

RECIPES

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Looking for more? Tantalizing game recipes can be found in Scott & Tiffany Haugen's popular book, *Cooking Big Game*. Go to www.tiffanyhaugen.com for details. Or send a check or money order for \$19.95 (free S&H) to Haugen Enterprises, PO Box 275, Waltherville, OR 97489.



Turkpheasquail

The perfect way to roast up a successful day in the field! This is fun just to see what kind of creation you can come up with... Turgooseduck? Turkchukduck? Turkpheadove? TGD, TCD, TPD... obviously, the combinations are as wide as the variety of game birds in your area. The best thing about combining game birds is not only a dazzling presentation but a tender, flavorful, moist end product. The larger turkey protects some of the more delicate birds and the sausage infused throughout adds the needed fat to these lean meats and keeps them moist.



INGREDIENTS:

- 1 wild turkey, deboned
- 1 pheasant, deboned
- 1 quail, deboned
- 1 pound pork sausage
- 1 onion
- 2 carrots
- 2 celery stalks
- 2 sprigs rosemary
- 1/4 cup olive oil
- Seasoning rub of choice

After cleaning, plucking and deboning birds, lay each bird out butterfly style, skin side down. Sprinkle seasoning over turkey and evenly distribute half of the sausage in a thin layer on top of the turkey. Lay pheasant, skin side down over the sausage layer. Place remaining sausage on top of the pheasant. Place quail, skin side down over the sausage layer.

Starting with the leg area of the turkey, roll up toward breast area. Pull both sides of the turkey in, like closing a book. Place roasting pan on top of the turkey and turn the whole thing over so the "seam" is down.

Place onion, carrots, celery and rosemary in the pan around the birds. Coat turkey with a light layer of olive oil. Sprinkle on additional seasoning rub. Roast in a pre-heated, 325° oven, 2 1/2 - 3 hours or until internal temperature reads 165-170°. Baste with pan drippings every 20-30 minutes. (Check temperature in several places to insure a proper reading throughout.) Let Turkpheasquail rest 30 minutes before carving/slicing.

Recipe Note: Any combination of game bird and waterfowl can be used in this recipe. Bird breasts can be used in place of the whole, deboned bird (with the exception of the turkey, it must be used whole).

Flavor-Your-Own Jerky



INGREDIENTS:

From the Recipe Book: Smoke It!

- 3 pounds beef or venison, cut into strips
- 1 quart water
- 1/4 cup tender quick or curing salt
- 1/4 cup white sugar
- 2-4 tablespoons seasoning blend of choice
- 2 teaspoons liquid smoke, optional

Loading Jerky-Place on smoker racks.

Keep smoker racks clean and free of debris. Give them a light coating of cooking spray before each use. When placing meat on smoker racks, take care to keep adequate space between each piece. Foods should never be touching during the smoking process. Once you know the hot spots in your smoker, place thicker cuts nearest to those spots. If additional flavors are desired, sprinkle or spray these on at this time while the meat is moist. Let meat air dry 15 minutes to an hour to keep drips to a minimum in your smoker.

Smoking Jerky-Smoke 3-6 hours, check often.

Follow smoking directions for your smoker. Cooking times vary greatly, depending on make and model of smoker and outside weather conditions. Try to keep the temperature of the smoker between 150° and 200°. Check for doneness after 3 hours.

Finishing Jerky

Larger cuts of jerky can be finished on a baking sheet in the oven at 165°, check every 15 minutes. When jerky is done, place in a glass bowl and cover with plastic wrap until cool. This will allow the jerky to reabsorb moisture, making it softer. Refrigerate immediately once cooled.

Storing Jerky

Keep refrigerated or freeze if storing for an extended period of time. Vacuum sealing is a great way to preserve jerky for long periods of time. Smoke flavors hold up well, and jerky can be enjoyed year-round.

Jerky Preparation

Jerky is not an exact science. Jerky can be soft, hard, sweet, salty, full of exotic flavors or basic. There are endless ways to make jerky. In this section you will find tried and true recipes using a variety of flavorings and meats.

Cutting Jerky-Cut to desired size.

When slicing meat for jerky, the traditional cut is in strips that go with the grain. For an easy to chew cut, meat can be sliced across the grain. Roasts can be sliced to make a circular piece of jerky or steaks can be cut into strips. Only the size of your smoker is a factor in how long your jerky pieces are cut. Keep in mind that thinly slicing meat will result in a dryer and possibly crisper end product. Thickly sliced meat will usually need to be finished in the oven or food dehydrator for proper preservation. You can cut the meat just how you prefer it.

Brining Jerky-In a large bowl mix until salts and sugars dissolve.

In preparing any brine, it's best done in a vessel that won't transmit foul tastes. Glass, crockery or plastic containers work well, as do stainless steel bowls. Wood and aluminum bowls, when exposed to ingredients in some brines, undergo a chemical reaction and may taint meat. Always discard brine after one use.

Soaking Jerky

Soak in the refrigerator 8-12 hours. Unless you have a very cool place in the house to soak, meat should be refrigerated during the brining process if it is recommended to last more than a few hours. Unless specifically stated in a recipe, do not rinse brine off meat before putting on smoker racks.