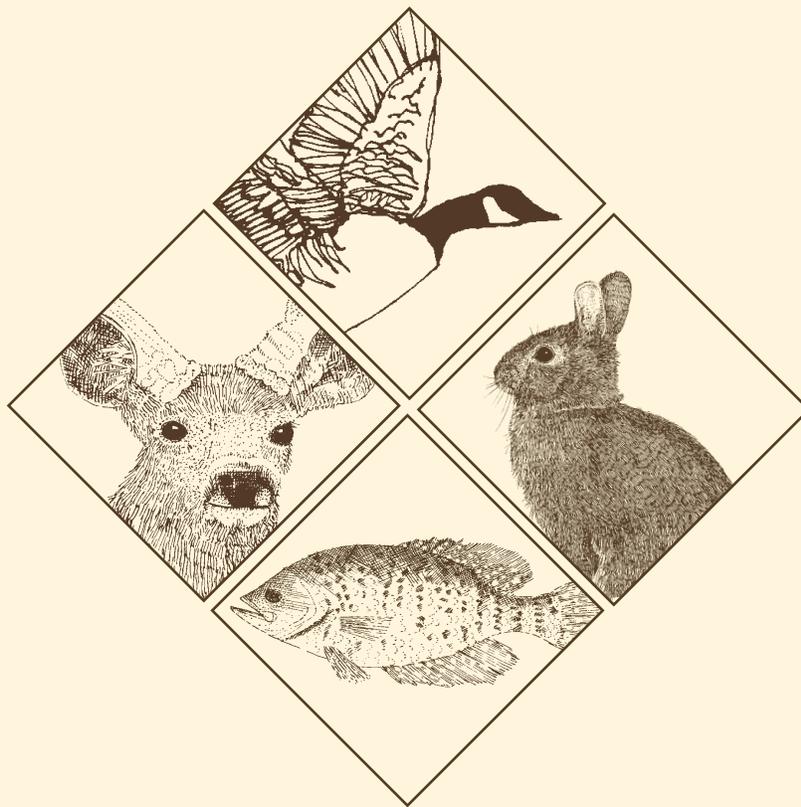

GAME AND FISH RECIPES



A collection of favorite recipes from employees, friends
and family of the N.C. Wildlife Resources Commission



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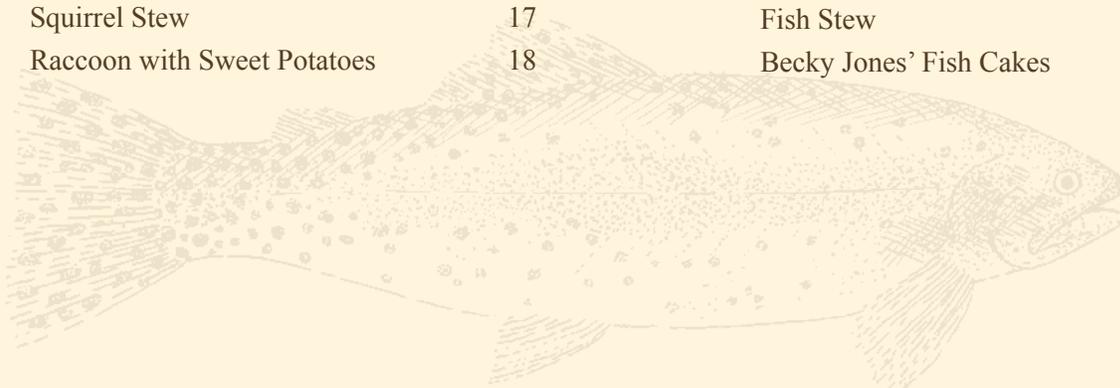


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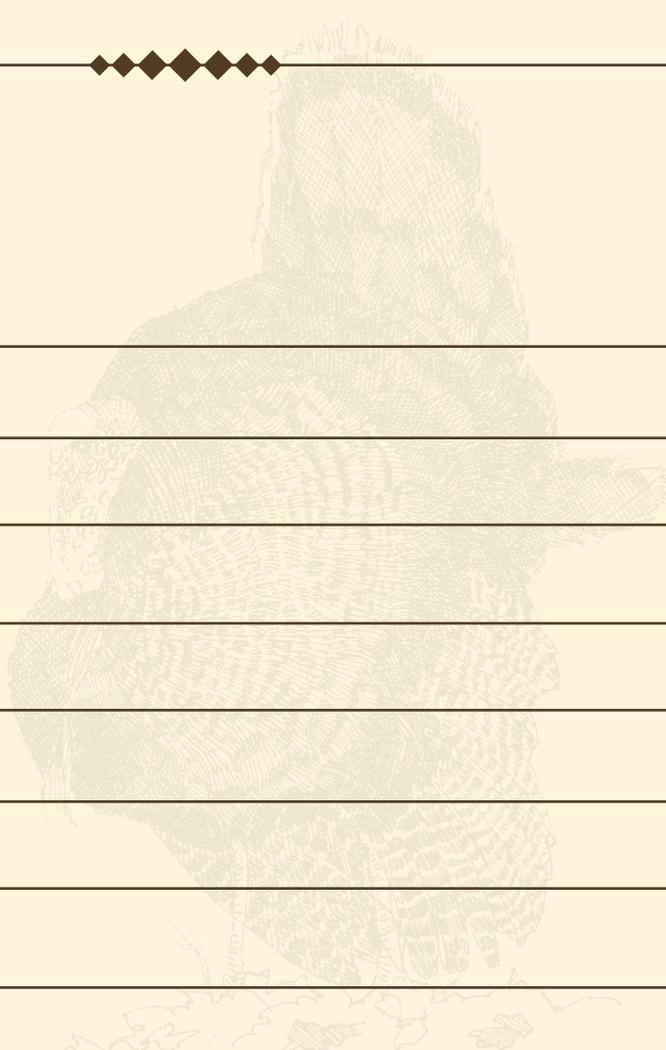
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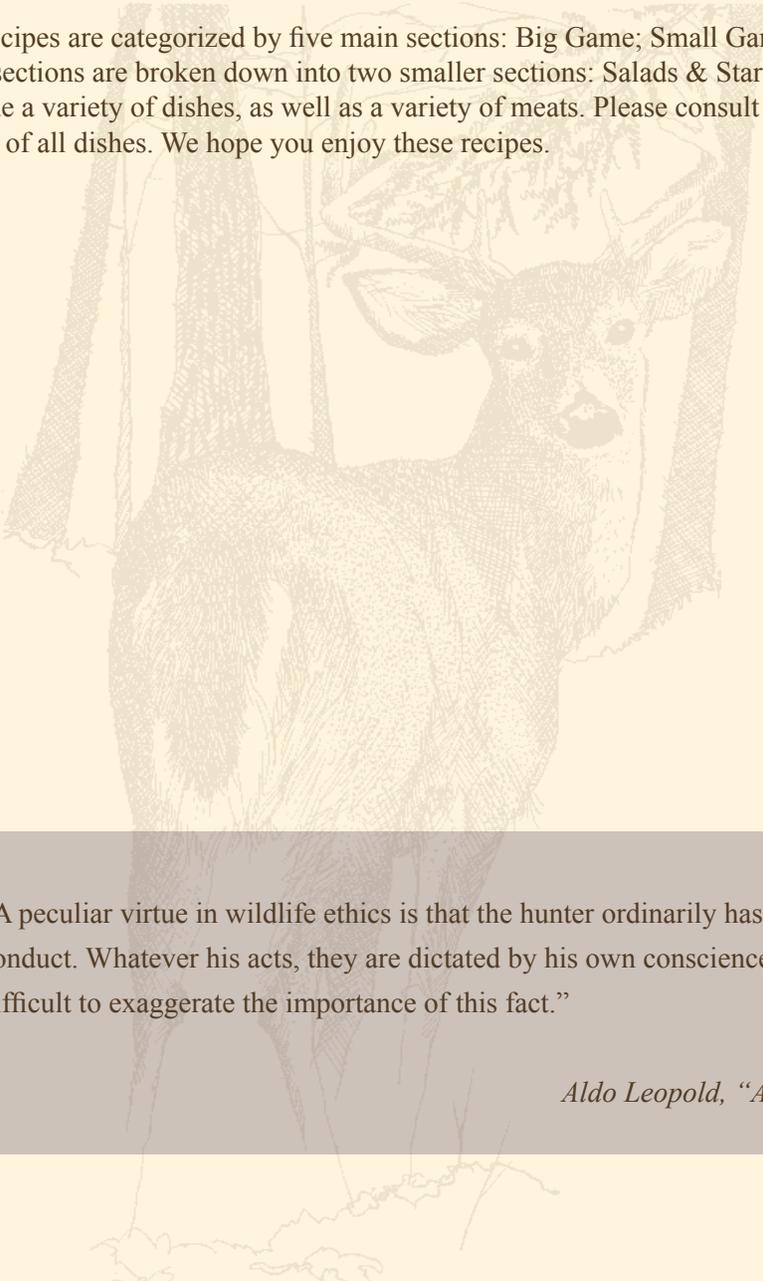


INTRODUCTION

This collection of recipes includes some that were gathered and tried over the years by N.C. Wildlife Resources Commission employees who are now retired: Randy Wilson, Ed Jenkins, Carl Betsill, Terry Sharpe and Lawrence Musselwhite, to name a few. Other recipes came from former and current employees, as well as their family members.

All recipes featured in this document are favorites of the individuals who submitted them, having been prepared many times over the years. Many of the recipes have been tweaked to suit the tastes of the individual cooks. For this reason, cooks should feel free to experiment with the ingredients, as well as the quantities, in all of these recipes to suit their own tastes.

The recipes are categorized by five main sections: Big Game; Small Game; Fowl; Fish; and From the Sea. These main sections are broken down into two smaller sections: Salads & Starters; and Main Dishes. We have tried to provide a variety of dishes, as well as a variety of meats. Please consult the Table of Contents section for a complete listing of all dishes. We hope you enjoy these recipes.



“A peculiar virtue in wildlife ethics is that the hunter ordinarily has no gallery to applaud or disapprove of his conduct. Whatever his acts, they are dictated by his own conscience, rather than by a mob of onlookers. It is difficult to exaggerate the importance of this fact.”

Aldo Leopold, “A Sand County Almanac”

BIG GAME

SALADS & STARTERS

Wib's Venison Oven Jerky

- 1/3 cup soy sauce
- 1/4 cup Worcestershire sauce
- 1/4 cup A-1® Steak sauce
- 1 teaspoon onion powder
- 1/2 teaspoon black pepper
- 1 teaspoon fresh minced garlic
(can substitute 1/2 teaspoon garlic powder)

Marinate strips 8 to 12 hours. Keep the meat covered well with marinade. Stir occasionally. Place foil on bottom of oven to catch the drippings. Place strips directly on oven rack. Cook strips at 150 degrees for 7 to 8 hours. Keep oven door ajar. **DO NOT TURN STRIPS OF MEAT.** Note: Store jerky in a cloth sack or jar with holes in the lid.

Wib Owen
N.C. Forest Service, N.C. Dept. of Agriculture

Jerky Fast Facts

An oven jerky pan with stackable wire racks (available from several online sources as well as sporting good stores) is excellent for cooking jerky while maintaining a clean oven. Spray wire racks and bottom of pan with cooking spray and place jerky strips on wire racks.

