

Wild GOURMET

NATURALLY HEALTHY GAME, FISH, AND FOWL
RECIPES FOR EVERYDAY CHEFS

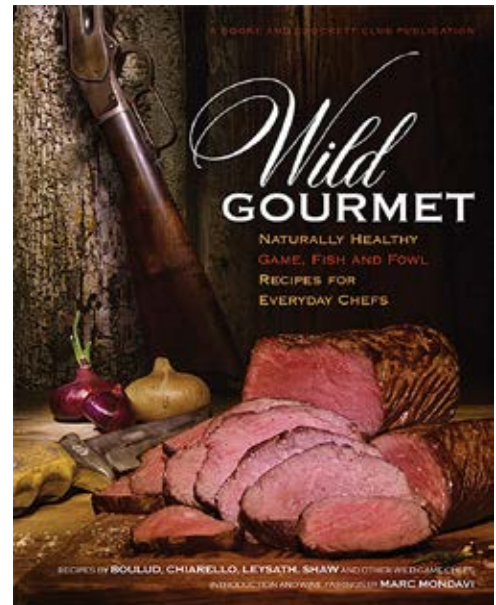
Looking for new ways to prepare the wild game you harvested this season? Do you want recipes that produce unique and delicious results? Do you need tips for processing your venison that will all but guarantee top-notch flavor?

In *Wild Gourmet*, America's most respected chefs share their favorite recipes covering a menagerie of wild meats and a world of flavors. This scrumptiously illustrated cookbook features over 60 easy, step-by-step recipes that will please the most discriminating eaters. Recipes are presented with accompanying photographs, as well as wine pairings suggested by third generation Napa wine maker Marc Mondavi.

Wild Gourmet is much more than just a cookbook—improve the flavor of your game with real-world processing tips. Chef Daniel Nelson provides a comprehensive processing guide—perfect for both seasoned hunters and those new to hunting—along with detailed information on the best cooking techniques for various cuts of wild game. You'll learn to butcher your own harvest with step-by-step, illustrated instructions covering: rabbit, duck, squirrel, turkey, elk, and salmon.

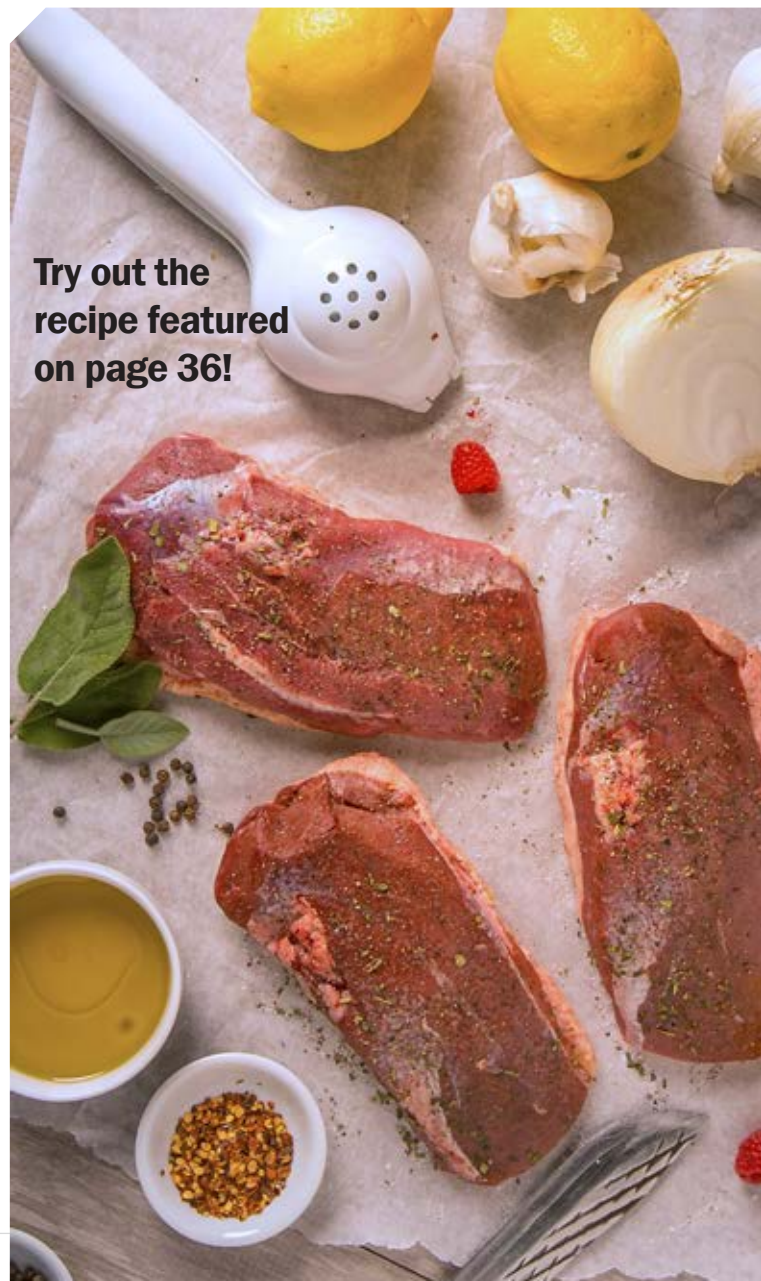
"Nearly half of the book is dedicated to processing... Illustrated with full-color photos and *Wild Gourmet* is the first book I've seen that has such step-by-step, hands-on photos taking game, fowl, and fish from hanging meat to bone."

