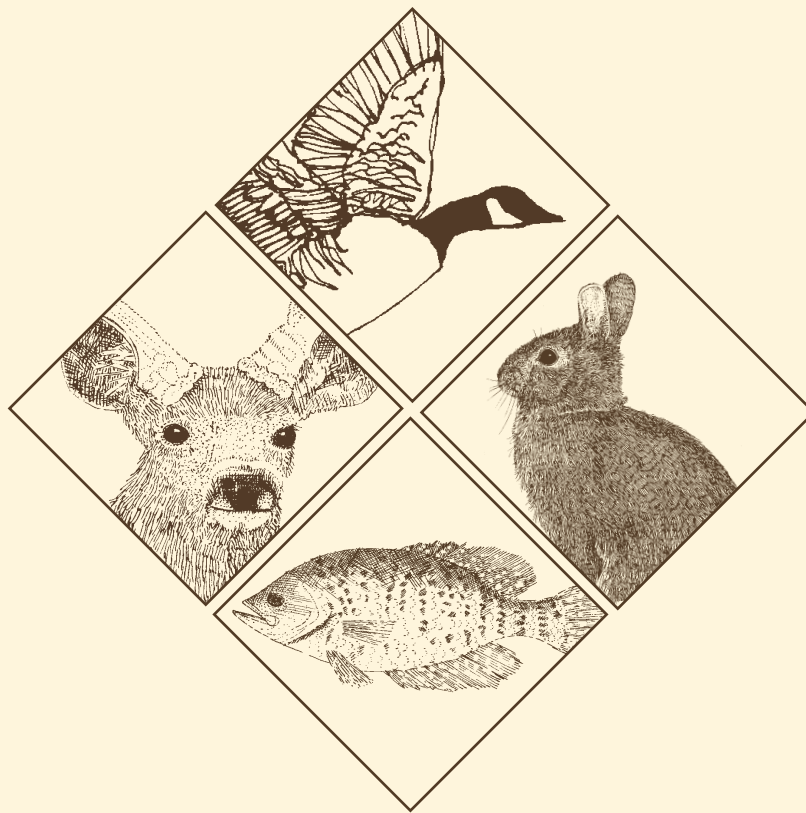

GAME AND FISH RECIPES



A collection of favorite recipes from employees, friends
and family of the N.C. Wildlife Resources Commission