If an oven jerky pan is not available, place the strips directly on the oven rack. Make sure to place foil on the oven bottom to catch drippings.

Hot and Spicy Venison Jerky

- | | |
|---|---------------------------------|
| 3 pounds venison cut into narrow strips | 1 tablespoon garlic powder |
| 1/2 cup Worcestershire sauce | 1 tablespoon garlic salt |
| 1/2 cup soy sauce | 3 tablespoon crushed red pepper |
| 1 tablespoon black pepper | 1 tablespoon Texas Pete® |
| 1 tablespoon onion powder | 1 tablespoon Tabasco® sauce |

Place the cut venison into a glass bowl. Combine all the other ingredients and mix well. Pour over the venison and mix until all venison is well coated. Cover the bowl and allow it to marinate for 24 to 48 hours in the refrigerator. If using a dehydrator, drain the venison, place on provided racks and dry per unit instructions. If using a conventional oven, set temperature at its lowest setting (140 to 170 degrees). Drain venison and lay flat on baking sheets. Remove excess liquid after about 45 minutes. Turn venison after about 3 hours. Total drying time will be about 6 hours. Check frequently after 6 hours and remove dried pieces. Place in an air-tight container. Jerky will keep indefinitely.

Lt. M.E. Long
Division of Law Enforcement, NCWRC

BIG GAME

SALADS & STARTERS

Venison Appetizer Meatballs

1 pound ground venison	3 tablespoons molasses
$\frac{3}{4}$ teaspoon salt	3 tablespoons prepared mustard
1 tablespoon minced onion	3 tablespoons vinegar
$\frac{1}{2}$ cup bread crumbs	$\frac{1}{4}$ cup ketchup
$\frac{1}{4}$ cup milk	$\frac{1}{4}$ teaspoon dried thyme
2 tablespoons butter	

Preheat electric fry pan to 320 degrees. Combine meat, salt, onion, bread crumbs and milk in large bowl. Blend in well and roll into bite-size meatballs. Roll in flour. Melt butter and brown meatballs on all sides. Remove meatballs as they brown. Combine remaining ingredients and stir into frypan. Bring to boil and add meatballs. Cover and simmer 10 minutes, stirring occasionally. Serve as hot appetizers with toothpicks.

Ed Jenkins (retired)
Division of Conservation Education, NCWRC



Easy Venison Summer Sausage

2 pounds ground venison	$\frac{1}{4}$ teaspoon garlic powder
$\frac{1}{2}$ cup water	$\frac{1}{4}$ teaspoon salt
1 tablespoon liquid smoke	$\frac{1}{4}$ teaspoon onion salt
2 tablespoons Morton® Tender Quick® salt	$\frac{1}{2}$ teaspoon red pepper

Mix liquid smoke and water, add all other ingredients and mix well with hands. Divide into 4 equal parts and shape into logs, place each log in plastic wrap and roll up tightly. Refrigerate for 24 hours to allow meat to cure. Remove rolls from plastic wrap and place on wire rack.

Bake at 300 degrees for 1 hour and 45 minutes – you may want to place a tray under the summer sausage to catch any drippings while it cooks. Remove from oven and roll in paper towels to remove any moisture, store in refrigerator. Try adding shredded cheddar cheese, diced jalapenos, cayenne pepper, etc., for added spice.

Sandra Scott (mother-in-law, Kevin Hining)
Division of Inland Fisheries, NCWRC

BIG GAME - DEER

MAIN DISHES

Venison Roast

Venison roast (whole)
1 tablespoon salt
1 tablespoon vinegar
Vegetable oil
1 pound bacon
1 can mushroom soup
1 package Lipton's® Onion Soup mix
Water

Preheat oven to 340 degrees. Trim all fat and membrane from roast. Cover roast with water, add salt and vinegar, and soak overnight or 12 hours. Remove roast from liquid, pat dry, and sear roast on all sides in dutch oven with enough oil to cover bottom of pan. Completely cover the roast with strips of bacon and place covered dutch oven in oven. Cook for 2½ hours and then add 1 can mushroom soup, onion soup mix and ½ can water. Cook an additional 2½ hours.* Before the cooking time is over, cut roast deeply and baste several times with gravy.

* Cooking times are for a whole roast. If using a neck roast or large roast, reduce total cooking time to 3 hours.

Bill Smith (retired)
Division of Engineering Services, NCWRC



Venison Combo

Cubed venison
½ stick margarine
1 medium onion, chopped
2 green peppers, cut into strips
1 small can mushroom pieces

Melt margarine in frying pan. Sauté onion, peppers and mushrooms. Add cubed venison and brown until meat is done to taste. Do not overcook. Serve over white rice.

Karen Luszc (Dennis Luszc, retired)
Division of Wildlife Management

Venison Fast Facts

According to the USDA website on nutrition, venison is among the most nutritious meats around. It has fewer calories than beef, pork, or chicken in an equivalent serving.

Like other red meat, venison is a good source of protein, zinc, iron and selenium. Venison can be substituted for ground beef in a variety of recipes.

BIG GAME - DEER

MAIN DISHES

Fried Venison Loin

Boneless venison loin
Pepper
Salt

Vegetable oil
Flour

Marinade

2 tablespoons vinegar
1½ teaspoon ground ginger
½ cup soy sauce

1 clove garlic or garlic powder
2 tablespoons brown sugar
¾ cup vegetable oil

Mix ingredients together.

Cut venison loin in to 2-inch thick slices, then cut each slice almost through again and open to form a “butterfly” steak. Place steaks in marinade and refrigerate several hours prior to cooking. Pat steaks dry, season with salt and pepper and coat with flour. Quick fry in hot oil, turning once. Do not overcook.

Ed Jenkins (retired)
Division of Conservation Education, NCWRC

J.P. Betsill’s Georgia Brunswick Stew

4 pounds cooked beef or venison
4 pounds cooked pork (Boston butt roast)
4 pounds cooked poultry or rabbit
1 gallon canned tomatoes
1 gallon white shoe-peg corn
3 large bell peppers (ground)

1½ pound onion (ground)
¼ cup Worcestershire sauce
4 tablespoons soy sauce
Salt
Black pepper or hot sauce

Boil all meats until they are falling off the bone; grind with a meat grinder. Cook peppers and onions separately until done. If using venison, be sure to remove all fat. Include fat from the Boston butt roast, however. Mix all ingredients in a large pot and simmer slowly for about 1 hour, stirring regularly. Add broth, if needed, to thin. Salt and pepper to taste while cooking.

Carl Betsill (retired)
Division of Wildlife Management, NCWRC

BIG GAME - DEER

MAIN DISHES

Barbeque Venison

- | | |
|--------------------------------------|-----------------------------------|
| 3 or 4 pounds venison | 2 tablespoons sugar |
| ½ cup ketchup | 1 tablespoon soy sauce |
| ¼ cup vinegar | 1 tablespoon Worcestershire sauce |
| ½ cup onion, chopped | 2 beef bullion cubes |
| ¼ cup bell pepper, chopped | ⅓ cup water |
| ¼ teaspoon of each of the following: | |
| • poultry seasoning | |
| • thyme | |
| • marjoram | |
| • rosemary | |

Soak venison overnight in ½ gallon water with 1 tablespoon each of salt and vinegar. Drain and place in clear water for a few minutes. Cut meat into small pieces. Put in pressure pot with all ingredients and cook at 10 pounds pressure for 45 minutes. Thicken liquid with cornstarch or flour, if desired. Serve over rice or noodles.

Doris Williams (retired)
Division of Administrative Services, NCWRC

Texas Hash

- 1 pound ground venison
- 3 large onions, sliced
- 1 large green pepper, sliced
- 1 can (16 ounces) tomatoes
- ½ cup uncooked rice
- 2 teaspoons salt
- 1 to 2 teaspoons chili powder
- ⅛ teaspoon pepper

Heat oven to 350 degrees. In large skillet, cook and stir meat, onion and green pepper until meat is brown and vegetables are tender. Drain off fat. Stir in tomatoes, rice, salt, chili powder and pepper. Heat through. Pour into ungreased 2-quart casserole dish. Cover. Bake 1 hour, stirring once or twice during cooking.

Jackie Musselwhite (Lawrence, retired)
Division of Conservation Education

BIG GAME - DEER

MAIN DISHES

Peppered Venison Steak

2 to 3 pounds venison
1 large onion, chopped
1 large bell pepper, chopped
2 cans mushroom soup
2 cans water
Salt to taste

Brown venison in small amount of shortening. Sauté onion and pepper in the drippings. Add enough flour to drippings to make a brown gravy. Use soup in the gravy, instead of water. Pour the browned venison, pepper and onion, mushroom gravy, 2 cans of water and salt into a slow cooker. Cook 8 to 10 hours on low.

*Mamie Rivenbark (Jimmy)
Division of Law Enforcement, NCWRC*



Venison Stew

2 pounds venison, cubed
Seasoned flour
2 tablespoons bacon drippings
6 cups boiling water
2 teaspoons salt
½ teaspoon pepper
2 tablespoons flour
4 medium potatoes, diced
4 carrots, diced
4 onions, diced

Cut venison into 1-inch cubes. Roll in seasoned flour and brown in bacon drippings in a heavy skillet. Add boiling water, salt and pepper to the browned meat. Cover and simmer 2 to 3 hours. Add diced vegetables and cook until tender. Using 2 tablespoons of flour moistened with water, thicken the remaining liquid. This can be made in a crockpot or large dutch oven.

*Susan Sharpe (Terry, retired)
Division of Wildlife Management, NCWRC*

BIG GAME - DEER

MAIN DISHES

Boy Scout Special

1 to 1½ pound venison, ground
3 to 4 large potatoes, washed and sliced with peeling left on
1 to 2 medium onions, sliced
5 to 6 carrots, diced
Worcestershire sauce to taste
Salt and pepper to taste

Preheat oven to 400 degrees. Form ground venison into patties (not too tightly packed). Place venison patties on aluminum foil. Place onions, potatoes and carrots on top of patties. Add salt and pepper and sprinkle with Worcestershire sauce. Wrap aluminum foil around very tightly and cook about 45 to 60 minutes.

Susan Sharpe (Terry, retired)
Division of Wildlife Management, NCWRC



Venison Stroganoff

2 pounds venison steak
Flour and salt
Butter
2 cups fresh mushrooms, sliced
1 cup onions, chopped
2 tablespoons butter
2 tablespoons flour
2 to 3 tablespoons tomato paste
2 cups cold beef stock or broth
1½ to 2 cups sour cream
3 tablespoons sherry or red wine

Cut venison in to ¼-inch strips and salt and flour. Heat a large, heavy skillet. Add butter and place steak strips in skillet. Brown quickly on all sides. Add mushrooms and onion and cook 3 to 4 minutes until onion is barely tender. Remove meat and add butter to pan drippings. Blend in flour, tomato paste and beef stock. Stir until thickened. Return meat to skillet and stir in sour cream and sherry or wine. Heat briefly. Serve over egg noodles or rice.

