

## Recipes

So just for all you Doubting thomases out there, Here are the recipes. No I have not tried any of them and no I do not know the legal position if you terminate the local tom whilst he's crapping in your seed bed. Please remember he was (probably) some ones pet and in the U.K. it's illegal.

### **Squirrel 1**

**Squirrel** is delicious - best of all the small beasts IMO, better than chicken. Obviously only really the hind legs that are really worthwhile but quite dense meat so relatively filling. One **squirrel** per diner is about the sketch. Very nice in casserole but I prefer them just flash-fired or grilled with a squeeze of lemon and some satay sauce....

### **Squirrel 2**

Went out and hurt the squirrel population today. Three, ha ha. At any rate, ran out of room in the freezer. So, cooked 'em tonight. My son still eats as I write.

3~4 Squirrel  
2~3 EGGS  
1~2 cup cornmeal  
1 cup chicken stock (canned broth works)  
1 cup dry white wine (drink the rest)  
1 clove garlic  
1 red onion  
2 pinches rosemary ( it was \$3.89, I used a pinch of Italian season)  
1 stick of Butter  
1 tblsp chopped parsley ( shake out whatever after drinking wine)  
salt  
freshly ground pepper ( yeah right, the stuff in the can like normal folk have)

In a large sauce pan place 1 cup of chicken stock, 1 cup of wine, 1 onion minced fine, rosemary, parsley, salt and pepper to taste and 4 squirrel in serving portions. boil reduce & simmer for 10 min. remove squirrel and put to side. Simmer stock 10 more min. beat eggs and corn meal pieces. Let sit for 10 min and egg and cornmeal again. Melt butter and brown garlic in skillet. REMOVE garlic, trust me if you don't it will look like mouse crap. Brown meat. Remove to warming oven to finish cooking 350 deg or so till tender. Strain stock and add 3/4 ~ 1 cup to skillet. Stir over low flame 'till thickens. Serve gravy separately over rice or grits. We had rice.

N-joy

### **SQUIRREL 3**

**Squirrel Recipe** from **Big Easy** 12/13/2002 11:01:00 AM

I love to hunt squirrels and used to give most of them away cause I'd always ruin them frying them up. A couple of years ago one of my buddies turned me on to fixing them like a hobo dinner in the old scout days. In a piece of foil drop in a whole squirrel, cut up potato, 1/4 onion, 1/4 green pepper, 1/4 stick butter, 1/4 pound bacon. wrap the rascal up pop it on the grill for about 45 minutes and the meat falls off the bone, Delish!

## CAT

- 1 cat cut in serving-sized pieces dusted in flour with salt and pepper
- 1/4 cup extra virgin olive oil
- 6 artichokes
- 2 1/4" thick slices of slab bacon, diced
- 1 small sweet onion, diced
- 4 cloves garlic, minced
- 1 carrot, diced
- 1 lemon
- 3 small tomatoes, peeled, seeded, and diced
- 1/2 c. dry white wine
- 2-4 c. homemade chicken broth
- garnish of 4 flat parsley stems, 6 leafy thyme branches, 1 bay leaf tied up with kitchen twine Salt and pepper

1/4 cup chopped flat-leaf parsley (optional)

Snap the leaves off the artichokes until only the tender inner leaves remain. Snap off the stem. Trim the remaining green bits from the bottom of the artichoke, and cut off the inner leaves in a bunch at the point where they are very tender. Pare the tough green outer layer off the remaining stem, pairing the stem into a point. Now cut the artichoke bottom into quarters and remove the choke with a sharp knife from each quarter. Rinse to remove any traces of foin ("hay") and drop them into a bowl of water acidulated with the juice of half a lemon.

