



# Extension Nutrition Programs

## FSNE/EFNEP

## Wild Game

### Marinades

A marinade is a liquid which can tenderize, bring out or cover up "gamey" flavors. Wild game is often marinated for that reason. 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. (Low fat dressing is good!)
3. Tomato juice, sauce, soup or barbecue sauce.
4. Milk or buttermilk
5. Mixture of garlic, soy sauce and/or steak sauce.

Place thawed meat in marinade in the refrigerator for several hours or overnight. Cook as desired.

Throw away extra marinade – **do not reuse!**

### Variations:

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
- ¼ cup vegetable oil
- 2 cups water
- 1 bay leaf (optional)
- ¼ teaspoon seasonings or herbs
- Salt and pepper
- 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 on stove 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° for 1 hour. Add vegetables and cook 1 hour longer.



## Chicken Fried Steak

Yield: 4 servings

- 2 pounds of elk, antelope or venison steak (½ inch thick)
- 1 egg
- 1 cup cracker or bread crumbs
- Salt and pepper to taste
- Vegetable oil
- 1 can cream of mushroom soup or simple white sauce mix

1. Place steaks between two sheets of wax paper or plastic wrap.
2. Tenderize steaks by pounding with a wooden mallet, rolling pin or other suitable utensil.
3. Remove all paper/plastic from steaks.
4. Beat the egg in a shallow bowl. Place the cracker or bread crumbs on a plate. Dip steaks into beaten egg and then crumbs.
5. Heat a small amount of oil in a frying pan. Fry the breaded steaks about 7 minutes on each side.
6. Top with **heated** cream of mushroom soup or prepared package of white sauce mix.

## Wild Game Chili

Yield: 4 servings

- 1 pound ground venison, elk or antelope
- 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 skillet.
2. Add onion, cook until browned. Add tomatoes, beans and spices.
3. Simmer 1 hour for flavors to blend.

## Swiss Steak

Yield: 4 servings

- ¾ cup flour
- 1 teaspoon salt
- ½ teaspoon pepper
- 1½ pounds of elk, antelope or venison steak
- 1 to 2 Tablespoons vegetable oil
- ½ cup chopped onion
- ½ cup sliced carrots
- ½ cup sliced green pepper (optional)
- 1 15- to 16- ounce can tomatoes

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



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