Curtis Wooten
Division of Conservation Education, NCWRC

BIG GAME - DEER

MAIN DISHES

Cajun Run Stew

1 to 1½ pound venison stew meat	1 teaspoon A-1® Steak Sauce
½ cup seasoned flour	½ teaspoon thyme
3 tablespoons olive oil	4 small onions, chopped
1 garlic clove, minced	4 carrots, chopped
2 cups water	4 potatoes, quartered
1 beef bouillon cube	1 cup celery, chopped
½ cup tomato juice	Salt and pepper to taste
¼ cup port wine	Flour
1 teaspoon lemon juice	

Place stew meat and seasoned flour in plastic bag and shake until meat is coated. Heat oil in large, deep skillet or dutch oven on medium high heat, brown meat on all sides, adding more oil, if necessary. Add garlic and fry 1 minute. Add water, bouillon cube, tomato juice, port wine, lemon juice, steak sauce and thyme. Cover and simmer 1 hour. Add all vegetables and simmer another hour or until meat and vegetables are tender. Add salt and pepper to taste. Add flour to pan juices to thicken gravy.

Jennifer Edwards (Bill)
Division of Wildlife Management, NCWRC



Deer Pizza

2 to 3 tomatoes, diced or sliced
1 red bell pepper (cut into pieces or strips)
1 pint jar pressure canned or cooked and shredded deer meat (<i>See page 14 for instructions on canning wild game meat.</i>)
2 cups shredded cheese
1 Boboli® premade wheat crust
½ jar pizza sauce

Preheat the oven to 400 degrees. Heat the deer meat in a skillet and season to taste. Spread the sauce over the crust. Top with deer meat, veggies and cheese. Bake for 12 to 15 minutes.

Becky Jones (Mark)
Division of Wildlife Management, NCWRC

BIG GAME - BEAR

MAIN DISHES

Bear Barbeque

3 to 4 pound bear roast
½ cup ketchup or chili sauce
½ cup water
1 garlic clove, chopped
1 onion, chopped
2 tablespoons barbeque sauce
3 tablespoons Worcestershire sauce

Combine first six ingredients in a bowl and set aside.

Preheat oven to 350 degrees. Cook bear roast about 2 hours or until done. Add water to pan, turn off oven and let roast steam until oven is cooled. Slice meat and serve with sauce.

Mike Stephens
Division of Law Enforcement, NCWRC

Bear Fast Facts

According to the USDA website, a 3½-ounce serving of bear meat contains 161 calories; 20.1 grams of protein; and 8.3 grams of fat. Bear meat contains more iron than most meats.

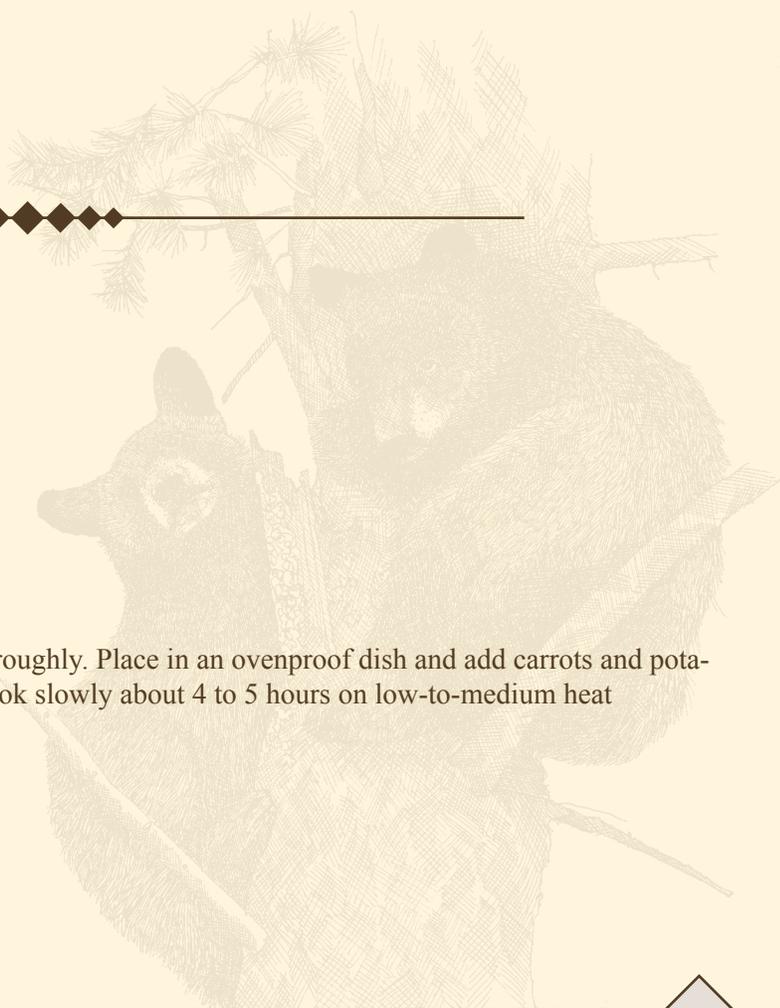
It also provides more than 10 percent of the daily value of thiamine, more than 20 percent of niacin and more than 50 percent of riboflavin.

Bear Roast

3 to 5 pound bear roast
5 or 6 carrots, sliced
5 or 6 potatoes, quartered
1 large onion, quartered
Salt
Pepper

Preheat oven to 350 degrees. Wash and clean roast thoroughly. Place in an ovenproof dish and add carrots and potatoes. Salt and pepper heavily. Add onion and water. Cook slowly about 4 to 5 hours on low-to-medium heat or until done.

Mike Stephens
Division of Law Enforcement, NCWRC



BIG GAME

CANNING WILD GAME MEAT

Wild game meat can be preserved just like vegetables in glass canning jars. Properly prepared meat will keep for years and not be subject to freezer burn or power failures that destroy frozen meats. (*This recipe for meat requires a different cooking time and steps compared to canning fish, which is described on page 41.*)

1. Cut deer meat into thumb-sized chunks being sure to remove all fat, gristle, etc.
2. Wash pint-sized glass jars and place the jars in a 170 degree oven for 8-10 minutes.
3. Place the new canning lids in a small pot of water and heat to a slow boil. Continue boiling while canning. Have canning rings at ready.
4. Fill pint-sized canning jars with deer meat to within 1 inch of the top of the jar. Pack tightly. Add ½ teaspoon of salt and ½ beef bullion cube and enough hot water to fill jar to within 1 inch of the top. Run knife around inside edge of jar to release air bubbles.
5. After filling each jar, place canning lids (hot lids from boiling water) and rings on jars (warm jars from a 170 degree oven). Tighten rings.
6. Place the jars in a canner on stovetop. Add water inside of the canner until it reaches about ½ way up on the jars. Seal canner lid tightly.*
7. Cook at medium temperature using 10 pounds of pressure until pressure valve on canner “jiggles.” Cook for 75 minutes after canner “jiggles.”
8. Turn off the stove and allow the canner to cool for 60 minutes while sitting on stove eye. Remove jars and place on a cloth towel to await “sealing.” You should hear jars develop pressure seals (“pop”) within a few hours. You will see a dented lid on sealed jars.

This recipe works for deer, pronghorn, elk and other red meats. Quail, pheasants, grouse and white-meated game birds can be canned using chicken bullion to replace beef bullion.

The meat will be fully cooked and only needs to be heated when the jar is opened. It will be the consistency of pot roast and is excellent for cooking soups and casseroles, making deer and gravy with rice, eating on sandwiches, or serving as a topping for pizza. (*Becky Jones’ Deer Pizza, on page 12, is a nice recipe to try with the canned venison.*)

* Be sure to follow safety procedures designed for whatever pressure canner you are using, as canners can eject scalding hot water if used improperly. Also, follow directions to ensure proper sealing of meats for the type of pressure canner you are using.

*Bonita Jones, Becky Jones & Mark Jones
Division of Wildlife Management, NCWRC*

SMALL GAME

SALADS & STARTERS

Fried Rabbit

Soak cut-up or whole young rabbit overnight in salted water. Remove from water, pat dry and place quarters or smaller pieces in a bowl with one egg. Mix with egg and add flour until batter covers pieces.

Fry in shortening or oil in a covered pan on medium heat. Remove the cover for the last 15 minutes and finish cooking.

*Flonia Brooks (aunt, Melvin Jones, retired)
Division of Administrative Services, NCWRC*

Rabbit Fast Facts

Rabbit is one of the lowest in fat of all game meats. According to the USDA, a 3½-ounce serving contains 114 calories; 21.8 grams of protein and only 2.3 grams of fat. One serving provides 40 percent of the daily value for men and 18 percent for women.

One serving of rabbit meat also provides more than 40 percent of the daily value of niacin.

Rabbit Salad

2 to 3 cups cooked rabbit (cut up in pieces)
4 hard-boiled eggs (chopped)
¾ cup chopped celery
½ cup chopped sweet pickles
½ cup salad dressing (add more if needed)
Salt and pepper to taste

Mix all ingredients together.

*Jean Smith (Bill, retired)
Division of Engineering Services, NCWRC*



SMALL GAME - RABBIT

MAIN DISHES

Barbeque Rabbit

2 rabbits
1 cup water
1 cup vinegar
½ cup butter or margarine
Salt and pepper to taste

Soak rabbits overnight in salted water. Preheat oven to 350 degrees. Place rabbit pieces in roaster or covered pan, add all ingredients and cook for 1½ to 2 hours (larger rabbits take longer). Add Texas Pete® or favorite barbeque sauce last 15 minutes, if you prefer.

Flonia Brooks (aunt, Melvin Jones, retired)
Division of Administrative Services, NCWRC



Rabbit Pie

2 cups cooked rabbit, cut up
⅓ cup margarine
⅓ cup all-purpose flour
2 cups chicken broth
1 cup milk
½ teaspoon salt
Dash pepper
1 10-ounce package frozen peas and carrots
1 cup cubed, cooked potatoes
Pastry for 9-inch double crust pie (can use frozen pie crusts)

Preheat oven to 400 degrees. Melt butter in a saucepan. Stir in flour until well blended. Gradually add broth, milk, salt and pepper. Cook until thickened. Fold in vegetables and rabbit. Line an oblong 2-quart baking dish with pastry if a bottom crust is desired. Pour in rabbit mixture. Cover with top crust, seal edges and cut vents for steam. Bake for 30 to 40 minutes.

Ed Jenkins (retired)
Division of Conservation Education, NCWRC

SMALL GAME - SQUIRREL

MAIN DISHES

Fricasseed Squirrel (rabbit also works well)

1 squirrel, dressed and cut into 6 or 7 pieces
½ cup flour
Salt and pepper
3 slices of bacon
Instant meat tenderizer
½ medium-sized onion, chopped or sliced
1½ cups of chicken broth

Sprinkle meat liberally with tenderizer and set aside. In a medium or large skillet, fry bacon until crisp, remove and drain. Salt and pepper pieces of squirrel to taste; dredge in flour and brown quickly in hot bacon fat. Reduce heat, and add onions and cook until tender but not brown. Stir in crumbled bacon and chicken broth, cover and simmer over low heat until meat is tender (about 1 hour). Serve over rice.

