cheese until soft dough forms. Drop spoonfuls onto a lightly greased baking pan. Bake at 350 degrees for 8-12 minutes or until golden brown. Mix Butter and garlic powder and brush over warm biscuits.

Recipe submitted by: Tim Berg

Corned Beef & Hash Breakfast

Ingredients

8 cans Hormel corned beef and hash
18 eggs
2 cups cheese
1 onion
1 green pepper

Directions

Fry corned beef and hash and put in a 9 x 13 pan. Scramble eggs with diced onions and diced peppers. Pour eggs over corned beef and hash, sprinkle with cheese and bake in oven at 350 degrees until cheese is melted. Serve. Feeds 6 – 7 people

Recipe submitted by: Tim Berg

Good Stuff

Ingredients

18 eggs
3 lbs. red potatoes cut into slices
1 ½ lbs. pork sausage
1 ½ lbs. bacon
2 c cheese
1 green pepper
1 onion diced

Directions

Boil potatoes and cook meat beforehand and freeze until ready to use. Fry spuds first, brown them nicely, then add meats, warm. Then pour the meat and spuds into a 9 X 13 inch pan. Now scramble 18 eggs then pour over top of meat and spuds, then put grated cheese over top of that. Put in oven and bake at 350 degrees until cheese is melted and serve.

Recipe submitted by: Tim Berg

Grouse with Mushrooms

Ingredients

4 owl breasts
4 slices bacon
1 tablespoon butter
Juice of half a lemon
½ cup hot water
1 3 oz. can mushrooms drained

Directions

Wrap each breast with a slice of bacon. Put into buttered pan and roast at 350 degrees. Baste occasionally, cook about 30 min. or until tender. Remove birds and add butter, water and lemon juice and stir. Add flour to make a gravy and add mushrooms. Serve the bird on mashed potatoes, pour gray over them.

Recipe submitted by: Tim Berg

Hasenpfeffer

Ingredients

4 lbs. of rabbit or hare
1 pt. red wine
2 T. red wine vinegar
One diced onion
One whole clove
One bay leaf
1 c. flour
1 T. kosher salt
1 T. ground black pepper
¼ c. oil
1 c. chicken broth
1 c. marinade
1 c. sour cream.

Directions

Quarter the rabbit, place it and the diced onion and spices into the wine and vinegar and marinate overnight. Before cooking, combine the flour with salt and pepper and dredge the rabbit in the flour mixture. Heat oil in large skillet or braising pan, brown the meat in hot oil and then add the broth and marinade. Bring to a boil, cover and place in a 35-degree oven and cook for approximately 1-1 ½ hours. Remove from the oven and adjust the consistency of liquid by adding sour cream. Do not boil the liquid after the sour cream has been added.

There are many variations to this dish. You can add mushrooms, pearl onions and cooked bacon and then use the bacon fat I place of the oil. Serve with dumplings, egg noodles, spaetzle, polenta or rice.

Recipe submitted by: Rocky Mountain Elk Foundation

Pepperjack Tacos

Ingredients

1 lbs. venison or elk
1 can Campbells peperjack soup
½ cup water
1 package taco mix
8 taco shells
(1 large tomato (diced), 1 large onion, lettuce as additional toppings optional)

Directions

Add ½ can soup, ½ cup water and taco seasoning. Mix to cooked meat, simmer until thickens. Heat remaining soup and use that to top tacos.

Recipe submitted by: Tim Berg

Pineapple Upside Down Cake

Ingredients

3 Tablespoons butter or margarine
1 Can (20 oz.) sliced pineapple
6-10 Maraschino cherries
½ Cup brown sugar
1 Yellow cake mix (18 oz.)
1 ¼ cups water*
1/3 cup oil
3 eggs

Directions

Line a 12” Dutch oven with foil. Place 9 coals under the oven. Melt butter in foil-lined pan. Arrange pineapple slices with cherries in center of each slice in bottom of the oven. Sprinkle brown sugar evenly over fruit. Prepare cake mix according to package directions* (you may use juice drained from pineapple slices for part of the liquid). Carefully pour the cake batter over the fruit. Bake 30-40 minutes until cake is brown and springs back when touched. Use 9 coals on the bottom of the oven and 12 on the top.

Recipe submitted by: Lodge Dutch Oven Cooking Basics

Rabbit Stew

Ingredients

2 Rabbits
1 onion quartered
2 celery stalks diced
2 carrots diced
2 cloves of garlic
1 pt. heavy cream
Flour
1 gal. chicken broth
4 lbs. red potatoes quartered

Directions

Mix vegetables and meat in pot cover with chicken broth cook until vegetables are tender. Add cream and simmer. Add flour to thicken.

Recipe submitted by: Tim Berg

Raisin Sauce

Ingredients

1/2 cup brown sugar
2 tablespoon corn starch
1 teaspoon dry mustard
1 tablespoon vinegar
1 cup raisins
2 tablespoon lemon juice
1 ½ cups water

Directions

Combine sugar, cornstarch and mustard in small sauce pan over medium heat. Add vinegar, lemon juice, water and raisins, stirring constantly until thick. Can serve with ham, bear ham, salmon duck and trout.

Recipe submitted by: Tim Berg

Salmon Cheese

Ingredients

4 lbs. Velveeta
2 lbs. cream cheese
½ lbs – 1 lbs. smoked salmon or trout.

Directions

Melt Velveeta and cream cheese in a crock pot and add salmon or trout.

Recipe submitted by: Tim Berg

Tortillas

Ingredients

2 cups flour
1 teaspoon baking powder
½ teaspoon salt
1/3 cup shortening (butter or margarine)
¾ cup water (or until moistened)
½ teaspoon minced garlic
12 teaspoon basil

Directions

Mix and let stand 20 min. Make a small ball then roll with pie crust roller. Cook on griddle

Recipe submitted by: Tim Berg

Venison Medallions with Cranberry Peppercorn Sauce

Ingredients

2 lbs. of venison medallions (tender cuts)
Olive oil
Salt and white pepper
1 tsp. fresh-cracked black peppercorns
1 c. fresh whole cranberries
1 c. ruby port wine
¼ c. sugar
½ c. brown sauce

Directions

Trim all fat and silver skin from the loin. Cut into medallions and rub with oil and season. In a heavy braizing pan, brown the meat. Remove meat and add peppercorns, cranberries, wine and sugar to the pan. Reduce the low heat; add brown sauce and bring to a boil. Combine the sauce with the meat and serve immediately with spaghetti squash, sugar-snap peas or roasted red potatoes.

Recipe submitted by: Rocky Mountain Elk Foundation

Venison Swiss Steak

Ingredients

4 lbs. of venison steaks
1 cup flour
One chopped onion
1 quart canned brown, mushroom or onion gravy
One 20 oz. can of whole tomatoes
One bay leaf
1 Cup red wine (optional)
Salt and pepper to taste

Directions

Season flour with salt and pepper. Dredge steaks in flour and brown on the stovetop. Add onions and deglaze (remove drippings) with wine. Place steaks, onions and wine into baking pan; add gravy and tomatoes and season. Bring to a boil and cover with aluminum foil. Place in oven and cook for about 2 hours at 350 degrees, or until the meat is fork tender. If sauce gets too thick, adjust consistency with more wine or water. If sauce is too loose, remove foil. Serve with biscuits and mashed or boiled potatoes

Recipe submitted by: Rocky Mountain Elk Foundation