

BCWF "Becoming An Outdoors-Woman" Workshop Appetizer Recipes

Teriyaki Wildgame Sauce

2 1/2 lbs. boneless meat (bear, moose, deer, elk, beef, pork etc.)
1 tsp. ground ginger
1 tbsp. sugar
2 tbsp. olive oil
1/2 cup Soya sauce
1-2 cloves crushed garlic
Salt & pepper to taste

Slice meat into thin 1/8" strips and place in casserole dish. Mix all ingredients together and pour over meat and stir. Cover and bake at 350 for 1-2 hours.

Cheese Stuffed Meatballs

1 lbs. ground meat (moose, deer, bear, elk, beef, pork etc.)
1/2 cup fine bread crumbs
1 egg
2-3 tbsp. milk
1 tsp. season salt
1/2 tsp. pepper
1/4" cubed cheese (sharp is better)

Mix meat with all ingredients except cheese, shape meat into balls with a small piece of cheese inside. Best if chilled for an hour, but not necessary. Pan fry in oil or deep fry, nice for fondues.

Rolled Schnitzel

2 large boneless steaks (moose, deer, elk, pronghorn, caribou, bear, cougar, etc.)
1 LB bacon, salami or spicy sausage

Mix: (will curdle a bit)

1/2 cup of margarine melted
1/3 cup milk
1 tsp. lemon juice

Mix:

1/2 cup fine bread crumbs
1 cup of fine crushed Corn Flakes
1/2 tsp. onion powder
1/2 tsp. parsley
1/2 tsp. paprika
Salt & pepper

Pound steak until 1/4" thickness, cut into 2" wide strips, top with salami or bacon. Roll up and secure with a toothpick. Dip in moist ingredients, then coat with dry, place in greased pan and cover. Bake at 350 for 30 minutes, then uncover and bake 20-30 minutes more.

Sandra Grouse Fingers

3 grouse breasts and legs
_ cup flour (approx.)

Wash, bone and cut grouse into finger length strips. Coat each strip in flour

2 eggs
2 tbsp. water
1 tbsp. soya sauce
Pinch of salt, pepper and onion powder
1 1/2 cup bread crumbs (approx.)
Vegetable oil for deep frying

Mix eggs, water, soya sauce, alt, pepper and onion powder together. Dip floured grouse strips into mixture, then coat in fine bread crumbs. Deep fry strips in vegetable oil until golden brown.

Honey Mustard Sauce (for Sandra's Grouse Fingers)

1/2 cup Mayonnaise (mayonnaise not Miracle Whip)
2 tbsp. liquid honey
1 tsp. mustard

Mix mayonnaise, honey and mustard. Amounts can be varied depending on tastes

Field Dressing Tip:

Dress grouse when first shot by stepping on wings, breast up, wings out, head at the top, take hold of the feet and steadily pull towards you. The grouse will separate, leaving you holding the feet, legs and entrails. On the ground remain the exposed breast, heart and liver attached to the wings. Remove the legs if it's a fair size grouse, you may get a few finger strips after you remove all the sinew. At least one wing must be left on for identification until you reach home.

Happy grouse hunting!