Curtis Wooten
Division of Conservation Education, NCWRC

Squirrel Fast Facts

Like other game meats, squirrel meat is low in fat. According to the USDA, one serving of squirrel meat (3½ ounces) contains 120 calories; 3.21 grams of fat 83 milligrams of cholesterol; and 22 grams of protein.

Excellent flavor pairings with squirrel: bacon, lemon juice, sour cream, arugula and other bitter spring greens and earthy root vegetables.

Squirrel Stew

6 to 9 squirrels	2 cups water	2 tablespoons butter
2 onions quartered	2 bay leaves	2 pounds baby lima beans
1½ quart canned tomatoes	6 medium potatoes	1 pound whole kernel corn
2 tablespoons sugar	½ cup Worcestershire sauce	2 teaspoons Tabasco® sauce
2 teaspoons pepper blend	2 teaspoons chicken rub	

Place squirrels in a pressure cooker and sprinkle with chicken rub. Add water, onion and bay leaves. Cover and cook under 15 pounds pressure for 20 minutes. Reduce pressure immediately and let squirrel pieces cool. Remove meat from bones. Place meat and stock in a large, deep pot and add tomatoes, potatoes, corn, lima beans, butter, sugar, Worcestershire sauce, Tabasco® sauce and pepper blend. Cook until potatoes are tender.

Wib Owen
N.C. Forest Service, N.C. Dept. of Agriculture

SMALL GAME - RACCOON

MAIN DISHES

Raccoon with Sweet Potatoes

1½ tablespoon salt
Soda water to cover meat
1 raccoon, cleaned, skinned and boned (cut into pieces, if desired)
1 cup chicken broth
5 sweet potatoes
Pepper
Sage

Preheat oven to 350 degrees. Mix salt into soda water. Soak raccoon meat in the mixture overnight. Remove from water and wash twice. Boil raccoon until tender. Place in bread pan with sweet potatoes and cover with broth. Season to taste with salt and pepper. Bake until brown (about 35 minutes).

Harlan Hall (retired)
Division of Wildlife Management, NCWRC

Raccoon Fast Facts

Raccoon meat is a dark meat and often will taste more “gamey” than other wild game meats. Remove the lymph glands before cooking.

According to the USDA, a 3½-ounce serving of raccoon meat has 217 calories; 12.32 grams of fat; 82 milligrams of cholesterol and nearly 25 grams of protein.

Fricasseed Raccoon

1 raccoon
1 cup flour
2 tablespoons salt
½ teaspoon pepper
¼ cup fat (or oil)
3 cups broth

Clean raccoon and remove all fat. Cut into 10 or 12 serving pieces. Rub with salt and pepper and roll in flour. Cook in hot fat until brown on all sides. Add broth, cover and simmer for 2 hours or until tender.

Randy Wilson (retired)
Division of Wildlife Management, NCWRC

SMALL GAME - OTHER

MAIN DISHES

Roast Opossum

1 opossum
1 tablespoon salt
1/8 teaspoon pepper
6 to 8 slices bacon
1 quart water

Stuffing

1 tablespoon fat
1 large onion, chopped
Opossum liver (optional)
1 cup bread crumbs
1/4 tsp. Worcestershire sauce
1 hard-boiled egg
1/2 teaspoon salt
1/4 cup water

Preheat oven to 350 degrees. Rub cleaned opossum with salt and pepper. Put fat in skillet and brown onion in it. Add the chopped opossum liver and cook until tender. Add bread crumbs, Worcestershire sauce, egg, salt and water. Mix thoroughly and stuff opossum. Truss it as you would a fowl. Place in a roasting pan. Lay bacon across the back. Pour 1 quart of water into the pan. Roast uncovered until tender (approximately 2 1/2 hours). Baste every 15 minutes.

Randy Wilson (retired)
Division of Wildlife Management

Whistle Pig Delight

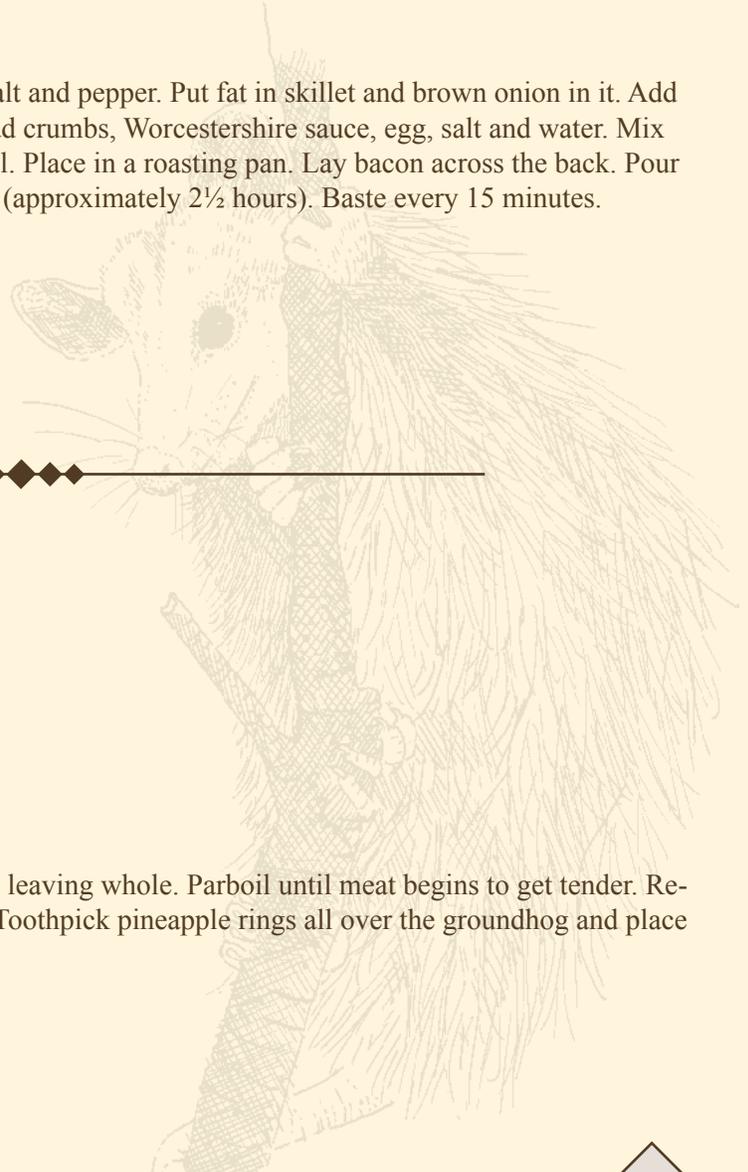
1 young groundhog
3 apples halved
1 can sliced pineapple
Salt
Pepper

Preheat oven to 300 degrees. Clean groundhog thoroughly, leaving whole. Parboil until meat begins to get tender. Remove and stuff with apples. Garnish with salt and pepper. Toothpick pineapple rings all over the groundhog and place in a "brown 'n bag." Cook until "whistler" is browned.

Bobby Maddrey
Division of Wildlife Management, NCWRC

Opossum Fast Facts

Opossum has musk glands that must be removed when it is cleaned. It does not have strong flavored or smelly fat, although most cooks remove all the body fat. This is best done by chilling first to harden the fat, making it easier to pull off. According to the USDA, a 3 1/2-ounce serving has 220 calories; 10.16 grams of fat; nearly 30.07 grams of protein; and 128 milligrams of cholesterol.



SMALL GAME - OTHER

MAIN DISHES

Fried Muskrat

1 young muskrat	1 teaspoon salt
1 egg	1/8 teaspoon pepper
3/4 cup milk	3 tablespoons fat
1 cup flour	1 tablespoon water

Cut muskrat into serving size pieces and soak 8 to 10 hours in cold, salt water (1 tablespoon salt to 1 quart water). Parboil 15 to 20 minutes, drain and wipe dry with damp cloth. Combine egg, milk, salt and flour to make a smooth batter. Dip meat in batter, drop into hot fat and brown on all sides. Add water to the skillet. When brown, reduce heat, cover and cook slowly until tender (about 1 1/2 hours).

*Randy Wilson (retired)
Division of Wildlife Management, NCWRC*

Muskrat & Beaver Fast Facts

According to the USDA, a 3 1/2-ounce serving of muskrat meat contains 162 calories, 8.1 grams of fat and nearly 21 grams of protein.

A 3 1/2-ounce serving of beaver meat contains 146 calories, 4.8 grams of fat and more than 24 grams of protein.

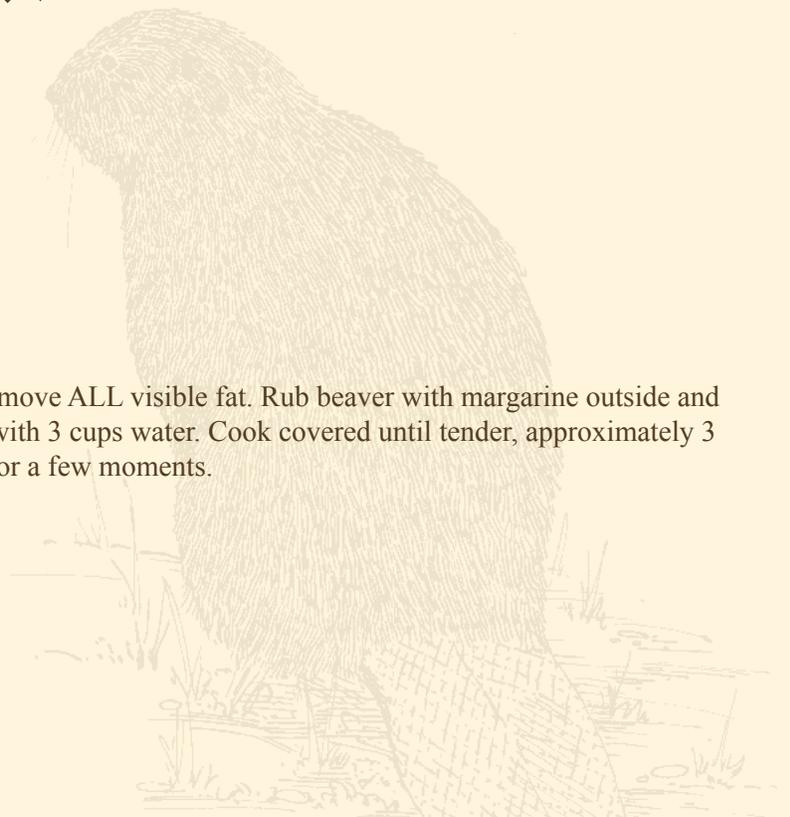
Roasted Beaver

1 beaver
1/2 stick margarine
3 cups water
1 tablespoon salt
Pepper to taste

Preheat oven to 350 degrees. Clean and dress beaver. Remove ALL visible fat. Rub beaver with margarine outside and inside the cavity. Salt and pepper. Place in large roaster with 3 cups water. Cook covered until tender, approximately 3 to 4 hours. If beaver is not brown, remove lid and broil for a few moments.

(Beavers are also good barbequed slowly over coals.)

*Susan Sharpe (Terry Sharpe, retired)
Division of Wildlife Management, NCWRC*



FOWL

SALADS & STARTERS

Swan Oven Jerky*

Note: Store jerky in a cloth sack or jar with holes in the lid.