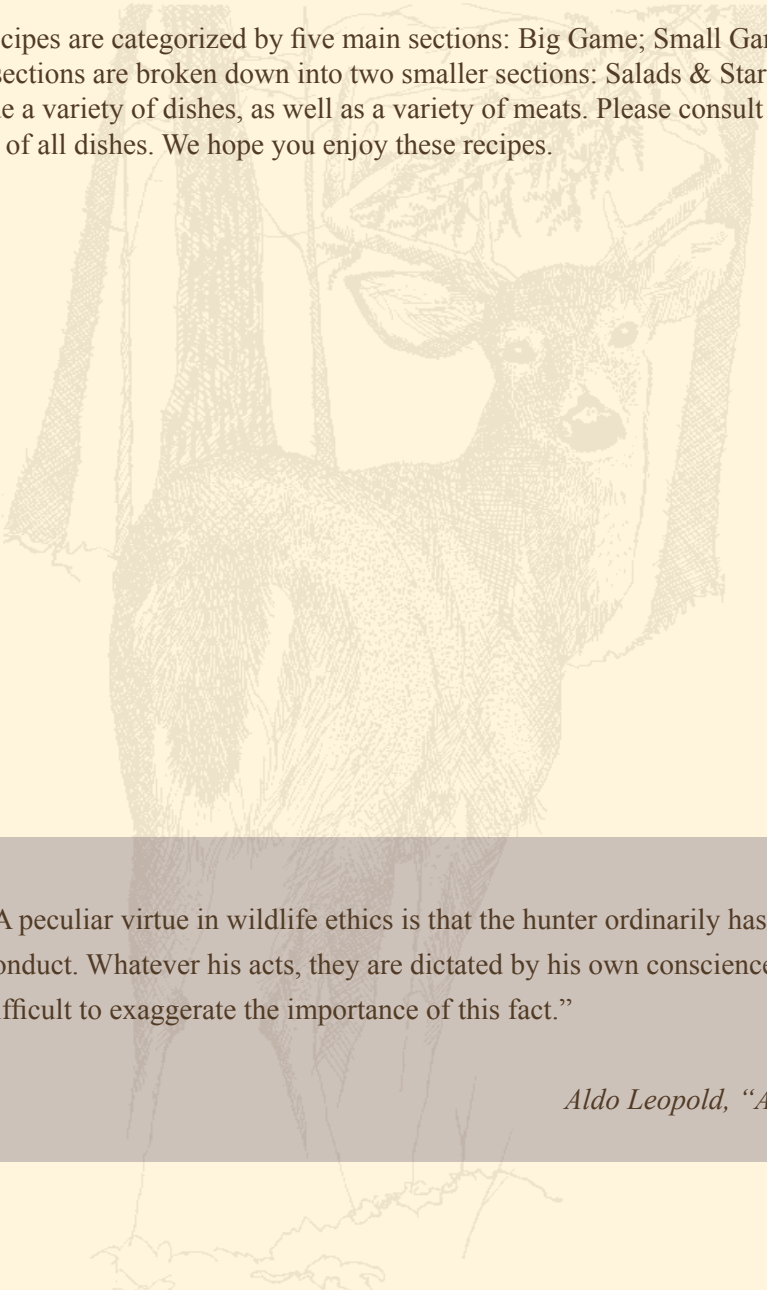


INTRODUCTION

This collection of recipes includes some that were gathered and tried over the years by N.C. Wildlife Resources Commission employees who are now retired: Randy Wilson, Ed Jenkins, Carl Betsill, Terry Sharpe and Lawrence Musselwhite, to name a few. Other recipes came from former and current employees, as well as their family members.

All recipes featured in this document are favorites of the individuals who submitted them, having been prepared many times over the years. Many of the recipes have been tweaked to suit the tastes of the individual cooks. For this reason, cooks should feel free to experiment with the ingredients, as well as the quantities, in all of these recipes to suit their own tastes.

The recipes are categorized by five main sections: Big Game; Small Game; Fowl; Fish; and From the Sea. These main sections are broken down into two smaller sections: Salads & Starters; and Main Dishes. We have tried to provide a variety of dishes, as well as a variety of meats. Please consult the Table of Contents section for a complete listing of all dishes. We hope you enjoy these recipes.



“A peculiar virtue in wildlife ethics is that the hunter ordinarily has no gallery to applaud or disapprove of his conduct. Whatever his acts, they are dictated by his own conscience, rather than by a mob of onlookers. It is difficult to exaggerate the importance of this fact.”

Aldo Leopold, “A Sand County Almanac”

FOWL

SALADS & STARTERS

Fried Wild Turkey Fingers

½ wild turkey breast, cut into strips about 1" x 4"

Egg

Milk

House Autry® Seafood Breader

Vegetable oil

Mix egg and milk together. Tenderize strips by pounding with meat mallet. Dip strips into egg and milk mixture. Coat with breader. Fill large frying pan with ¼" of vegetable oil. Heat oil on medium-high until oil is hot. Place strips in hot oil and fry on one side for approximately 1 to 2 minutes or until golden-brown. Turn over and cook on other side for another 1 to 2 minutes. Drain on paper towels.

Serve with your choice of dip.

Wib Owen

N.C. Division of Forest Resources, NCDENR

Dipping Sauces

Honey Mustard

½ cup mayonnaise (reduced fat is fine)

2 tablespoons yellow mustard

1¼ tablespoon Dijon mustard

2 tablespoons honey

1 teaspoon lemon juice

Whisk ingredients together. Store in refrigerator.

Cajun Dip

6 tablespoons mayonnaise
(reduced fat is fine)

2 tablespoons Dijon mustard

1½ teaspoon fresh parsley, chopped

1½ teaspoon Cajun seasoning (more
or less to suit your taste)

½ teaspoon Worcestershire sauce

Salt and pepper to taste

Mix ingredients together. Store in
refrigerator.

Charcoal Dove Breasts

Dove breasts

Bacon

Wrap a strip of bacon around each dove breast and secure it with a toothpick. Place on a grill over hot coals. Cook approximately 10-15 minutes, turning and basting with barbeque sauce (if desired).

Carl Betsill (retired)

Division of Wildlife Management, NCWRC

FOWL - WILD TURKEY

MAIN DISHES

Wild Turkey and Pork Stew

2 wild turkey legs and 2 thighs
1 pound pork country ribs
2-3 quarts water

In a 4-to 5-quart pot, boil the turkey legs and thighs for 1 hour, add country ribs and boil 1 more hour. (You will need to add water while cooking.) Let cool so meat can be cut from the bones. Cut and shred the meat, removing the fat from the pork and placing the meat back in the pot of broth.

