



Eastern Sports & Outdoor Show  
"The Taste of the Great Outdoors"  
Tuesday, February 7, 2012

HACC's Olewine Center for Culinary and Baking & Pastry Arts



### Honey Orange Elk Meatballs

1#	ground elk	2 T	onion, minced
2 T	celery, minced	1 clove	garlic, minced
1	egg	2 oz	breadcrumbs
1 tsp	parsley		salt & pepper
2 oz	Honey	4 oz	Orange Marmalade
1.5 oz	Soy sauce		

Combine all meatball ingredients in a bowl. Portion and form 1 oz meatballs. Bake at 350F until they reach an internal temperature of 165F. Heat the marmalade, honey, and soy sauce in a saucepan, toss with the meatballs and hold hot until service.

### Teriyaki Pheasant Stir Fry with White Rice

2 Whole Pheasants	¼ cup Peanut oil
2 TBSP Garlic, minced	2 TBSP Ginger, minced
¼ cup Scallions, chopped	1 Red pepper, chopped
½ red onion, julienne	4 oz shitake mushrooms, sliced
4 oz snow peas	1 small carrot, julienne
10 oz Crushed Pineapple	3 TBSP Brown Sugar
2 oz Soy Sauce	1 tsp Sesame Oil
2 cups White Rice, cooked	

Season the pheasants with oil, salt and pepper. Roast the whole pheasants at 400F for 10 minutes, then lower heat to 300F and cook until reaching an internal temperature of 165F. Cool completely. Remove and dice the meat. In a wok or large sauté pan, sauté the ginger, garlic, and scallions in the oil until soft. Add the pepper, carrots, mushrooms, red onion, and snap peas and cook for 5 minutes longer. Add the remaining ingredients, including the cooked pheasant meat, and simmer until heated throughout. Season to taste. Serve over rice.

### Citrus Walleye

1# Walleye fillets	½ cup dry white wine
1 orange, sliced	1 lemon, sliced
1 lime, sliced	assorted fresh herbs- thyme, dill, tarragon
¼ cup olive oil	salt & pepper

In a roasting pan, place the fish fillets, skin side down in the pan. Evenly distribute the remaining ingredients over the fish. Cover with foil and bake at 325F for 15 minutes until the fillets are cooked throughout.

### Venison Stroganoff

4 oz butter	½ red onion, diced
8 oz wild mushrooms, sliced	2 cloves garlic, minced
2# venison loin, cubed	1 cup all-purpose flour
Salt and pepper	1 cup red wine
1 qt beef stock, reserving ¼ cup	2 Tbsp cornstarch
1 TBSP Worcestershire sauce	2 Tbsp ketchup
1 cup sour cream	1# egg noodles

In a large saucepan, melt the butter and sauté the onions, garlic, and mushrooms until tender. Toss the venison with the flour and season with salt and pepper. Moving the vegetables to one side of the pan, add the venison, discarding the extra flour. Sauté for 3 minutes to brown the meat. Deglaze with the red wine. Add the stock, Worcestershire sauce, and ketchup and simmer for 10 minutes. Make a slurry by combining the reserved stock and cornstarch. Add to the saucepan and stir constantly. The sauce will be thick after it has reached a boil for 1 minute. Remove from the heat and add the sour cream. Season to taste with salt and pepper. Serve over egg noodles.



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### **Herb Roasted Wild Turkey with an Apple Cranberry Couscous**

20# Wild Turkey	2 cups olive oil
2 Tbsp kosher salt	1 tsp ground black pepper
4 Tbsp Herbs de Provence	1 tsp garlic powder
1 tsp onion powder	
1 qt apple cider	2 cups dried cranberries
4 cups couscous	

Mix the dry spices together with the oil to make a wet rub. Coat the turkey. Place in a roasting pan and roast at 350F for 4-5 hours until reaching an internal temperature of 165F. Let rest for 10 minutes before carving. In a saucepan, bring the apple cider to a boil. Add the cranberries and couscous, cover, and remove from heat for 5 minutes. Fluff with a fork and serve with the carved wild turkey.

### **Smoked Squirrel Chowder**

#### Smoked Squirrel

1 gal filtered water	8 oz kosher salt
5 oz sugar	3 oz fresh lemon juice
1 oz black peppercorns	1 oz crushed garlic cloves
3 oz sliced onions	1 bunch of fresh thyme
3# squirrel, cleaned	woodchips

Soak the woodchip in water for 24 hours. To make the brine, place all the ingredients, except the squirrel in a medium saucepan and bring to a simmer to dissolve the salt and sugar. Transfer to a sanitized nonreactive container. Completely cool and add the squirrel meat. Place a weight on the meat to ensure that it is submerged in the brine. Allow the meat to cure for 8 hours. Remove from the brine and rinse under cold water. Blot dry with a paper towel and allow to air-dry under refrigeration for 24 hours. Place the woodchips in the smoker and set the temperature control to 180F and wait for a full build of smoke. Place the squirrels on the smoker rack and smoke for 2 hours until the internal temperature reaches 165F.

#### Chowder

4 oz bacon, chopped	4 oz onion, chopped
2 oz celery, chopped	2 cloves garlic, minced
1 gallon chicken stock	1# red potatoes, diced
3# smoked squirrel meat, diced	1 tsp thyme
1 cup heavy cream	salt, pepper

In a large saucepan over medium heat, render the bacon for a few minutes to melt the fat. Add the onions, celery, and garlic and sauté until soft. Add the chicken stock and bring to a simmer. Add the diced potatoes and simmer for 10 minutes. Add the squirrel meat and thyme. Simmer for a few more minutes to heat throughout. Add the cream and adjust the seasoning with salt and pepper to taste.

### **Pulled Venison with a Mango Salsa**

#### Pulled Venison

5# Venison shoulder or leg	1 cup olive oil
1 Tbsp kosher salt	½ tsp ground black pepper
2 Tbsp Cajun seasoning	½ tsp garlic powder
½ tsp onion powder	2 qts beef stock

Mix the dry spices together with the oil to make a wet rub. Coat the venison. Place in a roasting pan, add the beef stock to the pan, and cover with foil. Roast at 325F for 2-3 hours until tender. Let rest for 10 minutes, then using a fork, pull the meat apart. Serve with a mango salsa.

#### Mango Salsa

1 Mango, diced small  
1/3 cup minced Red Onion  
1 Jalapeno, seeded and minced  
Juice of 1 Lime  
1 tsp Salt  
1/3 cup chopped Cilantro

For the salsa, mix all ingredients until well combined. Refrigerate to allow flavors to develop for 2 hours.