David Draper – The Wild Chef FieldandStream.com



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Over 300 color photographs
8 x 10 inches - 272 pages

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Processing Large Game

CHEF DANIEL NELSON

There are three major components to cooking and serving succulent and tender venison: removing all sinew, cooking to a desired doneness of rare or medium-rare, and cross-cutting the grain of muscle fiber into as short of pieces as possible. All of these are done most effectively by separating each whole muscle from the surrounding muscles.

The sinew of the cross-cut round roast cannot easily be trimmed before cooking, which leaves the work of removing it to the knife of your guest—or worse, their teeth will have the arduous task of masticating it until they can swallow. Alternatively, the whole, individual muscles can be cleaned of excess sinew.

Butchering large animals this way is quite easy as each individual muscle will often separate from its neighbors without too much knife work. Simply follow each muscle to where it attaches to tendon, ligament, or bone, and cut that attachment. Working away from this attachment point, pull or cut the loose connective membrane that divides individual muscles. I cut each muscle into manageable dinner pieces—8 to 10 ounces per guest at your typical dinner table—before freezing. I do love the flavor that the bone and marrow impart on my venison roasts, so I always save the larger bones and incorporate them back into my recipes.

Working in this manner, you can segregate your venison cuts into major categories:

- Grinding venison
- Whole complete muscles, uniform in grain pattern and free of connective tissue
- Prime muscles, tenderloin, backstrap (strip loin and rib eye)
- Bones, offal, neck roast and shank

