

# Secrets For Preparing Wild Game

During pioneer days hunting wild game, large and small, was a necessity. Today, however, it's more of a sporting adventure.

People eating game for the first time usually try to compare it with beef, pork, or other domestic meats. But game has a distinctive flavor that, for the most part, is not comparable with the meat of any other group of animals.

The "wild taste" many people find objectionable is not due to the flavor of the meat itself, but rather to one or more of the following:

1. Slight meat spoilage because meat is not kept cold.
2. Excessive and poor combination of spices and seasonings.
3. Strong flavor and taste in the animal fat.

It is very important that the game come to the kitchen in good condition. Dress your game quickly. Be sure to remove the internal organs immediately after the kill, making sure to keep the body cavity free of dirt, hair, and contents of the digestive tract. It is important too, to drain all excess blood from the body cavity.

Hang the carcass and cool as quickly as possible. The biggest reason for meat spoilage is that it is not kept cool. Meat can be hung to age if the temperature remains at 38-40°F. However, if meat is hung in a barn or garage where afternoon sun raises the temperature above 40°F, or the meat draws flies, the meat will spoil rapidly. If you have no way to keep meat below 40°F, it is safer and the meat will have a better flavor if you butcher and freeze game immediately.

Even if the meat comes to the kitchen in good condition, excessive seasonings can ruin the taste of game. Many people feel they need to mask the flavor, so they add lots of spices. Most of us are not used to eating highly seasoned food, so it tastes strange to us. Don't be afraid to taste the game. You may find you enjoy its distinctive flavor. Try adding small amounts of one or more of the following to enhance the flavor of wild game: salt, pepper, onion, vinegar, brown sugar, tomatoes, worcestershire sauce, or beef and pork fat.

Fat of some wildlife has a strong flavor many people do not like. Trim away the outer layer of fat from the meat. Beef or pork fat can be added to the meat to keep it from becoming too dry. Some cooks wrap strips of bacon around the meat to add flavor, as well as keeping the meat moist. If you want to keep cholesterol levels down and have moist flavorful meat, you might want to use moist

heat to cook your game. I have included a favorite family recipe for cooking venison. I think it would work equally well for other red meat game.

## ROAST VENISON ("Pride of the Ozarks" Pot Roast...)

- 4 pound venison roast
- 2 tablespoons flour
- 2 cloves garlic, minced
- 1 large onion, sliced
- 2 tablespoons brown sugar
- 1 tablespoon Worcestershire
- 1 teaspoon mustard
- 1/4 cup vinegar or lemon juice
- 1 pound can tomatoes

Allow fresh or frozen venison to stand overnight in Marinade (1 cup vinegar; 2 cups water; 1 medium onion, sliced; 1 large bay leaf or marinade of your choice). Season with salt, roll in flour and brown in hot skillet. Place in Crock-Pot. Add remaining ingredients. Cover and cook on High for 2 hours, then turn to Low for 8 to 10 hours.

SYRACUSE, N.Y. — At the holidays, many people's thoughts turn to ways to keep their weight under control. The multitude of holiday goodies and family feasts during this season can cause "waist" problems.

If you're hoping to greet the new year with your weight under control, here are some tips from Dairy Council, Inc. to help you through this season of treat temptations:

- Before eating, drink at least one glass of water.
- Use a smaller plate. Your meal will look larger.
- Have low-calorie snacks around. Eat them instead of high-calorie foods.
- Keep a food diary.
- Plan and set up a time schedule for meals and snacks.
- Keep all food in the kitchen.
- Store high-calorie, tempting foods in hard-to-reach or hard-to-see places.
- When hungry, set time for 20



W. Wayne Hinsh (center) associate dean for extension in Penn State's College of Agriculture, displays the plaque signifying his receiving the Agricultural Advisory Council Award. The award, which recognized Hinsh's innovative leadership of Penn State's soil testing program, his personal assistance to farmers, and his contributions to the state's agronomic crops, was presented at the Council's fall meeting, held October 21 at University Park. With Hinsh are Ag Advisory Council President Al Dugan, (left) who represents the Pennsylvania Seedsmen's Association, and Kenneth Beachley, who represents the Pennsylvania Foundation Seed Cooperative. Dugan is president of the Council, which advises Penn State on agricultural issues.

## Holiday Waist Problems

- minutes. Wait until then to eat.
- Find non-food ways to reward yourself.
- Leave the table after eating a meal.
- Never put food on the fork until the last forkful of food has

- been chewed and swallowed.
- Exercise regularly. Use exercise as a diversion from unnecessary snacks.
- Weigh yourself once a week, not every day, because body weight fluctuates too much from

one day to the next. Maintaining your weight during the holidays may be a challenge, but by working at it maybe you won't have to add losing some excess pounds to your list of New Year resolutions.

## For Grandparents Only

CHESTER — Grandparents are very important to their families. Even if you live miles away, you can be a source of comfort and stability to your grandchildren. Here are a few ways to spice up your relationship with grandchildren who live at a distance:

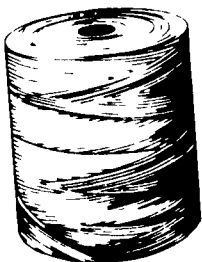
1. Send postcards and letters. Young children especially love colorful picture postcards. When you write letters, send pictures of yourself, your pets, scenes from a trip, or pictures of the child from a previous visit. You can also sprinkle your correspondence with trivia questions and riddles.

2. Send audio cassette tapes. The children can play them over and over again and a taped "letter" is easier for a young child to understand than a written one. Young children can reply with their own tape. Ask the parents to interview the child on tape. The child might also play a piece recently mastered on a musical instrument.
3. Use phone calls for special occasions, if you need to watch your budget. Sometimes events that are occasional, rather than regular, take on special significance.
4. Invite one grandchild to visit

at a time. It prevents sibling rivalry and will help assure a relaxed time for both of you. Limit the first visit to no more than a week, in case of homesickness. Before the visit, make some plans with the child, by letter or phone. Plan something special to do early in the visit: a trip to a museum, an amusement park, or a fishing spot. Teach a grandchild how to embroider, use tools, make a favorite recipe, or plant a garden. If possible, arrange time for play with other children.

To be important to your grandchild, you don't need everyday contact.

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