

Tasty recipes for the venison and game season

By GRACE R. DOVE
Post Staff

It's now two days into buck season; hopefully many lucky area hunters have already bagged a tasty deer for the freezer.

Those who haven't bagged a buck yet shouldn't worry; buck season runs until December 12. And there are always antlerless deer (doe) season (Dec. 14-16) and flintlock muzzleloader/winter archery (Dec. 26-Jan. 9).

While the size of the rack is more important to some hunters,

others are more impressed by the overall size of the animal, since approximately 60 percent of its live weight will be lost during processing. A buck weighing 170 lbs. alive will yield 65-70 lbs. of meat for the freezer.

My family has used several game recipes for many years. As for the great debate - to soak or not to soak the meat to get rid of the "wild" taste - we never soak any wild game. It's delicious as is.

These recipes also work well with small game. Because game meats tend to have less fat than beef, we try not to let the meat dry out.

Impatient hunter's venison:

1-1/2 lb. of venison scraps or bite-size pieces of tenderloin
1/2 medium white onion, diced
2 cups beef bouillon*
1 small green pepper, diced
1 small can of mushroom pieces

Salt and black pepper to taste
In a cast-iron skillet, lightly brown venison and onion in a small amount of margarine. Add beef bouillon, green pepper and mushrooms (do not drain).

Simmer on medium heat for 20 minutes. Serve over white, brown or wild rice or whole-wheat noodles.

*Substitute chicken bouillon if you are using small game instead of venison.

Marinated venison:

1 or 2 lbs. bite-size pieces of venison or small game
one bottle of commercially made red wine marinade

Marinate meat 3-6 hours in a closed container, turning it once or twice. Do not discard marinade. Slowly simmer the meat in it in a covered pan until tender, approximately 30 minutes.

Serve over white, brown or wild rice or whole-wheat noodles.

Do you have a special hunting photo that you'd like us to print? Send it to *The Dallas Post*, P.O. Box 366, Dallas PA 18612-0366. Please include your name, address, phone number, the hunter's name and where it was taken.

Venison is good for you, too

Hunting families (or those with hunting friends who share their harvest) often enjoy wild game simply for its taste. In addition to being "good eatin'," wild game is also a healthy food, especially for those concerned about fat.

According to statistics in the *Deer & Fixings Cookbook*, venison and wild game:

- Contain half the grams of fat found in supermarket chicken or turkey, 1/10 the fat in lean ground chuck and 1/12 the fat of lean cured ham.
- Are comparable to chicken and turkey in cholesterol content.
- Contain fewer calories than the same size serving of roast chicken or turkey and half the calories of ham or ground chuck.
- Contain more protein than freshwater or saltwater fish, beef liver, chicken or turkey.
- Are a rich source of calcium, magnesium, zinc, potassium, phosphorus and iron.

The meat of choice of European royalty for many centuries, venison can be found today on the menus of elegant restaurants in both North America and Europe.

(The *Deer & Fixings Cookbook* by John and Denise Phillips is available from Night Hawk Publishing Co., P.O. Drawer 375, Fairfield, AL 35064)

Auction will aid library

A holiday auction and silent auction to benefit the Back Mountain Memorial Library will be held Thursday, December 3 at the Trem Temple Country Club in Dallas.

Proceeds from the auctions will be used to purchase new books for the local library. The funds are necessary to offset cutbacks in government funding to libraries throughout the state.

New goods and antiques will be sold. A feature item will be a one-day trip in an executive coach donated by Martz Trailways. The executive coach seats up to 24 people and is fully equipped with captain's chairs, televisions, microwave oven, couches and card tables. The package includes 12 hours use for up to 250 miles. It is valued at \$1,100.

There will be a preview with hors d'oeuvres at 7 p.m. Tickets are \$10, and include hors d'oeuvres, beer and soda. They are available at the library or through Connie Scott at 288-5441.

Choral concert Dec. 13 at Alderson

The Alderson United Methodist Church, Harveys Lake, will present the Orpheus Choral Society in concert December 13, 7:30 p.m. Music for the Christmas Season will include Bethlehemtown, Happy Holidays/White Christmas, The March of the Wise Men and many more.

All are welcome to come and celebrate the Christmas Season in song. There will be a free-will offering taken during intermission. For more information call 639-5496.



UNITED WAY HELPS - Shown left to right: Susan Klein, Theresa Gwilliam, Cori Gwilliam, Carl Nagy, Kris Harris and Joseph A. Frank.

United Way helps local people

This year's United Way of Wyoming Valley campaign theme, "We are Caring People...the United Way," was brought to life through the personal stories of several Wyoming Valley residents.

Dallas resident Carl Nagy, Theresa Gwilliam of Harveys Lake and Susan Klein of Nanticoke told of their personal experiences with United Way agencies during the annual campaign celebration for the United Way of Wyoming Valley.

Nagy spoke on behalf of the Big Brother/Big Sister program. He was joined at the podium by his nine-year-old "little brother" Kris Harris of Edwardsville. "Although I was fortunate to have both my parents when I was a kid, I also had a neighbor who took an interest in me and took me hunting with him," recalls Nagy. "Out of this relationship grew a life-long

love of the outdoors and hunting. So I had a very positive personal experience with a man who really acted like a big brother."

Nagy was followed by Gwilliam and her daughter, Cori, who received physical therapy services through the Wyoming Valley Children's Association. "At the age of two, my daughter Cori, a special needs child began to learn the freedom of expression, movement and the freedom of being herself." Today, Gwilliam is a troop leader with Penn's Woods Girl Scout Troop 686. It is the only troop of its kind for "differently-abled" children.

General Campaign Chairman, Joseph A. Frank announced the campaign had reached 95 percent of its goal or \$3,901,895. Chairman Frank and his Campaign Cabinet are working toward the \$4.1 million goal with a campaign extension.

The United Way of Wyoming Valley supports 99 health and human care programs at 28 agencies throughout the community. Pledges are still being accepted and may be made by contacting the United Way Office, 9 East Market Street, Wilkes-Barre, PA 18711-0351, (717) 829-6711.

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