Rib meat works best. Cut strips ¼” thick and 5-6” long.

Marinade (for 1 to 1½ pound meat)

- ⅓ cup soy sauce
- ¼ cup Worcestershire sauce
- ¼ cup A-1® Steak Sauce
- 1 teaspoon onion powder
- ½ teaspoon black pepper
- 1 teaspoon fresh garlic (minced); or ½ teaspoon garlic powder

Marinate strips 8 to 12 hours. Keep the meat covered well with marinade. Stir occasionally.

Place foil on bottom of oven to catch drippings. Place strips directly on oven rack. Cook strips at 165 degrees for 7 to 8 hours. Keep oven door ajar. **DO NOT TURN STRIPS OF MEAT.**

Wib Owen
N.C. Division of Forest Resources, NCDENR

*See *Jerky Fast Facts* on page 5 for more information on preparing jerky in the oven.

Charcoal Doves

- 1 stick margarine, melted
- 1 cup vinegar
- 1 red pepper, chopped
- 12 to 15 doves, cleaned and dressed

Combine margarine, vinegar and red pepper. Dip doves in sauce and cook over hot coals, basting until done.

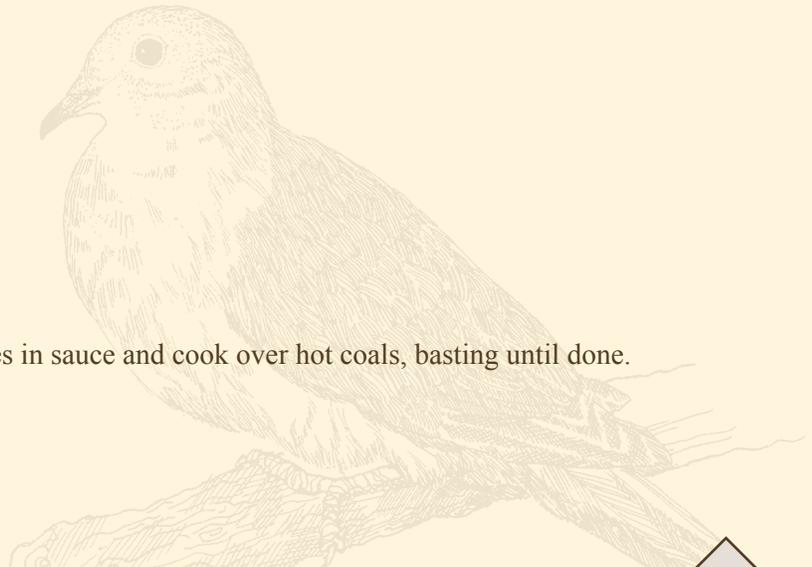
Genevieve Barnes (Grady, retired)
Division of Wildlife Management, NCWRC

Wild Fowl Rub

- ½ of 26-ounce box of salt (13 ounces)
- 2 ounces black pepper
- 2 ounces crushed red pepper
- 2 ounces garlic powder
- 2 ounces chili powder
- 2 ounces Accent®

Mix together and rub on bird; works best if bird is dry.

Bill Collart
Division of Inland Fisheries, NCWRC



FOWL

SALADS & STARTERS

Fried Wild Turkey Fingers

½ wild turkey breast, cut into strips about 1" x 4"

Egg

Milk

House Autry® Seafood Breader

Vegetable oil

Mix egg and milk together. Tenderize strips by pounding with meat mallet. Dip strips into egg and milk mixture. Coat with breader. Fill large frying pan with ¼" of vegetable oil. Heat oil on medium-high until oil is hot. Place strips in hot oil and fry on one side for approximately 1 to 2 minutes or until golden-brown. Turn over and cook on other side for another 1 to 2 minutes. Drain on paper towels.

Serve with your choice of dip.

Wib Owen

N.C. Division of Forest Resources, NCDENR

Dipping Sauces

Honey Mustard

½ cup mayonnaise (reduced fat is fine)

2 tablespoons yellow mustard

1¼ tablespoon Dijon mustard

2 tablespoons honey

1 teaspoon lemon juice

Whisk ingredients together. Store in refrigerator.

Cajun Dip

6 tablespoons mayonnaise
(reduced fat is fine)

2 tablespoons Dijon mustard

1½ teaspoon fresh parsley, chopped

1½ teaspoon Cajun seasoning (more
or less to suit your taste)

½ teaspoon Worcestershire sauce

Salt and pepper to taste

Mix ingredients together. Store in
refrigerator.

Charcoal Dove Breasts

Dove breasts

Bacon

Wrap a strip of bacon around each dove breast and secure it with a toothpick. Place on a grill over hot coals. Cook approximately 10-15 minutes, turning and basting with barbeque sauce (if desired).

Carl Betsill (retired)

Division of Wildlife Management, NCWRC

FOWL - QUAIL

MAIN DISHES

Grilled Quail

(also works well with wild turkey)

6 quail breasts
Cooking spray

Marinade

1/3 cup dry sherry
1/4 cup vegetable oil
2 tablespoons soy sauce
2 tablespoons light brown sugar
2 teaspoons Emeril's® All-Natural Chicken Rub

Seasonings

1 teaspoon Emeril's© All-Natural Chicken Rub
1/2 teaspoon dried thyme
1/2 teaspoon Italian seasonings
1/2 teaspoon sea salt
1/2 teaspoon freshly ground pepper

Make the marinade by mixing all ingredients together. Put quail breasts in a large, Zip-loc® plastic bag and pour marinade into the bag. Seal and refrigerate for up to 8 hours, but no less than 2 hours. Turn occasionally. Remove from bag, discard marinade. Lightly spray quail with cooking spray. Sprinkle with seasonings. Grill quail for 15 to 20 minutes, turning occasionally.

Wib Owen

N.C. Division of Forest Resources, NCDENR

Quail Pie

2 cups deboned quail
6 tablespoons butter or margarine
6 tablespoons plain flour
1 3/4 cups broth from cooked quail

2/3 cup cream or rich milk
1/2 teaspoon salt
1/4 teaspoon pepper

Preheat oven to 400 degrees. Make pastry for 8-inch or 9-inch, 2-crust pie. Stew or cook in pressure pot 4 or 5 quail or enough to make 2 cups when de-boned. Roll out 2/3 pastry and place in 10x6x1 1/2" baking pan. Melt butter, add flour and seasoning; let bubble. Add liquid and cook slowly until thickened. Add quail; pour into pastry-lined pan. Top with remaining pastry rolled to fit top. Pinch edges together. Bake about 35 minutes or until pastry is browned.

Frankie Ross (Ronnie, retired)

Division of Law Enforcement, NCWRC

FOWL - WILD TURKEY

MAIN DISHES

Wild Turkey and Pork Stew

2 wild turkey legs and 2 thighs
1 pound pork country ribs
2-3 quarts water

In a 4-to 5-quart pot, boil the turkey legs and thighs for 1 hour, add country ribs and boil 1 more hour. (You will need to add water while cooking.) Let cool so meat can be cut from the bones. Cut and shred the meat, removing the fat from the pork and placing the meat back in the pot of broth.

To the pot add:

1 15-ounce can diced tomatoes	2 tablespoons paprika
1 16-ounce bag frozen mixed vegetables	4 tablespoons hot sauce (<i>e.g.</i> , Tabasco®, Texas Pete®)
1 medium onion	2 tablespoons Worcestershire sauce
1 clove crushed garlic	Salt and pepper to taste
2 medium potatoes, diced	

Place all ingredients in pot and simmer $\frac{3}{4}$ hour to soften potatoes. Add 8 ounces penne rigate pasta and cook 10 to 15 minutes until pasta is desired firmness.

Bill Collart

Division of Inland Fisheries, NCWRC

Wild Turkey Nuggets

One deboned wild turkey breast	Old Bay® seasoning
All-purpose flour	Canola oil

Rinse breast meat in cold water and cut into $\frac{3}{4}$ or 1-inch chunks. Prepare seasoning by mixing two cups flour with $\frac{1}{8}$ cup of Old Bay® in a container with matching lid (add more or less Old Bay® to suit taste). Place a handful of turkey chunks in the container with mixture, cover with lid, and shake vigorously to completely coat all pieces. Deep fry in pre-heated canola oil until pieces float and are lightly browned.

Walter "Deet" James

Division of Wildlife Management, NCWRC

FOWL - WILD TURKEY

MAIN DISHES

Wild Turkey in the Straw

Turkey breast, sliced into serving-sized pieces
½ cup all-purpose flour
2 teaspoons salt
¼ teaspoon pepper
⅓ cup olive or vegetable oil
1 cup chopped onion
2 cloves garlic, minced
2 cups chicken broth
½ cup lemon juice
Straw (see recipe below)
Lemon slices, ripe olives
2 eggs
½ cup cold water

Straw

1 package (8 ounces) spinach noodles
1 package (8 ounces) egg noodles
2 tablespoons butter or margarine
freshly ground pepper

Straw directions: Cook spinach noodles and egg noodles in a large kettle of boiling salted water; drain and return to kettle. Toss noodles with butter or margarine until melted. Sprinkle with pepper and toss.

Wild turkey directions: Shake turkey pieces in a mixture of flour, salt and pepper in a plastic bag to coat evenly. Brown turkey pieces in hot oil in skillet; remove and reserve. Pour off all but 2 tablespoons of pan drippings. Sauté onion and garlic until soft; stir in chicken broth and lemon juice until well blended. Return turkey to skillet; baste with part of sauce, cover skillet; lower heat and simmer 30 minutes until turkey is tender when pierced with two-tined fork. Line a heated serving platter with “straw” and arrange turkey pieces on top. Arrange lemon slices and ripe olives on turkey; cover with foil and keep hot while preparing sauce.

Sauce directions: Beat eggs with ½ cup cold water in a bowl. Beat in 1 cup of the hot sauce until smooth. Stir mixture into skillet; heat, stirring constantly until hot, but do not allow to boil. Taste and season with salt, pepper and lemon juice, if needed. Spoon part of the sauce over turkey; pour remainder into a heated sauceboat.

*Brian Hyder
Division of Wildlife Management, NCWRC*

Turkey Fast Facts

According to the USDA, a 3½-ounce serving of wild turkey has 163 calories; 1.1 gram of fat; nearly 26 grams of protein and 55 milligrams of cholesterol.

FOWL - DOVES

MAIN DISHES

Spicy Doves

12 dove breasts
Salt
Butter or margarine
Worcestershire sauce

Preheat oven to 350 degrees. Parboil doves twice, pouring off water each time. Make an aluminum foil boat and place doves in "boat." Sprinkle with salt and Worcestershire sauce and dot with butter. Seal foil over doves and bake for 30 minutes.