Heat 2 T olive oil in a large heavy casserole or Dutch oven. Dredge the cat pieces in seasoned flour, shaking off excess. Brown over medium heat, turning regularly, until golden on all sides. Remove cat pieces to a plate and dump any oil remaining in the pan. Add 1 T of the remaining oil and the bacon dice. (Omit bacon if you only have access to the thin-sliced vacuum packed supermarket variety.) Sauté until cooked but not "crisp". Add the remaining T of oil and the onion and carrot. Sauté for 5 minutes, then add the artichoke quarters and the garlic, stir one minute, and add the tomatoes and the white wine. Turn up the heat and reduce until syrupy, stirring constantly, for about 5 minutes. Lay the bouquet garni on top of the vegetables. Arrange the cat pieces on top, together with any juice accumulated in the plate.

Pour in enough broth to come halfway up the sides of the cat pieces. Cover and bring to a simmer. Continue to simmer over very low heat about 1 hour or cook in the oven at 350 degrees for the same amount of time. The cat should be just tender and part readily from the bone. Don't overcook or it will become dry. Check the liquid level frequently and add more broth if necessary. Turn the cat pieces once.

When done, remove the cat pieces to a warm platter and arrange the vegetables, removed with a slotted spoon, around them. Cover and keep warm. Strain the remaining pan juices into a smaller saucepan and reduce over high heat, skimming frequently, until reduced by 1/3. Pour over the platter and serve immediately. Sprinkle with finely chopped flat-leaf parsley if you like.

## FOX 1

2 Large onions, Chopped

Legs of one fox (cut into 8 pieces if still on the bone);

6 medium carrots, sliced ;

6 medium courgettes, sliced;

1 teacup olive oil;

2 bay leaves;

4-6 peppercorns;

3 pieces allspice;

2-3 lemons;

2 large eggs;

sea salt and ground black pepper

### Method

Gently brown the onions in olive oil. Add the meat and cook for a few minutes. Add bay leaves, allspice, pepper corns, salt, pepper, juice of one lemon, carrots and a few cups of water. Cover and simmer for half an hour, occasionally stirring. Add the courgettes. Cook steadily for about another half-hour. Beat eggs and mix with remaining lemon juice. Ladle off liquid from pan and carefully beat it in with the eggs. Return to pan

*Source: Fergus Drennan — Wild Man Wild Food*

## FOX 2

Clarissa's recipe for Fox Pasta

**You emailed in your droves asking for Clarissa Dickson Wright's recipe for Fox Casserole. So here it is!**

For Fox A La Clarissa:

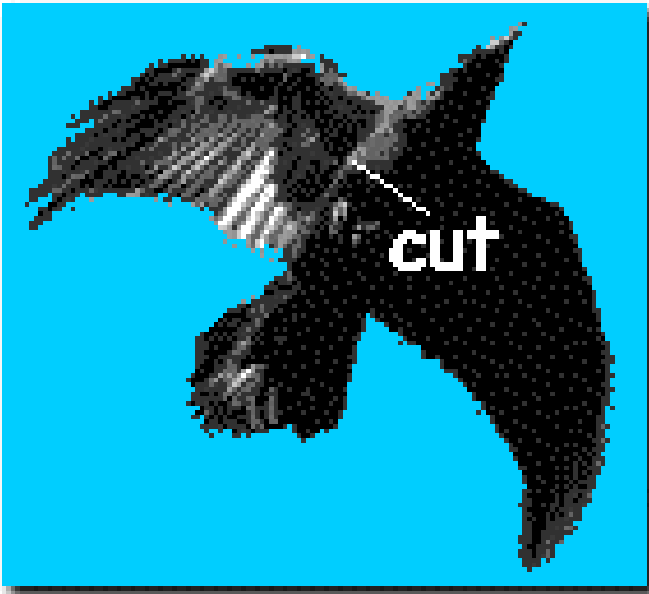
- *Take one fox. Skin it and gut it.*
- *Hang the fox in running water for three days.*
- *Cook with garlic, onion and tomato, as if you were cooking rabbit the Italian way: lay in a dish, cover, and stew for about an hour and a half.*
- *I would probably cut the fox into halves, not quarters.*
- *Serve with chestnut pasta, and for wine: a good Falerian.*

