



# A cooking and nutrition Fact Sheet

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## WILD GAME

**Have a hunter in your family? Been given some game meat? Using wild game can save you dollars on your grocery bill as well as add variety and nutrition to your meals.**

### Tips

- After the kill, be sure to DRESS OUT the animal properly and CHILL QUICKLY! The flavor of the meat depends on careful field handling.
- Remove as much fat as possible when cutting and wrapping.
- Thaw frozen game completely in the refrigerator.
- Trim away fat BEFORE cooking if it was not done when the game was cut. Fat from wild game adds to the "gamey" flavor.
- When cooking, add other fat or liquid to keep the meat from becoming too dry.
- Serve game meat very hot or very cold. Lukewarm game fat has a greasy taste.
- Most recipes that call for ground meat can use ground meat made from wild game.
- Use medium heat and cook to medium well. Overcooking wild game will make it tough.
- Game animals have leaner muscles and the meat can become dry quickly. Good ways to cook it are broiling, baking and cooking in a liquid.

### Assiniboine Game Stew

Yield: 6 servings • Serving: 1½ cups

- ¼ cup vegetable oil
- 2 pounds elk, deer or moose, cubed
- ⅓ cup maple syrup
- 4 cups water
- 1 medium onion, chopped
- 4 turnips, peeled and chopped
- 4 medium potatoes, chopped

1. Pour oil in a large skillet. Heat over medium high heat.
2. Add cubed meat and brown on all sides.
3. Add remaining ingredients. Simmer over low heat about 1 hour, or until meat is tender.

### Venison Chili

Yield: 4 servings

- 1 pound ground venison
- 1 small onion, chopped
- 1- 15 ounce can tomatoes
- 1- 15 ounce can kidney beans
- ½ teaspoon salt and pepper
- 1 teaspoon chili powder

1. Brown meat in small amount of hot fat in skillet. Add onion, cook until browned.
2. Add tomatoes, beans and spices. Simmer for one hour.

## Marinades

Some of the less tender cuts of game meat may be soaked in a marinade. A marinade is a liquid which can tenderize and cover up “gamey” flavors. Cover the meat with one of the following:

1. Mixture of 2 cups vinegar, 2 cups water and ¼ cup sugar or honey
2. French or Italian dressing
3. Tomato juice, sauce, soup or barbecue sauce
4. Milk or buttermilk
5. Mixture of garlic, soy sauce or steak sauce.

Place marinating game meat in the refrigerator for several hours or overnight. Cook as desired.

Throw away extra marinade—do NOT reuse!

Herbs or spices of your choice can be added to any marinade. Parsley, rosemary, thyme, sage or basil are all good with wild game meat. A package of dry onion soup mix can reduce the “gamey” flavor of roasts.

## Game Pot Roast

Yield: Serves 8

3 to 4 pound roast (chuck or round)  
2 cups water  
1 bay leaf (optional)  
¼ teaspoon seasonings or herbs  
Salt and pepper to taste  
Vegetable oil  
6 carrots, peeled  
6 potatoes  
1 small onion

1. Rub roast with vegetable oil.
2. Place roast, water and seasonings in heavy pan. Cover and simmer for about 1 hour or until tender.
3. Add vegetables and cook until tender, about 1 hour longer.

☆Tip: To use oven instead, cook at 350°F for 2 hours. Add vegetables and cook until tender.

## Wild Game Swiss Steak

Yield: 4 servings

¾ cup all-purpose flour  
1 teaspoon salt  
½ teaspoon pepper  
1½ pounds of elk, antelope or venison steak (½ inch thick or less)  
1 to 2 Tablespoons vegetable oil  
½ cup chopped onion  
½ cup sliced carrots  
½ cup sliced green bell pepper (optional)  
2- 8 ounce cans tomatoes

1. Mix flour, salt and pepper together.
2. Cut steak into 8 pieces and dredge steaks in seasoned flour.
3. Heat oil in a deep-sided fry pan and fry steaks about 3 minutes on each side.
4. Add onions, carrots and peppers and continue to cook until vegetables start to soften, about 3 more minutes.
5. Add canned tomatoes to pan, reduce heat to low and simmer. Cover and continue to let cook for 1½ to 2 hours or until tender. Check occasionally to make sure food is not sticking to pan. If more liquid is needed, add water or beef broth.

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