Mike Stephens
Division of Law Enforcement, NCWRC

Delicious Dove Casserole

4 cups diced, cooked dove breasts (about 12 doves)	$\frac{2}{3}$ cup chopped onion
1 (10½ ounce) can chicken consommé	2 tablespoon chopped parsley
6 tablespoons butter, divided	$\frac{1}{2}$ teaspoon ground sage
2½ cups all-purpose flour	$\frac{1}{2}$ teaspoon salt
$\frac{2}{3}$ cup cream	Freshly ground black pepper to taste
$\frac{2}{3}$ cup breadcrumbs	2 ounces sherry wine
$\frac{2}{3}$ cup chopped green pepper	

Cook whole doves in chicken consommé until tender. Remove breasts and dice meat. Measure 4 cups and set aside. Blend 3 tablespoons butter with flour and cream. Sauté breadcrumbs, green pepper, onion, parsley and sage in remaining 3 tablespoons butter. Mix the sautéed ingredients, flour mixture, and dove meat. Place in skillet. Add salt, pepper, and sherry and let cook gently for 25 to 30 minutes. Before serving, put into a casserole dish and cook for a few minutes under broiler. To keep right consistency while sautéing, add pot juices left from cooking whole doves.

Jim Dean (retired)
Division of Conservation Education

FOWL - DOVES

MAIN DISHES

Marinated Dove Breast Kabobs with Vegetables and Pineapple

20 dove breasts filleted into 40 halves
1 large bottle of Italian dressing
2 large green peppers (sliced into 1½ inch squares)
1 large sweet red pepper (sliced into 1½ inch squares)
1 can of chunk pineapple
1 package of high-quality bacon
10 metal or wooden skewers (wooden ones must be soaked in water before using)

(Some folks will enjoy onions chopped in large chunks on kabobs.)

Marinate the filleted dove breasts overnight. Wrap one breast half with half a slice of bacon and place on skewer. Alternately place slices of green and red peppers and pineapple. Place about four breast halves per skewer. Grill, turning frequently until the dove juices run clear. Can also be cooked in an oven on “high broil” for approximately 7 minutes then turned for 7 minutes final cooking.

Serve with a green salad and bread.

Mark D. Jones
Division of Wildlife Management, NCWRC

Dove Fast Facts

Dove meat is a very delicious and healthy alternative to dark-meat chicken. One dove will make a nice appetizer, while 3 or 4 are good for a main course.

According to the USDA, a 3½-ounce serving of dove has 218 calories; 13 grams of fat; 24 grams of protein and 116 milligrams of cholesterol.

FOWL - DUCK

MAIN DISHES

Roast Wood Ducks

2 wood ducks, cleaned and skinned

Preheat oven to 500 degrees. Place duck breast on pan with rim in pre-heated oven for 20 minutes. Turn breast down and cook 10 minutes longer.

Tom Cowell (retired)

Division of Inland Fisheries, NCWRC



Ducks in Orange Juice

1 duck

Apples, chopped

Celery, chopped

Onions, chopped

4 or 5 slices of bacon

Salt

1 cup orange juice

Salt inside of duck cavity and stuff with equal mixture of coarsely chopped apples, celery and onions. Sew shut to keep stuffing inside. In a large roaster or dutch oven with lid, fry bacon. When nearly crisp, remove bacon and brown duck in drippings. Add 1 cup orange juice or enough to cover bottom of pot about ½ inch. Drape bacon over duck, reduce heat to simmer and cover. Turn duck occasionally basting with juices in pot. Cook a large duck 45 minutes to 1 hour; small ducks take only 30 minutes. Remove duck when done; slice meat; and pour remaining liquid over meat.

Jim Dean (retired)

Division of Conservation Education, NCWRC

FOWL - DUCK

MAIN DISHES

Roasted Duck Breasts

4 duck breasts, filleted
8 strips bacon
1½ stick butter (not margarine)
1 bay leaf (crushed)
1 tablespoon poultry seasoning
1 teaspoon parsley flakes
1 teaspoon salt
Dash black pepper
Dash red pepper
Dash cinnamon

Preheat oven to 350 degrees. Fillet the breasts of 4 ducks and wash thoroughly. Line an ovenproof dish with aluminum foil, leaving enough foil to seal when the ingredients are in place. Wrap each fillet with a strip of bacon and place in the dish. Cut up the butter into chunks and distribute evenly in the dish. Sprinkle the remaining ingredients on top of the fillets. Close foil tightly and bake for 1 hour and 15 minutes.

Bobby Maddrey
Division of Wildlife Management, NCWRC

Duck Fast Facts

Duck should never be defrosted on the counter, but defrosted in the refrigerator. A breast will thaw overnight, while a whole bird can take two days or more.

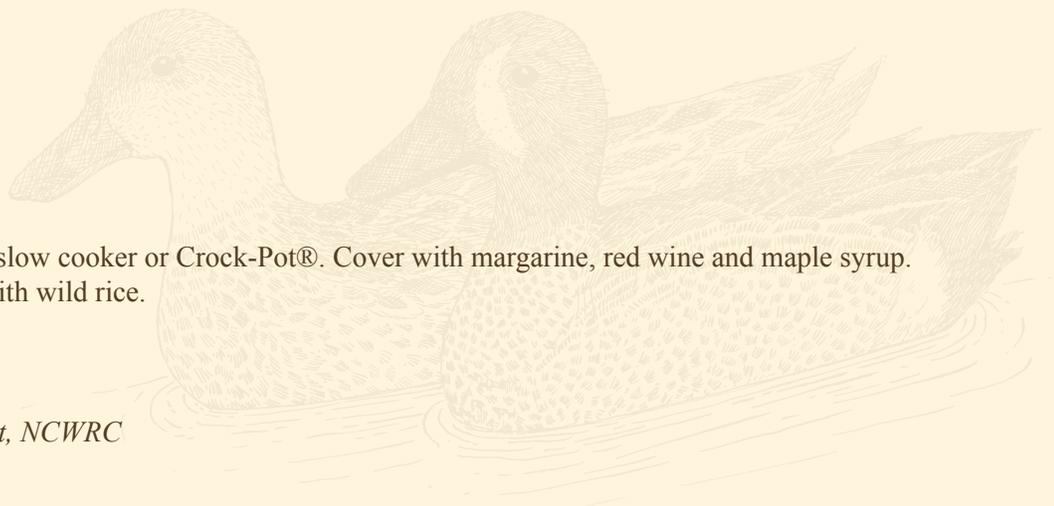
According to the USDA, a 3 ½-ounce serving of duck contains 336 calories; 28 grams of fat; nearly 19 grams of protein; and 84 milligrams of cholesterol.

Crock-Pot® Duck

Duck, cleaned and dressed
½ stick margarine
1 cup red wine
½ cup maple syrup

Place duck, salt and pepper in a slow cooker or Crock-Pot®. Cover with margarine, red wine and maple syrup. Cook on low 6-8 hours. Serve with wild rice.

Karen Luszcz (Dennis, retired)
Division of Wildlife Management, NCWRC



FOWL - PHEASANT

MAIN DISHES

Baked Pheasant With Sour Cream and Mushrooms (also works well with quail, grouse and turkey)

3 ring-necked pheasant breasts filleted into 6 large halves. Grouse is similar in size, but it will take 12-14 quail for the full recipe. Portions can be adjusted for smaller volumes of meat.

1 can of cream of mushroom soup
1 can cream of chicken soup
16 ounces sour cream
2½-ounce can dried beef
1 package of high quality bacon

Preheat oven to 350 degrees. Spray a large glass baking dish with non-stick spray. Place a layer of dried beef in the bottom of the dish. Place pheasant breasts wrapped in bacon over the layer of dried beef. Mix sour cream and soups and spoon over the pheasant breasts, making sure to cover the pheasant.

Cook in a covered or uncovered dish in oven for approximately 50 minutes to 1 hour. It is done when the pheasant juices run clear.

The dish can also be made in a slow cooker by cooking for 6-8 hours on low until the pheasant juices run clear.

Quail will cook faster than pheasant or grouse and should be watched to make sure it does not become dry.

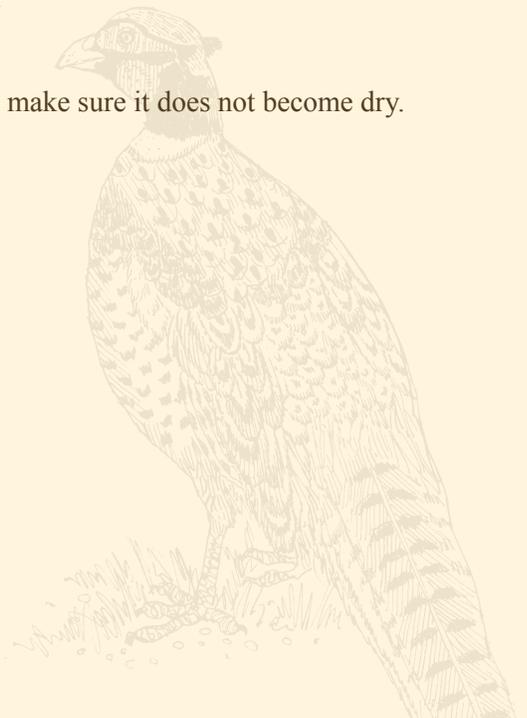
One-half of a turkey breast can be used with this recipe as well.

Mark D. Jones
Division of Wildlife Management, NCWRC

Pheasant Fast Facts

The ringneck pheasant was introduced to North America from Asia in the early 1900s and is now the most hunted upland game bird in the United States. It thrives and reproduces in the wild in areas of the Midwest and West and is listed as a game bird in North Carolina. Despite extensive stocking efforts in North Carolina, pheasants only seem to reproduce on coastal barrier islands. There are many theories to explain why pheasants won't breed over widespread areas in the South, including excessive humidity or a lack of calcium in the soil.

According to the USDA, a 3½-ounce serving of pheasant contains 246 calories; 12 grams of fat; 32 grams of protein and 89 milligrams of cholesterol.



FOWL - GOOSE

MAIN DISHES

Stir Fry Snow Goose

4 goose breast filets
3 spring onions
4 ounces of mushrooms
8 ounces water chestnuts
8 ounces broccoli
2 tablespoons oil
1 tablespoon soy sauce
1 tablespoon sherry
1 tablespoon cornstarch

Cut goose into thin strips. Slice onions, mushrooms and water chestnuts thinly. Wash and trim broccoli into 3" lengths. Blend soy sauce, sherry, and cornstarch together until smooth.

Set wok at 420 degrees (high). Heat 1 tablespoon oil and stir-fry goose until lightly browned (2 to 3 minutes). Drain and keep hot. Add remaining 1 tablespoon oil to wok. Add broccoli and stir-fry for 2 minutes. Add onions, mushrooms and water chestnuts and stir fry for another 2 minutes. Add goose and sauce. Stir all ingredients together and cook on low heat until sauce is thickened. Goes well with wild grain and brown rice.