# Crow Recipes

## Field Preparation

It will come as little surprise to anyone that even the biggest crow doesn't make much of a meal. However, the fact that it is often possible to take large numbers at a time can compensate for this. Since a morning shoot can easily net from 10 to 100 birds, you want to limit the amount of time necessary to clean each bird. Put out of your head any idea of plucking a crow like you would a goose or duck. Besides the breast meat, there just isn't enough edible meat on a crow to make it worthwhile. Using the technique described below, you can extract the best meat of a crow within a minute or two with very little mess.

1. Lay the crow on it's back in front of you with it's head pointed to the right.
2. Take a finger and locate where the breast bone meets the upper abdomen.
3. With a sharp knife, make a cut across the crow (wing to wing) below the breast bone. Don't be concerned about cutting too deep, no edible meat will be damaged with this cut.



4. Holding the birds feet with your left hand, place 2 or 3 fingers under the skin where the cut was made and pull in opposite directions. The skinless breast meat should now be exposed.
5. Take the knife again and separate each breast half away from the bone starting in the middle and working outward. You should end up with 2 lime sized pieces of crow breast. Discard the remains properly.



The meat can now be frozen, marinated or freshly prepared.

Crow Meat minus the feathers The results of a quick morning hunt ready for the freezer or the skillet. This batch took about ten minutes to clean. Looks pretty good once the feathers are off.

## Recipes

Below are some recipes that have been donated by fellow members. Feel free to try these or to experiment with your own creation. There is no reason why any recipe for dove, quail or grouse to be found in a wild game cookbook would not work just as well. Then you can decide whether to tell your guests what went into the recipe before or after they have finished. Bon Appetite!!

### **Summer Crow Kabobs**

submitted by Gordon Krause (The CrowMaster)



#### **Ingredients**

16 pieces of crow breast meat (no bones) (8 crows)  
16 pieces of green pepper  
16 cherry tomatoes  
8 button mushrooms  
8 ears of sweet corn  
1 1/2 cups of Teriyaki sauce  
1/2 cup melted butter  
8 kabob skewers

#### **Preparation**

Cut each piece of crow in half and place in a covered bowl with the Teriyaki sauce over night. Clean and cut each ear of corn into 3 pieces. Cook in boiling salt water for 10 minutes. Alternately put corn (3 pieces), green peppers (3 pieces) and cherry tomatoes (3) along with 4 pieces of crow meat on each skewer. Use 1 mushroom to top each skewer. Brush with melted butter and place on preheated grill for about 4 minutes. Flip, butter again and place back on grill for another 4 minutes. Repeat one last time for a total of 12 minutes or until they appear done. Serves four adults.

### **Country "C" Medallions**

submitted by Marta Hnizda

#### **Ingredients**

24 pieces of crow breast meat (no bones) (12 crows)  
2 medium onions (chopped)  
6 tblsp of oil  
5 slices of bacon (chopped)  
1 big or 2 small turnips (peeled & chopped)  
1/3 of celery root (peeled & chopped) - note: substitute with celery  
3 tblsp wet mustard  
1 tblsp lemon juice  
salt, pepper to taste  
dash of paprika  
2 bay leaves  
2 juniper berries - note: substitute with allspice  
1 tblsp Majorjam (crushed)  
1 heaping tblsp of mayonnaise  
water

#### **Preparation**

Sauté onions and bacon in oil until golden. Add meat, spices and sauté some more. Add vegetables and the rest of the ingredients except mayonnaise. Add enough water to keep the meat almost covered. Simmer slowly, adding water as it evaporates. In about 3 hours you will see that the meat is soft enough to cut with a fork. Take the meat out and place on heated platter or dish to keep warm. Remove the bay leaf and put all the gravy (about 2 cups) in a blender and blend. When thoroughly blended, add mayonnaise and blend shortly.

