

# Home on the Range

## From Field To Table Wild Game Tamed By Shelly's Cookbook

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Food And Family  
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WYOMISSING (Berks Co.) — This is the season when cooks scrounge for good-tasting recipes for the ample provisions game hunters amass.

"If you need recipes for game, you found the right person," said Dale Shelly, Wyomissing.

"Everybody knows I love to cook," Shelly said. "I'm 63 years old and have been cooking for more than 40 years."

He's especially pleased that his original recipes can be prepared by novice cooks.

"I like all kinds of hunting, but I'm a really big goose and duck hunter in the Manheim area," Shelly said.

Unlike many hunters, Shelly especially enjoys preparing his bounty (and also the fish and game fellow hunters give him) into favorite recipes developed over the years.

Through trial and error, Shelly has perfected recipes for jerky, barbecue, chili, marinades, brines, and much more.

"You ought to write a cookbook," friends and coworkers often tell him when he shares samples with them.

People often request his recipes. Shelly, who is semi-retired, decided to take their advice. The result is a 154-page cookbook containing recipes for venison, bear, duck, rabbit, geese, grouse, pheasant, quail, turkey, squirrel, antelope, caribou, elk, moose, mule deer, and more.

The plastic spiral-bound cookbook is attractively printed and easy to read.

"You don't need to be a hunter to use the cookbook," Shelly said. "For those who do not hunt or fish, the recipes can easily be

adapted to using any meat desired."

Shelly's cookbook is sold at many hunting supply stores and supermarkets in Lancaster and Berks counties. Shelly also visits several sites periodically to share samples and sell his cookbook. Two upcoming sites are Trout Run Sports, 428 N. Reading Road., Ephrata, on Nov. 21, from 9 a.m. to 8 p.m., and Martin's Country Market, Rt. 322, Lincoln, on Nov. 22, from 9 a.m. to 7 p.m.

For a mail-order copy of the cookbook, send a check or money order for \$18 plus \$5 for tax, shipping, and handling to Dale L. Shelly, P.O. Box 6070, Wyomissing, PA 19610. Or call (610) 375-7925. Be sure to include your full mailing address.

Here are some of Shelly's recipes.

### DALE'S LASAGNA

2 1/4 pounds ground venison  
2 medium onions, chopped  
1 large red pepper, chopped  
2 tablespoons crushed garlic  
1 tablespoon salt  
1/2 teaspoon black pepper  
12-ounce can tomato paste  
2 28-ounce cans tomato puree  
3 15-ounce cans tomato sauce  
2 tablespoons light brown sugar

1 teaspoon crushed oregano  
2 tablespoons parsley flakes  
3/4 teaspoon basil  
8-ounce box oven-ready lasagna

1 pound ricotta cheese  
8-ounce can Parmesan cheese  
1 pound mozzarella cheese, cubed  
1 1/2 cups white cheddar cheese, grated

Brown the first six ingredients in a large skillet until the onion and pepper are tender. In a large kettle, add the next seven ingredi-

ents and simmer. Combine tomato sauce and browned meat mixture and simmer about 10 minutes.

In two deep baking dishes (9x13x2-inches), alternate tomato/meat sauce, lasagna, and cheeses, repeating until dishes are filled, ending with sauce and cheese on the top. Bake uncovered on middle rack at 350 degrees for about an hour or until brown and bubbly.

### VENISON POT PIE

2 pounds venison roast  
2 48-ounce cans beef broth  
2 cups water  
1 teaspoon salt  
1/4 teaspoon black pepper  
1 large onion, chopped  
Pinch of saffron  
4 cups diced potatoes  
3 large ribs celery, chopped  
1 tablespoon parsley  
Pot pie dough

Cook venison in beef broth, water, salt, pepper, onion, and saffron until tender (approximately 2 hours). Remove meat from broth and cut in small pieces. Add the potatoes, celery, and parsley to broth and cook until tender. Add meat and simmer. Prepare pot pie dough.