Dorothy Donnelly (Jack, retired)

Division of Inland Fisheries (formerly Habitat Conservation Section), NCWRC



Grilled Honkers

Goose breasts
Vinegar-based barbeque sauce
Tomato-based barbeque sauce

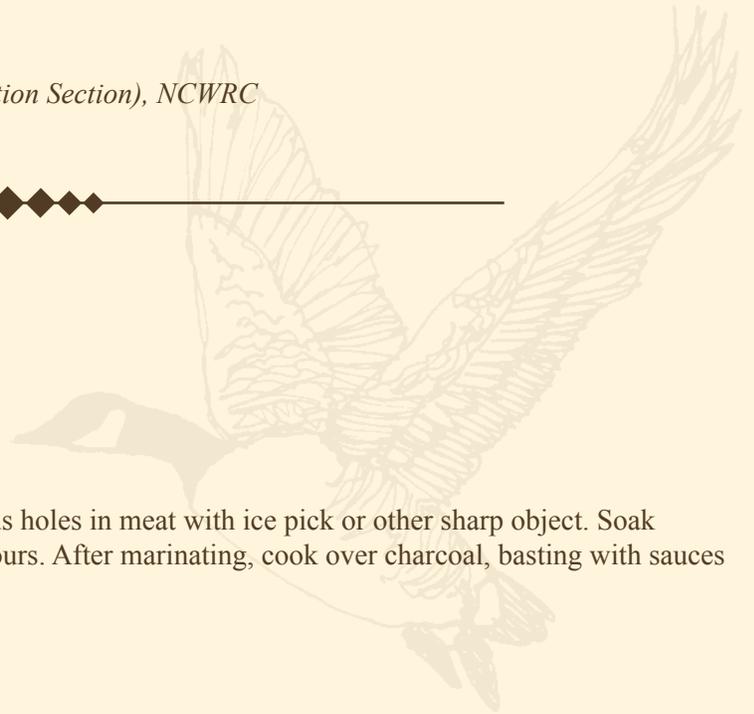
Filet goose breasts and wash thoroughly. Punch numerous holes in meat with ice pick or other sharp object. Soak breasts in 50/50 combination of barbeque sauces for 2 hours. After marinating, cook over charcoal, basting with sauces frequently. Should be served medium rare.

Bobby Maddrey

Division of Wildlife Management, NCWRC

Goose Fast Facts

Goose has a stronger flavor than turkey and is fattier. Good accompanying flavors to goose are apples, prunes, potatoes, brussel sprouts and cabbage. According to the USDA, a 3½-ounce serving of goose meat contains 161 calories; 7 grams of fat; nearly 23 grams of protein and 84 milligrams of cholesterol.



FRESHWATER FISH

SALADS & STARTERS

Fish Stew

Fish fillets – approximately 3 pounds (species of your choice) – cut into 3” x 3” chunks
Bacon, 3 strips
Campbell’s® Tomato Juice (1 or 2 big cans, depending on size of stew)
Potatoes, peeled and sliced (8-10 average size potatoes)
Onions, peeled and chopped (1 to 2 medium onions)
Salt
Black pepper
Crushed red pepper

Line the bottom of a large pot with bacon strips. Add to the pot a layer of potatoes, onions, and fish chunks. To each layer, add salt, black pepper, and red pepper to taste. Pour in tomato juice, bring juice up to top of layers. Add another layer of potatoes, onions, fish, salt, pepper, etc. Finish by adding enough tomato juice to bring the level up to the last level of fish. Bring the contents to a very slow simmer (not a rolling boil). Simmer for approximately 2 hours or so or until potatoes and onions are done.

Pete Kornegay (retired)
Division of Inland Fisheries, NCWRC



Becky Jones’ Fish Cakes

2 pint jars of pressure canned game fish (see recipe page 39)
 $\frac{3}{4}$ cup bread crumbs
3 tablespoons melted butter
1 $\frac{1}{2}$ tablespoon dried parsley flakes
2 tablespoons lemon juice
2 eggs
4 tablespoons olive or canola oil
Salt and pepper and other seasonings to taste

Remove fish meat from bones. Mix fish and all other ingredients in a large bowl. Mixture should be moist and easily form cakes. If mixture is too dry, add a little extra oil. Heat 2 to 3 tablespoons butter in a skillet on medium high heat until melted. Cook cakes in butter until golden brown on both sides. Remove and drain on paper towel. Serve hot with fried potatoes and a green vegetable.

Becky Jones (Mark)
Division of Wildlife Management, NCWRC

FRESHWATER FISH - TROUT

MAIN DISHES

Backpack Campfire Trout

Many folks use this method when backpacking because you can lighten the load by leaving the heavy skillet at home.

Trout
Aluminum foil
Butter
Bacon
Seasoning salt

Gut fish and remove scales, if needed. I leave the head on, which also allows the use of the “cheek” meat. Put a pat of butter inside each fish and place fish on a piece of aluminum foil. Add a pat of butter on each side of the fish, sprinkle inside and outside with seasoning salt, and roll up in aluminum foil. Repeat for each fish – you can double up fish or even make a large packet containing several fish, if you prefer. Place fish on hot coals that have been raked to the side of the fire (no direct flame). Heat for a few minutes on each side and flip.

You should hear the butter sizzling; if not, you might need to add more coals or move closer to flame.

Remove each aluminum packet and let cool for a couple of minutes. You can eat fish directly off the foil by pulling the meat from the bone bite by bite with a fork. However, I prefer to grab the fish by the tail or head and rake all of the meat off the bone at one time – it should come off easily in 2-3 large chunks.

To obtain the cheek meat, place fork into jaw area right below the eye of the fish. A small filet-like chunk of meat will appear – this is the cheek meat. It’s only a small bite, but is just part of eating trout over a campfire for many folks. For an added bit of flavor, wrap each fish with a piece of bacon before cooking.

*Lillie Hining (daughter, Kevin)
Division of Inland Fisheries, NCWRC*

Fish & Wild Game Rub

This is a great Cajun / blackening seasoning mix that works well with any type of wild game and fish, as well as beef, pork, chicken, shrimp, etc.

1 teaspoon garlic powder
1 teaspoon cayenne pepper
1 teaspoon onion powder
½ teaspoon mustard powder
¾ teaspoon ground white pepper
1 teaspoon ground black pepper
1 teaspoon dried thyme
1 teaspoon dried oregano
1 tablespoon sweet paprika
1 tablespoon kosher salt
1½ teaspoon fennel
1½ teaspoon dried parsley

Combine all ingredients and store in a tightly closed container.

*Lu Hining (mother, Kevin Hining)
Division of Inland Fisheries, NCWRC*



FRESHWATER FISH - BASS

MAIN DISHES

Striped Bass with Tarragon

4 to 6 fillets of striped bass (or flounder, sea trout, largemouth bass or any non-oily, white-fleshed fish)
4 tablespoons butter
1 to 2 cloves garlic, finely chopped
4 to 6 green onions, finely chopped
2 to 3 sprigs fresh parsley, finely chopped
1 tablespoon fresh tarragon leaves, chopped
Salt and pepper to taste
Juice of one lemon

In skillet, melt butter and add garlic, onion, parsley and tarragon. Simmer lightly 1 to 2 minutes but do not brown. Season fish with salt and pepper; sauté gently in butter mixture 2 to 4 minutes on each side depending upon thickness. Do not overcook or fish may be dry.

Place fish on warm serving dish. Remove skillet with butter mixture from stove and allow to cool for 1 minute. Add lemon juice and reheat briefly (do not let boil) and pour over fish. Extra tarragon or garlic can be added to taste. Actual amount of ingredients is not critical.

Jim Dean (retired)
Division of Conservation Education, NCWRC



Fried Bass Fingers

Bass fillets
Seafood breader
Vegetable oil

Cut filets from bass; cut fillets into finger-sized strips. Roll or shake fish strips in seafood breader and fry in hot oil until brown.

Jackie Musselwhite (Lawrence, retired)
Division of Conservation Education, NCWRC

FRESHWATER FISH - BASS

MAIN DISHES

Baked Rockfish on Grill

4 to 5 pound whole rockfish or half of a large rockfish (striped bass)
6 medium potatoes, quartered
4 onions, sliced
2 to 3 strips bacon
Salt or garlic salt to taste; pepper to taste
Butter or margarine
1 tablespoon Worcestershire sauce

Clean and score fish. Place fish on a double layer of aluminum foil that has been sprayed with cooking spray. Wrap 2 or 3 strips of bacon around each fish and arrange peeled potatoes and onions around fish. Dot with butter. Sprinkle with salt or garlic salt, pepper and Worcestershire sauce. Wrap securely in foil and place on covered grill. Cook 45 minutes to 1 hour or until vegetables are done. Hush puppies and cole slaw are recommended accompaniments.

Gail Jenkins (Ed, retired)
Division of Conservation Education, NCWRC

Grilled Striped Bass with Pineapple Salsa

Large striped bass fillets
Blackening seasoning (or any seasoning of your choice)

Pineapple Salsa

½ cup diced onion
½ cup drained pineapple chunks
½ cup diced fresh tomatoes, or drained canned diced tomato
1 to 2 diced fresh jalapenos
1 tablespoon of apple cider vinegar
1 clove of diced garlic

A wire tray specially designed for grilling fish works great, as it keeps the fish from breaking up and falling through the grill grates. However, you can also cook on a sheet of aluminum foil placed on the grill. Spray cooking tray or foil with oil and sprinkle both sides of fish with seasoning. Place fish onto tray or foil and grill over medium heat. Cook fish for 5-7 minutes on each side, or until done. Mix together all salsa ingredients and pour over fish. Serve immediately.

Kevin Hining
Division of Inland Fisheries, NCWRC

FRESHWATER FISH - CRAPPIE/OTHER

MAIN DISHES

DG's Slap Yo' Mama Fried Fish

1 pound crappie fillets (a variety of fish will work)
Deep-fat fryer
1 gallon vegetable or peanut oil
1 container of store bought or homemade fish batter
1 teaspoon garlic powder
1 teaspoon onion powder
½ teaspoon black pepper
½ teaspoon cayenne pepper powder (if using Uncle Bucks® Spicy Fish Batter, not needed)
Lemon pepper seasoning
2 large eggs
6 tablespoons milk

Heat oil to 375 degrees. In a large bowl, combine and stir together batter, garlic powder, onion powder, black pepper, and cayenne pepper. In a small bowl, mix eggs and milk and dip fish thoroughly into mixture. Immediately place fish into dry batter and coat liberally (dipping fish again into egg/milk mixture is recommended for thorough coating). Once fish is coated, place in hot oil and cook at 350 degrees for 3 to 5 minutes to golden brown (larger fish may require longer cooking times). Place cooked fish onto paper towels in bowl to drain and immediately sprinkle with lemon pepper (this step is key). Repeat until batter is gone. Servings will vary based on fish size.

David Goodfred
Division of Inland Fisheries, NCWRC

Easy, No-Mess Oven-Fried Fish Fillets

Preheat oven to 500 degrees. Dip fish fillets in milk and roll in bread crumbs (store bought bread crumbs work great, but you can also make your own by toasting and crushing old bread). Sprinkle fish with seasoning salt and place on a baking pan that has been sprayed with oil. Lightly spray the top of each piece of fish as well.

Place fish in a pre-heated oven and bake for 7 minutes. Flip the fish and continue baking for an additional 5-7 minutes, to ensure both sides get crispy and flaky.

Serve as you would regular deep fried fish (works great for fish tacos, fish sandwiches, etc).

