

Break those old eating habits

ONE OF THE biggest problems with eating wild game is that many self-proclaimed chefs only know how to fry or roast the meat.

I've been eating venison, for instance, for as long as I can remember, but only in the past three or four years have I strayed from pan-fried steaks.

Now Bob Garner (of Michigan Outdoors fame) or any other with game connoisseur, for that matter, would be quick to point out what I've been missing. And I would have to agree. My taste buds have been deprived. It's just that old habits are hard to break.

There's absolutely nothing wrong with sprinkling a little garlic powder on a thick, juicy venison chop while it simmers in a mixture of butter, onions and mushrooms. (And nothing will get my attention quicker than the aroma of the above.) But there are other ways to prepare a tasty plate of meat.

RECIPES THAT call for ground beef, steak, roast or stew meat usually taste as good or better when the meat substituted is venison, elk, rabbit or squirrel. Pheasant, partridge and wild turkey meat also work exceptionally well in casseroles or



outdoors

Bill Parker

other dishes that call for chicken or turkey. Don't be afraid to experiment.

There are also wild game cookbooks — such as "The Wildlife Chef," (available through the Michigan United Conservation Clubs, P.O. Box 30325, Lansing 48909) "Savor the Wild" and "Fish and Game Menu Cookbook" (both of which were written by nationally known wildlife cook Kay L. Hitey and are available through Sportsman's Outdoor Enterprises Inc., P.O. Box 912, Grawn, Mich. 49637.)

BEFORE COOKING any meat, be sure to clean it thoroughly. Cut away any sections that have freckles, burn and remove any tallow or excessive fat. Also watch for hair and bone chips. Meat that is processed by the weekend butcher in his basement or garage is often loaded with bone chips — not because it's a bad pro-

cessing job, but because it's much quicker to cut through the bones than to remove them completely. If you process your own wild game, take the time to remove the bones and avoid bone chips completely. A little time spent trimming fat and tendon makes a big difference in the quality of the finished meal.

Also, remember to always be extra careful when skinning game and try to avoid getting any hair on the meat.

GAMEY OR WILD-tasting meat will lose some of that wild taste if you marinate the meat. Zesty Italian salad dressing is a great marinade, but if you leave it on for more than an hour or two the meat will taste of heavy vinegar. Buttermilk also works well in diluting a strong gamey taste.

If you like to have your venison or other meat ground, try adding some

beef and pork to it. One combination that works well calls for a ground mixture of 40-percent beef, 20-percent pork and 40-percent venison. The beef and pork add spice and fat, while the overall composition of the meat remains very lean. Again, if you take time to clean the meat, even though you are going to grind it, the finished product will be much more appealing to your taste buds.

AN ALTERNATIVE to frying, and a very quick and simple way to prepare steaks or chops, is to coat the meat with pork recipe Shake-N-Bake and cook for 10-15 minutes in a cooking bag. The Shake-N-Bake coating adds a little zest to the flavor while cooking the meat in a cooking bag retains the natural juice and moisture. Try a little apple or grape jelly instead of steak sauce. It's a nice, sweet change.

Don't think you need an extravagant recipe for the meat to taste good. Some of the best pheasant I've ever had was cooked at a deer camp with bare essentials. We used eggs and saltine cracker crumbs for a batter, and we fried the meat in bacon grease. It was fabulous.

The bottom line is to experiment. Don't get stuck in a rut.

exercising options



Myrna Partrich

Hey, guys: Don't be afraid of aerobics

Dear Myrna: I am one of probably many men who walk by your studio and peek in the window. I see lots of men in there, but I still don't feel comfortable coming in. I don't have good rhythm and I am not a dancer. I realized you don't dance there, but I am not convinced I should be in there.

It's easy to convince you.

Obviously, already you know the benefits of exercise so we won't go into too much of that. You must know you need to achieve cardiovascular fitness for your heart, total fitness and well being — both physical and mental. I can just imagine you standing in front of my studio saying, "Aerobic class. That's for women and men (with confidence). It's not for me."

When we first opened our studio seven years ago, I must admit we had mostly women participants. Now we have many men who are fitness-minded types who understand what aerobics does for the mind and body, and who like the challenge of learning a new sport. You do not have to be athletic at all to do aerobics or body conditioning.

Exercise should be more physical than mental. You shouldn't have to expel lots of mental energy figuring out aerobic moves. Aerobics are simple movements during which you can push yourself.

It is important to start at the beginning. Beginner aerobic class will give you lots of information about exercise in general while movements are kept simple and controlled. The class is a combination of warm-up, aerobics, stretching and body toning.

