

# Wild Cookin' Recipes



**Gathered by the West Virginia  
Division of Natural Resources**



### **Cranberry Ground Round**

1 pound venison    1 small to medium onion  
½ pound hickory cured bacon

Grind the two parts venison to one part bacon and onion. Mix by hand and run everything back through grinder. Make patties, grill or fry.

### **Heavenly Baked Fish**

Arrange skinless fish fillets (single layer) in a buttered baking dish. Squeeze fresh lemon juice on each fillet, season with salt and pepper. This may be done while fillets are frozen, then place them in the refrigerator to thaw. When the fillets have thawed, sprinkle with powdered Hidden Valley Ranch Seasoning & Salad Dressing Mix. Spread about 1/4 inch Hellman's mayonnaise over all the fillets, making sure entire surface is covered evenly. Sprinkle with toasted bread crumbs. Preheat oven to 350 degrees and bake fish approximately 15-20 minutes. Fillets are done when they are easily flaked apart and the meat is white.

### **Deer Stroganoff**

1 lb deer stew meat  
1 medium onion  
8 oz portebella mushrooms  
2 cans cream of mushroom soup  
½ c worcestershire sauce  
1 drop Texas Pete hot sauce  
16 oz sour cream  
16 oz egg noodles

Brown meat in dutch oven. Stir in onion rings and mushrooms until caramelized. Add soup, worcestershire sauce and Texas Pete hot sauce. Boil water for noodles. When water is boiling, add sour cream to deer meat mixture. Simmer. Cook noodles. Serve stroganoff over noodles.

### **Deer Barbeque**

1 16 oz bottle barbeque sauce  
3 deer ham steaks  
barbeque seasoning

Coat deer steaks with barbeque seasoning. Place deer steaks in crock pot. Pour in sauce. Cook on low heat for 10 hours.

## **Panfish Goujquette**

Slice each skinless fillet lengthwise into 3/4-inch wide strips. Place sliced fillets in a bowl, cover with milk, soak approximately 15 minutes. Arrange strips in a single layer, on a sheet of wax paper that has been sprinkled with about ½ cup of flour. Season fish strips with salt, black and red (cayenne) pepper then roll strips in the flour to coat. On another sheet of wax paper prepare mixture (to your taste preference) of ½ cup Bisquick, salt, black and red pepper. Dip each strip in the remaining milk, roll in Bisquick mixture, gently shake off excess coating and carefully place in at least 4 inches of peanut or canola oil that has been heated to 375 degrees. Cook until golden brown and serve with cocktail sauce for dipping.

## **Beer Battered Crappie**

3 lbs crappie fillets  
1 ½ cups flour  
12 oz beer  
1 tbsp. Old Bay seasoning  
salt & pepper  
cooking oil

Mix Old Bay with flour. Fill dutch oven with 4" cooking oil. Take 1 cup flour mixture and add beer. Stir. Dredge fillets in remaining flour mixture. Dip into beer-flour mixture. Place in heated oil and fry until fish floats.

## **Italian Trout**

8 trout fillets                      12 oz beer  
2 tbsp. Italian dressing        1 tbsp basil  
salt & pepper to taste        2 tsp. garlic powder  
1 tsp. Old Bay seasoning

Pour beer over fish. Add basil, salt, pepper, Old Bay and garlic powder. Stir in the Italian dressing. Chill for 20 minutes. Heat grill where beer will sizzle. Cook trout until trout flakes.

## **Roast Goose**

1 6- to 8-pound goose  
2 tsp salt  
1/4 tsp pepper  
1 apple, sliced  
4 to 6 bacon slices  
bacon drippings

Sprinkle goose inside and out with salt and pepper. Fill the goose with sliced apple. Truss bird. Cover breast with bacon slices and cheesecloth soaked in drippings. Place goose breast up on rack in roasting pan. Roast at 325 degrees until tender, about 20 to 25 minutes per pound, basting frequently with drippings in pan. Serves 6 to 8.