To the pot add:

1 15-ounce can diced tomatoes	2 tablespoons paprika
1 16-ounce bag frozen mixed vegetables	4 tablespoons hot sauce (<i>e.g.</i> , Tabasco®, Texas Pete®)
1 medium onion	2 tablespoons Worcestershire sauce
1 clove crushed garlic	Salt and pepper to taste
2 medium potatoes, diced	

Place all ingredients in pot and simmer $\frac{3}{4}$ hour to soften potatoes. Add 8 ounces penne rigate pasta and cook 10 to 15 minutes until pasta is desired firmness.

Bill Collart

Division of Inland Fisheries, NCWRC

Wild Turkey Nuggets

One deboned wild turkey breast	Old Bay® seasoning
All-purpose flour	Canola oil

Rinse breast meat in cold water and cut into $\frac{3}{4}$ or 1-inch chunks. Prepare seasoning by mixing two cups flour with $\frac{1}{8}$ cup of Old Bay® in a container with matching lid (add more or less Old Bay® to suit taste). Place a handful of turkey chunks in the container with mixture, cover with lid, and shake vigorously to completely coat all pieces. Deep fry in pre-heated canola oil until pieces float and are lightly browned.

Walter "Deet" James

Division of Wildlife Management, NCWRC

FOWL - WILD TURKEY

MAIN DISHES

Wild Turkey in the Straw

Turkey breast, sliced into serving-sized pieces
½ cup all-purpose flour
2 teaspoons salt
¼ teaspoon pepper
⅓ cup olive or vegetable oil
1 cup chopped onion
2 cloves garlic, minced
2 cups chicken broth
½ cup lemon juice
Straw (see recipe below)
Lemon slices, ripe olives
2 eggs
½ cup cold water

Straw

1 package (8 ounces) spinach noodles
1 package (8 ounces) egg noodles
2 tablespoons butter or margarine
freshly ground pepper

Straw directions: Cook spinach noodles and egg noodles in a large kettle of boiling salted water; drain and return to kettle. Toss noodles with butter or margarine until melted. Sprinkle with pepper and toss.

Wild turkey directions: Shake turkey pieces in a mixture of flour, salt and pepper in a plastic bag to coat evenly. Brown turkey pieces in hot oil in skillet; remove and reserve. Pour off all but 2 tablespoons of pan drippings. Sauté onion and garlic until soft; stir in chicken broth and lemon juice until well blended. Return turkey to skillet; baste with part of sauce, cover skillet; lower heat and simmer 30 minutes until turkey is tender when pierced with two-tined fork. Line a heated serving platter with “straw” and arrange turkey pieces on top. Arrange lemon slices and ripe olives on turkey; cover with foil and keep hot while preparing sauce.

Sauce directions: Beat eggs with ½ cup cold water in a bowl. Beat in 1 cup of the hot sauce until smooth. Stir mixture into skillet; heat, stirring constantly until hot, but do not allow to boil. Taste and season with salt, pepper and lemon juice, if needed. Spoon part of the sauce over turkey; pour remainder into a heated sauceboat.

*Brian Hyder
Division of Wildlife Management, NCWRC*

Turkey Fast Facts

According to the USDA, a 3½-ounce serving of wild turkey has 163 calories; 1.1 gram of fat; nearly 26 grams of protein and 55 milligrams of cholesterol.

ABOUT THE N.C. WILDLIFE RESOURCES COMMISSION

Since its inception in 1947, the N.C. Wildlife Resources Commission has been dedicated to the wise-use, conservation, and management of the state's fish and wildlife resources. The Commission's policies and programs are based on scientifically sound resource management, assessment and monitoring, applied research and public input.

The N.C. Wildlife Resources Commission consists of wildlife and fisheries biologists, research coordinators wildlife enforcement officers, educators, engineers and administrative staff in nine districts across the state. Whether you enjoy hunting, fishing, boating or are just interested in Tarheel wildlife, the N.C. Wildlife Resources Commission is here to enrich your outdoor experiences.

The N.C. Wildlife Resources Commission is an Equal Opportunity Employer, and all wildlife programs are administered for the benefit of all North Carolina citizens without prejudice toward age, sex, race, religion or national origin. Violations of this pledge may be reported to the N.C. Wildlife Resources Commission, Equal Opportunity Officer, Personnel Office, 1751 Varsity Drive, Raleigh, N.C. 27606. Telephone 919-707-0201.

Illustrations courtesy of Cindy Brunner.

The full version can be found online under Additional Publications at:
<http://www.ncwildlife.org/Hunting/LearnResources/Publications.aspx>



N.C. Wildlife Resources Commission
1751 Varsity Drive
Raleigh, N.C. 27606-2576
919-707-0010
www.ncwildlife.org