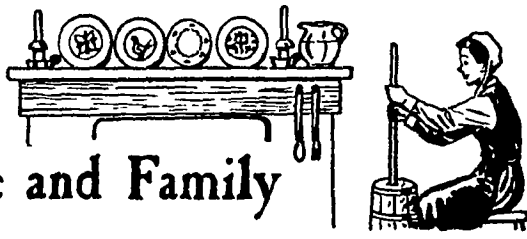


For the Farm Wife and Family



Game Adds Zest To Diet

DUCKS AND PHEASANT

These wild fowl are best cooked at low and moderately low temperatures. Always remember that both pheasant and wild duck meat is drier than the domestic variety. That means that more moisture must be added, or that it will have to be cooked with extra fat.

Pheasant is good either baked or fried. As with chicken, prepare pheasant for frying by sprinkling it with salt and pepper and rolling it in flour, fine cracker crumbs or corn meal after it is cut into pieces.

Brown in a small amount of fat, then add more table fat in the form of cream, butter, or vegetable fat. Also add a cupful of water, put on the lid, reduce the heat and cook slowly on top of the stove or in the oven.

Pheasant should be cooked about 1½ hours on top of the stove, or two hours in the oven.

An extra special tangy flavor can be added in a number of ways. Sour apples or rhubarb can be added to the baked or browned pheasant during the latter stage of cooking. Or the baked bird can be served with cranberries, spiced peaches, or any other flavorful fruit.

When cooking roast duck, be sure to watch the cooking temperature. Keep it low to moderate. Reduce the dryness by stripping the breast with bacon or by cooking it in a covered pan.

For a tempting variation, try stuffing wild duck with apples or sauerkraut. Kraut is also a per-

fect choice for a vegetable to serve with barbecued or braised duck.

An interesting dessert to serve with either pheasant or wild roast duck is spiced cinnamon apples stuffed with nuts and dried fruit.

VENISON

Most of the strong disagreeable flavor in venison is due to inadequate bleeding, delay or carelessness in dressing, failure to cool promptly or thoroughly, or blood from a shot wound spreading along the membrane between the muscles.

The characteristic flavor seems to be concentrated in the fat and if strong, trimming away excess fat will help. Venison is a rather dry meat, however, and is improved by addition of suet, butter or other fat when using dry heat methods — roasting, broiling, and frying.

The standard methods of meat cooking for beef and lamb are most successful for venison. Spices such as bay leaves, thyme, or garlic, savory and the like may be added to taste.

SAUSAGE OR BURGER FROM TOUGH VENISON — If the venison meat is too tough for steaks or roasts, make sausage or burgers out of it. Front shanks, lower part of the hind shank, the neck and the lower parts of the ribs can all provide good meat — for sausage or burgers. Years of testing and tasting prove that people like the meat this way.

If the sausage is seasoned with sage, it's a lot like pork sausage. But when the sage is omitted, it's like hamburger and can be used

in dishes calling for ground meat, chili for example.

Here's how to convert venison or elk meat to sausage or burgers: For 25 pounds of meat, season with one-half pound of salt, one and one-half ounces of black pepper, and one and one-half ounces of sage. The sage, of course, can be left out. The sausage or burger meat will be better if you add a pound of pork fat for every pound of venison. Grind both through the largest grinder plate on your food mill, then through the hamburger plate. Grinding twice mixes the fat and lean and makes a more uniform seasoned product.

A delicious vegetable to serve with wild game is a celery and rice combination. This vegetable is easy to fix. Celery is cooked in butter or margarine until tender. Then, chicken bouillon cubes and rice are added and the vegetable is ready to serve after it heats a short time. A sprinkling of paprika makes the rice and celery as delectable looking as it is delicious.

CELERY AND RICE

- ¼ cup butter or margarine
- 2 cups coarsely chopped celery
- 1 teaspoon instant minced onion
- ½ teaspoon black pepper
- 2 chicken bouillon cubes
- ¾ cup water
- 2 cup cooked white rice

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1959 OFFICERS of Lancaster County Farm Women's Societies are shown above, during Saturday's convention shortly after election and installation of Mrs. Lillian Hanna, Christiana RD 1, seated left, elected to the societies' secretary post, replacing Mrs. Harold Zook, Society 22, and Mrs. C. Neil Clark, Lititz RD 1, seated right, who became treasurer, replacing Mrs. Paul Ebersole, Society No. 5. Standing, left to right, are: Mrs. Elam Buckwalter, Lititz RD 3, President; Mrs. A. H. Weidman, Manheim RD 1, 1st vice-president, and Mrs. Kenneth Eshelman, Conestoga RD 2, 2nd vice-president. LF PHOTO

Put the butter or margarine in a saucepan. Melt over a low heat. Add the celery. Cover and cook (Continued on page nine)

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