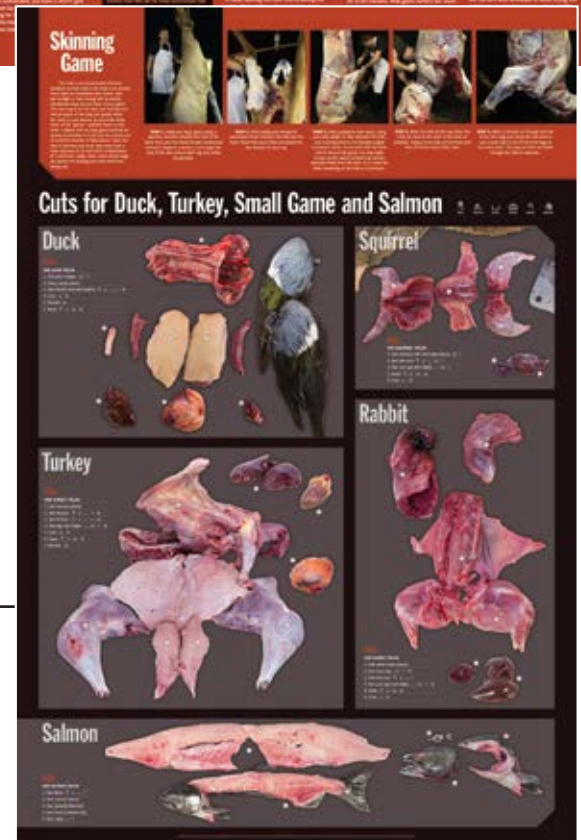
Outside of the prime muscles, intramuscular fat does not vary widely from cut to cut, so you shouldn't focus on defining each muscle. Rather, aim to create processed pieces that are uniform in grain pattern, free of connective tissue and sized according to your family's needs.

The hide is an exceptionally effective insulator and can hold in the heat of an animal much past an acceptable time frame. Also any sunlight or heat energy will be quickly

transferred back into the flesh of your game. This warming of the fat layer just beneath the dermal layers of the hide can greatly affect the taste of your harvest as cervid fat holds much of the “gamey” qualities found in wild meat. I always skin my large game animals as quickly as possible to help cool the animal and to avoid the transfer of fatty tastes. Once the hide is removed you must take extra care to keep exposure to air and other contaminants at a minimum. Large, thick, black plastic bags are perfect for keeping your wild meat from drying out. ■

BONUS MEAT POSTER!

Learn the unique characteristics and best uses of each cut of venison with this 24x36-inch color poster, included with every copy of *Wild Gourmet!*



Venison Quesadillas

JON BONNELL

Wild GOURMET

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SERVES
4-6

FILLING

- 1 Pound venison backstrap or back leg meat
- 1 Ounce red wine
- 1 Ounce red wine vinegar
- 1 Tablespoon soy sauce
- 2-3 Shakes of hot sauce
- 2 Cloves garlic, minced
- ¼ Teaspoon brown sugar
- 2 Teaspoons olive oil

QUESADILLAS

- 5 Large flour tortillas
- ½ Cup cheddar cheese, grated
- 2½ Teaspoons butter
- 1 Jalapeño, finely diced

SUGGESTED WINE VARIETALS

RED

Cabernet Sauvignon \ Merlot \
Rhone Blend \ Zinfandel



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For anyone who might not be ready to try venison all by itself, this is a great introductory dish. With an intensely-flavored marinade, grilled venison makes a perfect rich component to great quesadillas. Be careful not to overcook the venison and allow it to rest before slicing to bring out the best flavor possible.

Time: 10 to 15 minutes

PREPARING THE VENISON

1. Clean the **venison** well and be sure that any connective tissue or silverskin is removed.
2. Cut the venison down to ½-inch thickness for grilling. Any size pieces will work, as long as they are not too thick.
3. Combine the **venison** with **all other ingredients** and allow to marinate for at least 2 hours in a Ziploc bag.
4. Remove the venison pieces from the bag and shake off any excess marinade.
5. Grill over a very hot fire for roughly one minute per side just until it is well seared on the outside, but still medium rare in the middle.
6. Pull the meat from the grill and allow it to rest for 8 to 10 minutes before cutting into medium-sized dice.

QUESADILLAS

1. Using ½ teaspoon of **butter** per **tortilla**, add a little butter to a preheated flat-top surface, then top with a flour tortilla and sprinkle on some of the **cheese**.
2. As soon as the **cheese** begins to melt, add in several of the **venison** pieces, a little **jalapeño** then fold the tortilla in half.
3. Continue to cook until the tortillas have nicely browned on each side, then remove.

TO SERVE

Cut quesadillas into triangles, garnish with your choice of sour cream, guacamole, salsa, and chopped fresh jalapeño.