Low Impact I Class is another place to start if the times of beginner class will not fit your schedule. When you first start any class you might want to stand in the back of the room. It helps in case of intimidation. Once you start class, feel free to modify any moves that don't work for you — it is your workout.

If you are interested, one of the great benefits of aerobics is that it can improve your skill level in other sports. It improves your endurance, speed and reflexes. You will extend your range of motion, which will improve your swing in golf, tennis and baseball.

Easiest of all, dress any way you feel comfortable. Sweat pants and shirt, shorts and T-shirt, whatever. Aerobic sport shoes are preferred. If you already own a comfortable sport shoe, you can certainly start off with them.

Please don't feel intimidated. Aerobics are not dance. Remember you are exploring aerobics for your health, not auditioning for a Broadway musical.

Have I convinced you?

(Myrna Partrich, co-owner of The Workout Company of Bloomfield Township, is happy to answer any questions readers may have regarding exercise. Please send your letters to: Sports Department, Myrna Partrich, 1225 Bowers, Birmingham 48021.)

outdoors calendar

IMPORTANT EVENTS AND DATES

- Jan. 14 — Great Lakes Forum focusing on Clinton River water quality, will be held at 9 a.m. at the St. Clair Shores Recreation Center (24800 Jefferson Ave. between Nine and 10 Mile roads). For more information, call 258-5188.
- Fly Tying Classes, offered by the Challenge Chapter of Trout Unlimited, will be held on Mondays for 10 weeks beginning at 7 p.m. Jan. 16, at Birmingham Seaholm High School. The courses are for beginners and advanced fly tiers. Registration fee is \$25. For more information, or to register, call 433-8444.
- Jan. 21-22 and Jan. 28-29 — Tip-up-Town on Houghton Lake.
- Jan. 25 and Feb. 1 — Ice Fishing Class, sponsored by the West Bloomfield Community Education Department, will be held at West Bloomfield High School beginning at 7 p.m. each night. For more information, call 851-7600.
- Through Jan. 31 — Mink season is open statewide.
- Jan. 25 — Ice Fishing Class, offered by the West Bloomfield

Schools and taught by Joe Derek, will be offered at 7 p.m. at West Bloomfield High School. Class fee is \$6. For reservations, call 851-7600.

Feb. 1 — Monthly meeting of the Four Seasons Fishing Club begins at 7 p.m. at the Mapped Center in Garden City. The public may attend.

Feb. 1 — Final day to apply for the 1989 Spring Wild Turkey Hunt.

Feb. 1 — Final day to submit project proposals for the Inland Fisheries Cooperative Grants Program. Call (517) 373-1280 for details.

Feb. 27 — Final day for artists to submit entries in the trout/salmon and watercolor stamp design contests. Call (517) 373-1280 or (517) 373-1283 for details.

Feb. 3 and 10-12 — Southeast Michigan Camper and RV Show will be held at the Michigan State Fair Coliseum.

Feb. 4-12 — Detroit Boat Show at Cobo Hall.

Feb. 9-12 — Fishing Expo at Cobo Hall.

Feb. 11 — Michigan Deer Camp '89, sponsored by Whitetails

Unlimited, the camp includes a prime-rib dinner, door prizes, raffles and guest speakers and will be held at the Valley Plaza Inn in Midland. Call (414) 743-6777 for more information.

Feb. 17-26 — Detroit Outdoors Sport and Travel Show will be held at the Michigan State Fair Coliseum.

Through March 1 — Bobcat season in Zone I and limited areas of Zone II (consult Michigan Hunting and Trapping Guide for details).

Through March 1 — Fox season is open statewide.

Commemorative Bucks of Michigan — the official record keeper of big game animals in Michigan — in conjunction with the Michigan DNR, is conducting its annual big game awards program. Brochures are available at all DNR field offices or by contacting CDM at 3215 Old Farm Lane, Walled Lake, Mich. 48088, phone 669-4750.

The 1989 Michigan State Park Motor Vehicle Permits are available for \$10. The permits cover entry to all 86 state park and recreation areas. Permits are available at all 86 state park and recreation areas.

at all 42 Meljor Retail Stores, at all DNR offices and from the DNR Information Service Center, P.O. Box 30028, Lansing, Mich. 48909, phone (517) 373-1220.

OAKLAND COUNTY PARKS

- Observer & Eccentric Ski School, offering instruction on proper use of equipment, warm-up exercises, the diagonal stride (a popular ski technique), how to get up from a fall, how to ski up and down hills and the healthful benefits of skiing, will be offered at Addison Oaks and Independence Oaks every Saturday (weather permitting) Jan. 14 to Feb. 25. Addison Oaks will hold clinics at 9 and 11 a.m. and 6:30 p.m. during January only and Independence Oaks will hold clinics at 9 and 11 a.m. in January and February.

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