### **Baked Wild Turkey**

1 wild turkey  
Salt and pepper, to taste  
Garlic powder or salt, to taste  
2 to 4 cups water

Prepare turkey, salt and pepper lightly. Sprinkle with garlic powder or salt. Place bird in a baking pan. Add water, cover tightly, and bake at 350 degrees F. until tender, approximately 3 hours. Since wild turkey has a tendency to be a bit dry, slice all meat from bones and pour broth over meat to serve.

### **Venison and Bleu Cheese**

5 pounds ground venison  
1-2 spring (green) onions, chopped  
1 cup sour cream  
1/4-1/2 pound bleu cheese  
2 cups bread or cracker crumbs

Crumble the bleu cheese. Mix together the cheese, onions, bread crumbs, meat and sour cream. Salt and pepper to taste. Roll the mixture into balls and fry. This is a different meatball for spaghetti, or it can be used as a meat course. Serves 6.

### **Fillets in Lemon Butter**

1 lb firm fish fillets                    ½ to 1 tsp salt  
½ to 1 tsp salt                            1/8 tsp pepper  
½ cup butter                              ½ cup ch. parsley  
1 tbsp lemon juice                      ½ tsp paprika  
½ cup buttery flavored cracker crumbs

In 12x8x2-in. dish arrange fillets with thickest areas to outside edges of dish. Sprinkle with salt and pepper. In 1-qt. Casserole place butter. Microwave at high one minute, until melted. Blend in parsley and lemon juice and pour over fish. Top with crumbs, then sprinkle on paprika. Microwave at high 6 to 8 minutes. Makes 4 servings.

### **Dove Stew**

4 dove breasts per person  
Buttermilk  
Flour  
½ cup butter or margarine  
1 small onion, minced  
1 tsp seasoned salt  
1/4 tsp leaf thyme  
1/4 tsp white pepper  
Water  
Burgundy wine (optional)  
Hot cooked rice

Puncture dove breasts several times and soak in buttermilk overnight. Drain and dry thoroughly. Coat breasts with flour. Fry in butter or margarine, NOT oil. Add the onion, salt, thyme, and pepper; cover with water. Cover the pan and simmer until tender, about 30 to 45 minutes. Add wine. If necessary, thicken the sauce with flour. Serve over rice.

### **White Squirrel Gravy**

4 squirrels  
Water  
Salt and pepper, to taste  
Flour  
½ stick butter  
Hot biscuits

Cut each squirrel into four pieces. Place in heavy pot. Add enough water to cover squirrels well. Add salt and pepper. Boil slowly until squirrels are tender. Remove all pieces of squirrel from stock. Roll each piece heavily in flour; gently drop back into boiling stock. Add the butter and cook slowly until stock has thickened to gravy. Serve over hot biscuits.

### **Smothered Rabbit and Onions**

1 rabbit, cut into small pieces  
Salt, to taste  
Paprika, to taste  
Flour  
3 tbsp butter  
1 to 2 onions, sliced  
1 cup sour cream

Season rabbit with salt and paprika. Coat with flour. Melt butter and saute rabbit until brown. Cover rabbit thickly with onion slices. Sprinkle onions with salt. Pour in sour cream. Cover skillet and simmer for 1 hour, or bake at 325 degrees until tender.

### **Lemon Pepper Catfish**

1 ½ pounds catfish fillets  
1 to 2 tbsp melted margarine or butter  
1 tsp lemon pepper seasoning  
Salt, to taste

Clean, wash, and dry fish. Preheat oven to 375 degrees. Place fish in a single layer in an oiled baking dish. Drizzle butter over the fillets and sprinkle with lemon pepper. Bake 16 to 18 minutes. Fillets are done when a fork slices through the thickest part of the fillet with little resistance and the fish flakes easily. Serves 6.

## **Black Bass with Tomatoes**

1 3-pound bass  
Butter or margarine  
½ cup dry sherry  
Salt and pepper, to taste  
3 tbsp butter  
2 tbsp flour  
¾ cup milk  
1 tsp tomato sauce

Skin and fillet bass. Place in a well-buttered ovenproof dish. Pour on dry sherry, salt, and pepper; cover and poach at 350 degrees for 25 minutes. Remove fish and place on a platter. Keep hot until needed. Strain liquid from baking dish and set aside. Melt butter and stir in flour. Pour in strained liquid and thicken over medium heat. Add milk and bring almost to a boil. Pour all but 2 tablespoons of source over fish. To the remaining sauce, add tomato sauce and boil gently. Use this sauce to decorate fish.