Dale Shelly  
Wyomissing

### RABBIT OR SQUIRREL

5 cups cooked rabbit or squirrel, finely chopped  
1 cup chopped celery  
1 1/2 cups chopped onions  
1 cup grated carrots  
1/2 teaspoon oregano  
1/4 teaspoon Cajun seasoning  
4 tablespoons light brown sugar  
4 tablespoons yellow mustard  
4 cups ketchup  
1 tablespoon soy sauce  
1 tablespoon vinegar

In a pressure cooker, cook four rabbits or eight squirrels in 1 1/2 quarts of water and two teaspoons salt for 45 minutes. Or, if you prefer, cook in a five quart kettle in two quarts of water and two teaspoons salt until tender. Cool meat and cut into small pieces.

Combine all of the above ingredients and mix thoroughly. Bring to a boil and simmer for 30 minutes.

Dale Shelly  
Wyomissing

### PAN FRIED RABBIT

2 whole rabbits, cooked and boned  
1 teaspoon salt  
6 extra large eggs  
1 teaspoon ground mustard  
1 teaspoon onion powder  
1/2 teaspoon black pepper  
Saltine crackers, finely crushed  
Flour  
Butter or olive oil

Wisk together salt, eggs, mustard, onion powder, and black pepper. Place flour and cracker crumbs in separate bowls. Dredge rabbit pieces in flour, then egg mixture, then cracker crumbs and pan fry in a skillet in butter or olive oil until browned on both sides.

Dale Shelly  
Wyomissing



Dale Shelly enjoys hunting, fishing, and cooking his bounty.

### JERKY

7 pounds venison roast (or 3 turkey breasts or 6 chicken breasts)  
3 teaspoons garlic powder  
6 teaspoons onion powder  
6 teaspoons meat tenderizer  
1 1/2 teaspoons black pepper  
2 teaspoons ground mustard  
2 cups soy sauce  
2 cups Worcestershire sauce  
1 1/2 cups burgundy or red wine  
6 teaspoons liquid smoke

Semi-freeze venison roast for easier slicing. Slice into 1/4-inch thick strips about 2 inches wide and 3 to 4 inches long. Combine all of the above ingredients in a large bowl. Mix thoroughly and then add venison strips. Marinate in brine 24 hours, turning meat occasionally. Drain brine and place strips on paper towels. Pat dry. Place in oven, dehydrator or smoker. If using oven, place strips on draining grates and set oven temperature to 150 degrees and keep the oven door open approximately four inches. Place foil on bottom of oven (loosely along sides, front, and back so heat can circulate in oven) to catch drippings. After one hour remove foil. Check in three hours, some pieces may be done, although it usually takes between 6 to 8 hours. Pieces should be chewy, not brittle.

This recipe can be used for any large game meat, beef eye roast, or turkey, goose, duck, or chicken breasts.

Dale Shelly  
Wyomissing

### PHEASANT IN SOUR CREAM

2 pheasants  
1 1/2 sticks butter  
Paprika  
Salt  
8 strips bacon  
6 whole small onions, peeled  
1 pint sour cream  
Coat pheasants with butter and sprinkle with paprika and salt. Place breast up in casserole, cover with bacon and place onions around birds. Bake 45 minutes at 400 degrees until brown, then add butter to keep moist and pour cream on birds. Roast another 10 minutes.

Ashley Bird

Centre County Dairy Princess

### VENISON CUTLETS WITH SOUR CREAM

2 pounds venison steak  
Salt and pepper  
Flour  
2 tablespoons butter  
1/2 cup sour cream  
Worcestershire sauce  
Celery salt  
Bay leaf  
Cut venison into individual cutlets and roll in well seasoned flour. Melt butter in heavy skillet and brown cutlets on both sides over medium heat. When nicely browned, pour sour cream over cutlets and season with salt and pepper, Worcestershire, celery salt, and bay leaf. Cover skillet and cook about an hour over low heat until tender. Makes 6-8 servings.

Ashley Bird

Centre County Dairy Princess



"See for yourself that wild game does not need to taste 'wild,'" said Dale Shelly, left, as he offers samples of his favorite recipes to Ray Sites, Lititz. Shelly's cookbook, "Original Wild Game, Fish, and Seafood Recipes," proves that there are many ways to prepare wildlife to please your palate.

## Recipe Topics

If you have recipes for topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients, and clear instructions with each recipe you submit. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

### November

22 — Thanksgiving Dinner  
29 — Cooking With Lamb

### December

6 — Gifts From The Kitchen  
13 — Holiday Cookies