Add gravy to meat and serve over rice with a winter salad. Serves four adults.

## **Pan Fried Crow**

submitted by Chris Thompson

### **Ingredients**

2 eggs  
seasoned bread crumbs or flour  
oil or bacon grease

### **Preparation**

Remove breast meat from as many crows as desired. Beat with meat mallet (for tenderizing). Dip pieces in beaten egg and then in bread crumbs or flour. Fry in oil in hot skillet. Bacon grease can be substituted by can smoke. Leave inside a tad pink.

## **Crow Creole**

submitted by George Carpenter

### **Ingredients**

2 medium onions  
2 fresh chilies chopped  
2 ribs celery  
3 cloves garlic minced  
¼ pound butter  
16oz. chicken broth  
1 can whole tomatoes  
1 small can tomato paste  
8oz. ketchup  
1/8 teaspoon white pepper  
1/2 tablespoon Cajun seasoning  
1 tablespoons hot pepper sauce  
1/2 tablespoons garlic sauce  
1/4 tablespoon sugar  
1/2 teaspoon Tabasco sauce  
1/2 tablespoons Worcestershire sauce  
1/4 teaspoon salt  
1/8 teaspoon freshly ground black pepper  
1 teaspoon chopped fresh thyme  
1 tablespoon fresh squeezed lemon juice  
1 pound (12 pieces, or so) crow breast chopped into bite-sized pieces

### **Preparation**

Brown the crow breasts in a skillet with butter or oil. When browned, place them in a Sauté onion, celery, chilies and garlic in butter until tender. Add the above ingredients and all of the remaining ingredients to a crock pot and cook on low for 6-7 hours.

To serve, heap about 1 cup of rice in the center of the plate, and ladle a generous amount of the sauce around it. Garnish with fresh chopped parsley.

## **Crow Casserole**

### **Ingredients**

12 pieces of crow breast meat (no bones) (6 crows)  
2 quart sauerkraut  
6 slices of bacon  
1/3 cup of chopped onions

### **Preparation**

Brown the crow breasts in a skillet with butter or oil. When browned, place them in a casserole dish on 1/2 inch layer of sauerkraut. Lay a 1/2 strip of bacon on each 1/2 breast and sprinkle the onion on them. Next, add another layer of sauerkraut and some of the juice. Bake at 350 degrees for 2 hours. Makes 2 servings.

## **Crock Pot Crow**

### Ingredients

12 - 16 pieces of crow breast meat (no bones) (6 - 8 crows)  
2 cups barbecue sauce  
1 cup water  
1/3 cup of brown sugar  
1/3 cup of chopped onions  
1/3 cup of chopped green peppers  
salt and black pepper to taste

### Preparation

Shred crow breasts into as small pieces as possible. Add to crock pot with all other ingredients. Cook in crock pot for 6 hours on low. Serve over rolls or bread. Makes 4 servings.

## **Crow In A Blanket**

### Ingredients

4 pieces of crow breast meat (no bones) per person  
wild rice  
bacon strips  
butter  
salt and black peppe

### Preparation

Rub each crow breast piece with salt and pepper. Wrap each piece with a strip of bacon and place 2 wrapped pieces in aluminum foil. Cook at 300 degrees for 2 hours. Serve hot with steamed wild rice, generously buttered.

## **BBQ Crow**

### Ingredients

10 crow breasts  
BBQ sauce  
2 onions  
Tabasco sauce

### Preparation

Place crow meat in a deep pan. Pour as much BBQ and Tabasco sauce as desired over the crow meat. Let marinate for at least 2 hours. Slice onions into thin slices and push out the centers to make rings. Place onions in skillet and place crow breasts over onions. The two flavors will combine while cooking. Put skillet on stove and cook until onions are brown and meat is tender. Serve crow over the onions.