Stacy Hining (Kevin Hining)
Division of Inland Fisheries, NCWRC

FRESHWATER FISH - CRAPPIE/OTHER

MAIN DISHES

Crappie Tacos

1 pound crappie fillets (a variety of fish will work)
Blackening seasoning (a mix of seasoning salt and black pepper also works well)
1 avocado
1 can of diced tomatoes and green chilies
½ cup of corn
1 lime
Fresh cilantro
Corn tortillas

Heat a cast iron skillet over medium heat and spray with oil or coat with butter. Once skillet is hot, add fish and sprinkle with blackening seasoning. Flip fish after a couple of minutes and put blackening on the other side. Open can of tomatoes and green chilies. Drain 2 to 3 tablespoons of the liquid from the tomatoes and chilies into the skillet with the fish – wait until fish is almost cooked before adding the liquid.

To make salsa for fish - Drain the remaining liquid from the tomatoes and chilies and place into a bowl. Add ½ cup of cooked corn and mix with the tomatoes and chilies. Squeeze lime juice over the mixture. Slice up avocado and cilantro.

Once all ingredients are done, heat corn tortillas on a hot griddle or skillet lightly sprayed with oil, or use a set of tongs to heat them over direct flame if you have a gas stove top. Browning the tortillas seems to make them tougher and less likely to get soggy when the fish and salsa are added. Once the tortillas are browned, add fish, garnish with salsa, avocado, cilantro.

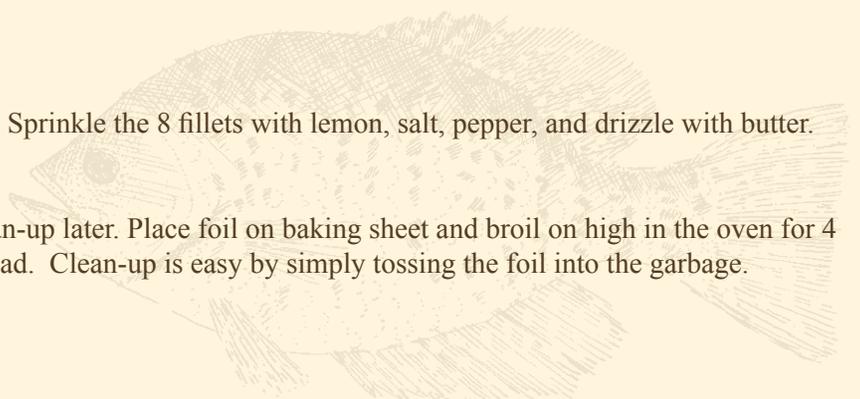
Kevin Hining
Division of Inland Fisheries, NCWRC

Broiled Fish Fillets

Fillet and skin 4 mid-sized fish (10-16 inches). Sprinkle the 8 fillets with lemon, salt, pepper, and drizzle with butter. Old Bay seasoning can also be added.

Place on aluminum foil to allow for easier clean-up later. Place foil on baking sheet and broil on high in the oven for 4 to 6 minutes per side. Serve with bread and salad. Clean-up is easy by simply tossing the foil into the garbage.

Mark D. Jones
Division of Wildlife Management



FRESHWATER FISH - OTHER

MAIN DISHES

Barbequed Grilled Fish

Fish fillets (species of your choice) or fish steaks

Barbeque dry rub can be purchased at the grocery store or you can make a simple version as follows:

4 parts brown sugar

3 parts paprika

1 part ground cayenne pepper

1 part chipotle pepper

1 part salt

½ part black pepper

Prepare grill—clean cooking grate thoroughly and brush with vegetable oil (fish can also be cooked on aluminum foil sprayed with Pam®). Preheat grill—gas or charcoal grill can be used. Rinse fish and pat dry. Coat fish with barbeque dry rub (lightly or otherwise, depending on taste). Grill fish for 8 to 10 minutes on each side (depending on thickness) or until meat is flaky. Use a wide metal spatula to turn fish.

Pete Kornegay (retired)

Division of Inland Fisheries, NCWRC

Easy Oven-Baked Fish

4 fish fillets (species of your choice) Use two if they are large and cut into serving size chunks.

4 tablespoons lemon or lime juice

1 tablespoon grated onion

4 tablespoons melted margarine

Salt and black pepper

Ground cayenne pepper (optional)

Preheat oven to 350 degrees. Spray a large oven baking dish with Pam® or other vegetable oil spray. In a mixing bowl, thoroughly combine the juice, onion, and melted margarine. Dip fish fillets in the mixture, coat well and place in the baking dish. Pour a little extra mixture on top of the fillets, if desired. Salt and pepper the fillets to taste. Add a light sprinkle of ground cayenne pepper, if desired. Bake for 20 to 30 minutes, depending on thickness of fillets. Fillets are done when they flake easily with a fork.

Pete Kornegay (retired)

Division of Inland Fisheries, NCWRC

FROM THE SEA

SALADS & STARTERS

Lt. Tim Sasser's Shrimp/Crab Bisque

1 green bell pepper
1 red bell pepper
1 medium white onion
2 stalks of celery
4 cloves of garlic
1 tablespoon chives
2 tablespoons butter
1 pound peeled and deveined shrimp
1 small can of crabmeat
1 large can of chicken broth
1 jar of tomato/basil marinara sauce
1 jar of Alfredo sauce

In a large soup pot, melt butter and then add the finely chopped up bell peppers, garlic, celery, onion and chives. Cook on medium high and stir about every 5 minutes for about 25 minutes. Add jar of marinara sauce and stir, add jar of Alfredo sauce and stir well. Add can of chicken broth and stir. Cook on medium heat for 10 more minutes continually stirring. Add the shrimp and crab meat. Cook on low heat for 10 minutes longer.

Serve in a soup bowl with fresh crackers.

Lt. Tim Sasser

Division of Law Enforcement, NCWRC

Millie's Crab Cakes

1 pound crab meat, shredded	2 eggs, slightly beaten
2 celery sticks, finely chopped	½ cup soda crackers, crumbled
1 small onion, finely chopped	Salt, to taste
½ cup green pepper, minced	Pepper, to taste
Corn meal	Oil

Mix ingredients together in a bowl; form small patties and roll in corn meal. Fry in small amount of oil in a skillet at medium heat until brown. Drain on paper towels and serve at once.

Millie Rhyne (mother, Amy Kramer)

Division of Law Enforcement, NCWRC

FROM THE SEA

MAIN DISHES

Shrimp and Grits

2 cups water
1 (14-ounce) can chicken broth
 $\frac{3}{4}$ cup half-and-half
 $\frac{3}{4}$ teaspoon salt
1 cup regular grits
2 cups shredded cheddar cheese
 $\frac{1}{4}$ cup parmesan cheese
2 tablespoons butter
 $\frac{1}{2}$ tablespoons hot sauce
 $\frac{1}{4}$ teaspoon white pepper

3 slices bacon
1 pound medium shrimp, peeled and deveined
 $\frac{1}{4}$ teaspoon black pepper
 $\frac{1}{8}$ teaspoon salt
1 cup sliced mushrooms
2 cloves garlic, minced
 $\frac{1}{2}$ cup chopped green onions
 $\frac{1}{2}$ tablespoon hot sauce
 $\frac{1}{2}$ cup chicken broth
2 tablespoons fresh lemon juice

Preheat oven to 350 degrees. Bring first 4 ingredients to a boil in a medium saucepan; gradually whisk in grits and reduce heat and simmer, stirring occasionally for 10 minutes or until thickened. Add $\frac{1}{2}$ cheddar cheese and next 4 ingredients; keep warm. Cook bacon until crisp; remove and drain on paper towels, reserving 1 tablespoon drippings in skillet. Crumble bacon and set aside. Sauté mushrooms in hot drippings 5 minutes; add green onions and cook 2 minutes; add shrimp and garlic and sauté for 2 minutes. Stir in the remaining chicken broth, lemon juice, salt, black pepper and hot sauce and cook 2 more minutes. Mix shrimp mixture and bacon with grits in a baking dish. Top with remaining cheese and bake for 10 minutes or until cheese starts to brown.

Bill Collart
Division of Inland Fisheries

Smoked Spanish Mackerel Fillets

Spanish mackerel fillets
Corn meal
Corn oil

Make a batter with a 1:1 ratio of corn meal to corn oil. Pour batter in large square pan and dip fillets in batter. Place battered fillets on hot, covered grill. Cook 5 to 7 minutes on each side. Do not overcook.

Mark Bruton (retired)
Division of Law Enforcement, NCWRC

FRESHWATER FISH

CANNING FRESH FISH

Fresh fish can be preserved just like vegetables in glass canning jars. Properly prepared fish will keep for years and not be subject to freezer burn or power failures that destroy frozen foods. It is fully cooked and can be eaten straight from the jar or used in a variety of recipes. (*This recipe for fish requires a different cooking time and steps compared to canning meat, which is described on page 14.*)

1. Clean fish by removing all scales, fins, heads, tails, and internal organs. Use the middle portion of the fish which is the meat and bone only. Fish of any size can be used by cutting fish into pieces (approximately 3" x 3") small enough to fit through the opening in the top of the jars.
2. Wash pint-sized glass jars and place the jars in a 170 degree oven for 8-10 minutes.
3. Place the new canning lids in a small pot of water and heat to a slow boil. Continue boiling while canning. Have canning rings ready.
4. Fill pint-sized canning jars with fish pieces to within 1 inch of the top of the jar. Pack tightly. Add 1 teaspoon of salt and enough hot water to fill jar to within one inch of the top. Run knife around inside jar edge to release air bubbles.
5. After filling each jar, place canning lids (hot lids from boiling water) and rings on jars (warm jars from a 170-degree oven). Tighten rings.
6. Place the jars in a canner on stovetop. Add water inside of canner until it comes up about ½ way up on jars. Seal canner lid tightly.*
7. Cook at medium temperature using 10 lbs. of pressure until pressure valve on canner “jiggles.” Cook for 120 minutes after canner “jiggles.”
8. Turn off stove and allow the canner to cool for 60 minutes while sitting on stove eye. Remove jars and place on a cloth towel to await “sealing.” You should hear jars develop pressure seals (“pop”) within about an hour. You will see a dented lid on sealed jars.

This recipe works for bass, crappie, bluegill, and most other fish species. The fish will be fully cooked and only needs to be heated when the jar is opened. (*Becky Jones’ Fish Cakes on page 32 is a nice recipe to try with the canned fish.*) These are similar to traditional salmon cakes or patties.

* Be sure to follow safety procedures designed for whatever pressure canner you are using as canners can eject scalding hot water if used improperly. Also, follow directions to ensure proper sealing of fish for the type of pressure canner you are using.

Bonita Jones, Becky Jones

Mark D. Jones, Division of Wildlife Management, NCWRC

ABOUT THE N.C. WILDLIFE RESOURCES COMMISSION

Since its inception in 1947, the N.C. Wildlife Resources Commission has been dedicated to the wise-use, conservation, and management of the state's fish and wildlife resources. The Commission's policies and programs are based on scientifically sound resource management, assessment and monitoring, applied research and public input.

The N.C. Wildlife Resources Commission consists of wildlife and fisheries biologists, research coordinators wildlife enforcement officers, educators, engineers and administrative staff in nine districts across the state. Whether you enjoy hunting, fishing, boating or are just interested in Tarheel wildlife, the N.C. Wildlife Resources Commission is here to enrich your outdoor experiences.

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Illustrations courtesy of Cindy Brunner.



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