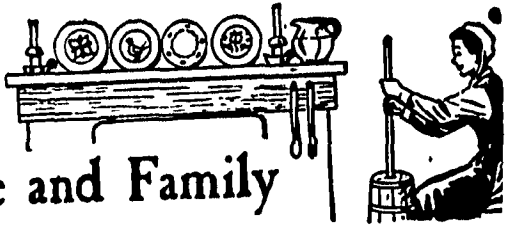


# For the Farm Wife and Family



By Mrs. Richard O. Spence

## HUNTER'S LUCK



SPENCE

If there's a hunter at your house, or in your neighborhood, you may soon be called upon to cook venison and other game.

How the meat is handled in the first six hours after the kill is important. If it isn't handled properly, there isn't much that you can do later to improve the flavor. As soon as the meat is brought home by the hunters, store it in the coldest part of your refrigerator. Don't soak it in soda or salt water. Just put it in a shallow pan and cover it loosely with a piece of waxed paper. Remember too that uncooked game stored this way should be used within a few days. Treat cooked game the same way you would any cooked meats — covering and storing in the refri-

gerator. If you plan to freeze the game, it should be cut into pieces that will be a suitable size for one meal. Then bone the meat, package in moisture vaporproof material and seal well. Freeze quickly at 0 degrees, or lower.

It might be wise to separate cuts from younger animals and those from older ones, regardless of the storage method you choose. Meat from older animals is usually tougher and requires longer cooking. If you store them separately, then you'll know which cuts need different cooking methods for maximum flavor.

You can tenderize cuts from older animals by letting them stand and "age" for several days. Then you can parboil them before the final cooking. Another way to tenderize wild meat is to baste it with an acid such as orange juice. Besides

this way, and cover the pan tightly.

Venison cuts recommend for dry cooking include the round and shoulder loins. Venison cuts that are best for moist heat methods of cooking include the shoulder, neck, breast, rump, round, sirloin and flank.

Since the flavor of all game is rather distinctive, plan to prepare it with seasonings and sauces. There are two reasons for this. First, they'll help bring out or enhance desirable flavors. They'll also assist in masking flavors that some people find objectionable. Your cookbook will guide you in selecting proper spices and herbs to feature with game.

### COOKING WILD DUCKS AND GEESE

Be it wild ducks from the lakes of Minnesota or wild geese from the Eastern Shore of Maryland, if you know how to cook them they can be a favorite item for a company menu.

With either wild duck or wild goose, serve wild rice and red cabbage. Brown apple wedges in butter, sprinkle them with cinnamon and you have a marvelous accompaniment of wild fowl. Here are recipes for cooking wild duck and wild goose:

#### WILD DUCKS

Skin and wash the ducks thoroughly. Soak them for at least 10 hours in a pan of water laced with 2 tablespoons of salt and 1 tablespoon of soda for each gallon of water. This will draw out the gamey taste. You can be generous with the ingredients because

washing in cold water will remove any salt or soda taste.

Now the ducks are ready to be cooked or frozen. When preparing the ducks for the oven, slice apples, onions, celery and carrots four ways and lightly stuff each body cavity. You don't have to close the opening, as the stuffing will be discarded. Its purpose is to absorb the strong flavor and add its own flavors to the meat.

Roast, covered, in a 325 degree oven for 2 to 2½ hours. Because there is a wide variance in wild ducks, it's best to test for doneness first at 1½ hours. Salt the ducks when half-way done.

#### WILD GOOSE

Soak 5 to 6 hours in salt and soda water. Change water several times.

Salt the goose inside and out. Stuff cavity with apples, onions, celery and carrots sliced four ways. Discard stuffing when goose is cooked.

Place strips of bacon fat across the breast of the bird or pour cream over it. Baste often with the fat that col-

lects in the pan. Bake in 325 degree oven 3½ to 4 hours for a 6-pound (or larger) goose. Test after 3 hours.

#### RABBIT PIE

A hare pie—made of savory rabbit meat wrapped in a tender crust—is one of the tastiest game dishes you can eat.

#### RABBIT PIE

- ¼ cup butter or margarine
- ¼ cup chopped onion
- ½ cup chopped green pepper
- ¼ cup sifted flour
- 2 cups rabbit broth (or water with 4 chicken bouillon cubes)
- 3 cups coarsely cut cooked rabbit

Salt and pepper to taste. Heat butter or margarine in a large fry pan. Add onion and green pepper and cook 5 minutes over low heat. Blend in flour and cook until mixture bubbles. Pour in broth gradually, stirring constantly. Cook until thick and smooth.

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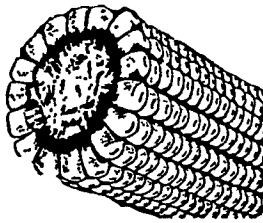
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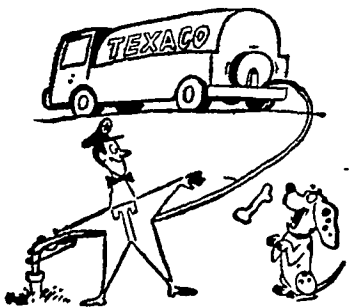
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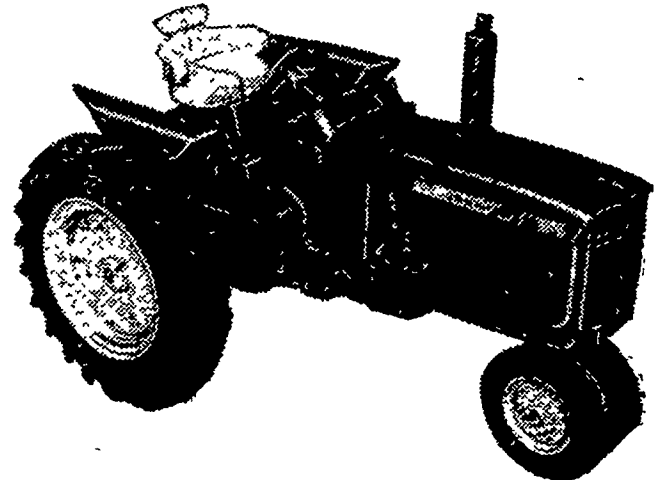
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