## **Matthews Magic Stew**

### Ingredients

20-24 crow breast pieces (10-12 crows)  
1 bag of celery  
2 onions  
2 pounds of baby carrots  
2 cans of beef consume  
1 cup flour

### Preparation

Chop up celery and onions. In a crock pot, place two alternating layers of meat -onions -celery -and carrots. Pour both cans of consume into pot. Let cook for 6-10 hours. A half hour before you are ready to serve, remove about 5-6 cups of liquid and mix with 1 cup of flour for a thickener. Mix all contents (stew & thickener) well. Let stand for half an hour, season with salt & pepper to taste, and enjoy. This recipe works well with almost all game (and non-game) animals. Some that I have tried are Deer, Squirrel, Rabbit, Pigeon, Duck, Goose, Bear, and Beaver.

## The "So good you'll want to slap your mother-in-law" Recipe

submitted by Jim Anderson

### Ingredients

16 pieces of crow breast meat (no bones) (8 crows)  
16 pieces of jalapeno peppers (or banana peppers)  
16 strips of bacon  
1 1/2 cups of Teriyaki sauce

### Preparation

Place breast meat in a covered bowl with the Teriyaki sauce over night. Cook the breasts in boiling water for about five minutes. Cut up fresh jalapeno peppers into circles (or use the store bought kind that come in jars). Place one jalapeno pepper in the center of each breast and wrap with bacon. Secure the bacon with a round toothpick. Cook on the grill until bacon is crisp (not burned). Flip the breasts constantly to avoid the fat catching on fire. Use banana peppers for people that don't like their food quite so hot.

Serves four adults

## Crow Bean Roast

submitted by Robert Cobb

### Ingredients

6-8 Fresh Crow Breasts  
1 - 2lb. Package of Red Beans (that's pinto beans for you northerners)  
Cooking oil or Bacon grease  
Baking soda  
Chopped Onions  
Chopped Bell Peppers  
Garlic powder or garlic salt  
Salt  
Pepper

### Preparation

Place a tablespoon of Cooking Oil or Bacon Grease in a crock pot, add a tablespoon of Baking Soda, pour the beans in and fill the crock pot 1/2 - 3/4 full of water and stir to mix the baking soda and oil. Add the Crow

Breasts and add the other ingredients (amounts determined by taste preference). Finish filling with water, turn crock pot to high setting and allow to cook for a minimum of 6 hours, adding water as needed. Serve hot, but be careful, this one will make ya wanna slap yo mamma!!!

## REAL RATatouille

### Deep Fried Field Rat

4 mature rats or 8 small rats

10-15 garlic cloves, crushed

2 tbs. salt

1/2 tsp. pepper

Skin and gut the rats, removing the head and toes. Mix garlic, salt, and pepper into a paste, spread on the meat, then place in direct sunlight for 6 to 8 hours, until dry. Fry in deep vegetable oil for about 6-7 minutes, until crispy and yellow in color. Serve with sticky rice, sweet-sour sauce, fish sauce, or a hot chili paste, and raw vegetables.

From Strange Foods: Bush Meat, Bats, and Butterflies, an Epicurean Adventure Around the World, Jerry Hopkins,



## ROOF RAT PIE

Take 4 potatoes, boil, mash, season, add cream, line 8" pie shell with them.

Boil six medium sized Roof Rats.

If the rodents are the right size, you should have 2 cups of rat meat (depending if you've cleaned the carcasses well enough.) Season with salt, pepper, cayenne, add 1 cup blanched, chopped almonds, 1 cup cracker crumbs, 1 egg, (reserve 1 tsp for topping) making a burger. OPTIONAL: bell pepper, onions, cilantro, parsley, thyme, oregano, 1 can creamed corn.

Fill the pie. Cover with more potatoes. Use egg/cream to wipe down pie so it toasts brownish in oven.

Remember, a rabbit is just a big rodent. The taste of the flesh is identical. Ask any concentration camp visitor.

TIP: when cooking Roof Rats, pre-soaking up to 5 hours helps take away that pesky rodent flavor. AND the longer you cook it, with the other ingredients, the better.