

Wild Game Is Good Table Fare

By JOYCE TOTTEN

When hunters start walking their dogs, and oiling their guns, it's time to think of wild game cooking.

A hunter can give many reasons why he likes hunting. Generally he finds it relaxing and enjoys the outdoors, and if he's lucky, he comes home with more than pleasant memories. There is a variety of furred or feathered game to bag, even if only a squirrel or a rabbit. Knowing what to do with the game before as well as when it reaches the kitchen can make all the difference in good eating.

The method of preparing wild game is determined by the amount of "gamey" or "wild flavor" you wish to retain. All freshly killed game is tough. Stored from two to four days in a cool, dry place, it becomes more tender, firm and better flavored. To reduce "wild" flavor, soak in salt, soda or onion water for about an hour.

PHASANT AND quail frequently arrive in the kitchen for cooking. One should remember that these birds tend to taste dry. Laying strips of bacon over them helps, as does basting them with butter during preparation. Some of you might try putting cream cheese inside a pheasant or smothering it in sour cream.

If your family likes wild game, here are some recipes you might try.

BARBECUED PHEASANT

2 pheasants (preferably older birds)
Salt and pepper
Flour for coating pheasant
1 medium-sized onion, diced
1 T. fat, melted
1 T. brown sugar
1 T. cornstarch
1/4 c. tomato catsup
2 T. vinegar
2 T. Worcestershire sauce
1/2 t. salt
1/4 t. pepper
2 c. cooked tomatoes
Cut up birds, coat with seasoned flour, and brown in hot fat. Meanwhile, saute finely chopped onion in the hot fat in a saucepan until limp but not brown. Combine and blend in sugar and cornstarch. Add remaining ingredients gradually, stirring constantly. Cook slowly until slightly thickened (about 20 minutes), stirring frequently. Pour sauce over browned pheasant; cover and cook in 300 F. oven about one hour.

WESTERN PHEASANT CURRY

1 pheasant
1/2 c. flour
3 T. butter
2 medium-sized onions, chopped
1 1/2 T. curry powder
2 T. flour
3 c. beef broth or bouillon
1 tart apple
2 t. salt
Cut pheasant for frying, roll in flour and brown in hot fat in iron skillet. Take out each piece as it browns, and when all are done, cook onions in same fat. Add curry powder and flour, then the broth and stir until it boils. Put back the pheasant pieces, add the quartered apple and salt. Cover and cook about 1 1/2 hours or till tender.

GRILLED QUAIL

Generous pinch allspice
4 T. minced onion
4 bay leaves
8 peppercorns
1 c. dry, white cooking wine
4 T. lemon juice
Clean, open from back, place on wooden board, flatten with broad side of meat cleaver. Salt, pepper to taste. Marinate in marinade prepared in statement from 2-3 hours. About 20 minutes before serving, broil under flame 20 minutes, place on buttered toast. Serve hot with melted butter, red or white currant jelly.



By Jean Kingsley, Women's Consultant.

People Eat Poorly

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