## **Fried Frog Legs**

Milk  
6 pairs frog legs, ready to cook  
½ tsp salt    1/8 tsp pepper  
1 tbsp lemon juice  
1 egg, beaten  
Bread crumbs  
Vegetable oil for deep frying

Heat to almost boiling enough milk to just cover frog legs. Drop frog legs gently into the milk and simmer about 3 minutes. Remove the legs and pat them dry. Make a marinade from the salt, pepper, and lemon juice. Marinate frog legs for 1 hour. Dip legs in egg and roll in bread crumbs. Deep fat fry at 385 degrees F. until golden brown. Garnish with watercress and cut lemon, if desired. Serves 6.

## **Bear Roast Marinade**

10 pound bear roast    3 cups water  
1 ½ cups vinegar        2 cups red wine  
½ cup olive oil         3 bay leaves  
½ tsp sage                1/4 tsp allspice  
1/4 tsp nutmeg          ½ tsp red pepper  
1 tsp dill seed          1 tsp paprika  
1 tsp garlic salt         1C finely ch. onions  
1C finely ch. celery     8 cloves  
1/8 pound butter        2 tbsp salt  
1 tbsp pepper

Combine all ingredients except meat and cloves and simmer for 30 minutes. Before

the marinade cools, add the meat and allow to marinate overnight. Place the meat and marinade in a roaster and cook 30 minutes per pound in a slow oven (325 degrees). Bear has the consistency of pork and should be served well done. About three minutes before the roast is done, pour off the marinade and use it for gravy. Rub a little butter over the roast and stick in the cloves. Serve with sweet potatoes, sauerkraut and good spicy cole slaw. For a less spicy marinade, you may omit the onions, garlic salt, allspice, nutmeg, dill seed, and paprika. Bear is very rich, so this recipe will serve 14.

### **Deep Fried Walleye Fillet**

2 lbs of walleye fillets  
4 ounces saltine crackers  
3 eggs  
1/4 cup milk  
Salt and pepper, to taste  
2 fresh lemons (cut into wedges)

Combine eggs and milk and beat until thoroughly mixed. Crush crackers in blender and place in separate dish. Dip fillets in egg mixture then cracker crumbs and deep fry in peanut oil for approximately 3 minutes on each side or until golden brown. Drain on paper towel and place in warming dish. Serve hot with lemon wedges and potato pancakes with applesauce. Makes 6 servings.

### **Barbecued Bear**

3 pounds bear steak	2 tbsp vegetable oil
1 cup catsup	1/3 cup steak sauce
2 tbsp tarragon vinegar	1 tbsp lemon juice
1 onion, diced	1/2 tsp salt
1 tbsp chili powder	

Trim all fat from bear steak and cut into 2-inch cubes. Brown meat on all sides in oil in a heavy skillet, then place in a casserole dish. Add remaining ingredients to fry pan and bring to boil, stirring constantly. Pour sauce over meat in casserole dish. Cover and bake for at least 2 hours in a 325 degree oven, stirring occasionally until meat is tender. Be sure meat is well done before eating.

### **Venison Jerky**

1/2 cup soy sauce  
1/2 cup worcestershire sauce  
2 tsp monosodium glutamate  
2 tsp seasoned salt  
2/3 tsp garlic powder  
2 tsp onion powder

2/3 tsp black pepper

3 pounds venison, cut into strips, 1 inch wide, 1/4 inch thick, and 6 inches long

Mix all ingredients except meat. Stir well. Pour over meat strips till they are completely covered. Marinate for 24 to 48 hours in refrigerator. Skewer meat with toothpicks and hang from oven rack. Cover oven bottom with aluminum foil. Turn oven to lowest temperature. Check after 4 hours. Heat for up to 8 hours or until meat is dry.

*COMMENTS: Partially frozen meat will slice more easily. Slice lengthwise with the grain in strips as long as possible. Allow a piece to cool and test for dryness. When bent, it should crack but not break. Dried jerky will be shriveled and black.*