

Feeding the Family

By Zola Vincent
Food Editor

What To Do With the Deer Your Dear Brings Home To You

With the Oregon hunting season for buck deer opening on Saturday, October 3, and closing October 16, there's bound to be a great exodus of red-capped, red-blooded men heading for the mountains any minute now. We give this special information to wives of hunters just so they'll know what all hunters already know about the care of fresh venison.

Venison must be hung for three or four days. Under no circumstances must a freshly killed deer be thrown across the car and rushed back to town. The meat must be thoroughly cool first and this takes four or five hours, depending on the weather. Lacking a locker or a cooperative meat man, the deer must be hung at night and be taken down before sun-up in the morning and wrapped heavily and thoroughly. The meat will retain the cold and keep very well for a week or 10 days if hung every night and wrapped well every morning.

Having no deer-hunting husband handy, your food editor promptly turned to the Game Section of Helen Brown's West Coast Cook Book, published by Little, Brown (no relation), for these venison cooking recipes and suggestions which are certain to be very superior. You'll realize that when you read them... and try them.

This is venison at its best. Have steaks cut 1 1/2 inches thick, rub with garlic if you wish and brush with butter. Broil over hot coals for about 10 minutes for a rare juicy steak that will rival any meat in the world.

Thinner steaks are better pan-fried... if you like them rare, that is. Sear them quickly on each side.

Venison steak is preferred marinated by many persons. An equal amount of red wine and olive or cooking oil is good. Too long a marinating period will allow marinade to permeate the meat so that the flavor of the venison will be completely obscured. A happy thought for those who can live without game, but not for the rest of us.

Napa Venison Hash
Cook 1/4 cup of minced onions in 1/4 cup of butter. Add two cups of minced venison, a tablespoon of flour, a cup of red wine, salt, pepper and mar-

joram to taste. Heat gently and serve on fried corn meal mush or on toast. Serves four.

Here's a good way with tougher cuts or with any cut from an animal of advanced age. Lard a six-pound piece of venison with bacon or salt pork, then brown it very thoroughly in bacon fat. Put it in a casserole with two cups of peeled tiny onions, a bunch of baby carrots, scraped but left whole, two cups of red table wine, an herb bouquet of parsley, bay and rosemary, two or three juniper berries, if available, and two cups of water.

Cover and cook in a 350 degree oven for an hour, or until the meat is tender. Pour off the sauce, reduce to two cups by boiling rapidly, thicken with a roux of two tablespoons of butter and two of flour, cook smooth and fold in two cups of sour cream. Correct seasoning, pour back on the meat, and serve in the casserole with wild grape jelly and corn bread as accompaniments. Serves 8 to 12.

Venison Soup. Use parts of venison too tough for stew and any and all bones and scraps for soup. The stock may be made all at once and kept frozen until ready to use. It makes a very fine soup, right with any meal.

Hunter's Pot Roast. Poke holes in the meat and stuff in slivers of garlic and salt pork. Brown in fat, put in a Dutch oven and add any desired vegetable, and either red wine, stock or tomato juice with an herb bouquet. Cover and cook until tender. Rectify seasonings, bind sauce slightly and serve with potato pancakes. Turnips are usually one of the "desired vegetables" as are onions.

Saddle of Venison. Perhaps the choicest of all the cuts. Lard it well and bake it in a hot oven for 20 minutes. Reduce heat and finish cooking to 140 degrees (if you've a meat thermometer) for rare, higher for better done. (If no meat thermometer, put in 450 degree oven for 20 minutes, then reduce heat to 325 degrees until desired doneness, comparable to beef).

Venison Loaf. Here's another pioneer favorite. As venison was the beef of many of the early families, it was obviously used in exactly the same ways. Make this like a meat loaf then, using marjoram, thyme or basil as the seasoning and adding more than the usual amount of fat.

As We Live

By ELIZABETH HURLOCK, Ph.D.

Father's Excessive Fears Make Girl Social Recluse

When a parent is so unreasonable that he will not discuss a problem affecting his child's happiness, the time has come for outside help. That is the advice I am giving this girl:

(Q) "I am 15 years old and a sophomore in high school. I have the serious problem of not being allowed to have girl friends come to my house or to go out on dates with boys. The trouble is not with my mother but with my dad. He says he doesn't want anything to happen to me. I can sit down and talk over this problem with Mom and she is very understanding, but Dad isn't. How should I approach Dad to show him that he isn't doing me any good in stopping my social life?"

(A) If your father is so unreasonable about your doing the things other girls your age do, I question very much whether anything you said or did would have any effect. If anything it might make him more stubborn and unreasonable.

Instead of talking di-

rectly to your father about this matter, why don't you and your mother go to see the minister of your church? Talk over your problem with him and let your mother explain why she has not been able to make any headway. Then ask your minister if he will not call on your father and talk over the whole matter with him.

Many fathers, reading and hearing about the things teenage girls are doing and the troubles they get into, are frightened that the same things will happen to their own daughters. This may explain your own father.

But I don't see why he won't permit you to have your girl friends to your home or allow you to go to theirs. I also cannot understand why you are not permitted to go to parties in girl's homes or at school or church. If he escorted you to and from evening parties you could have the fun other girls are having without having "anything happen to you."

You are right in feeling that your father is handicapping you very seriously. Try your best to correct this situation.

If you have a problem about family or friend, ask Dr. Hurlock to help you. Write in care of this newspaper.

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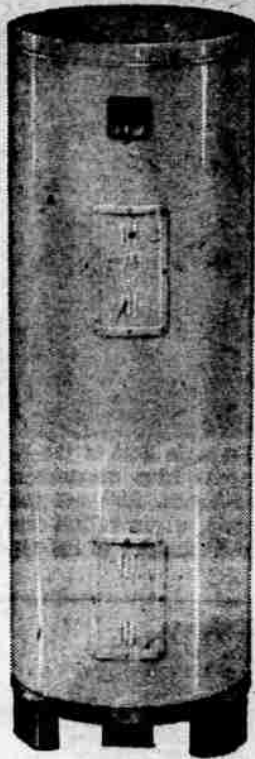
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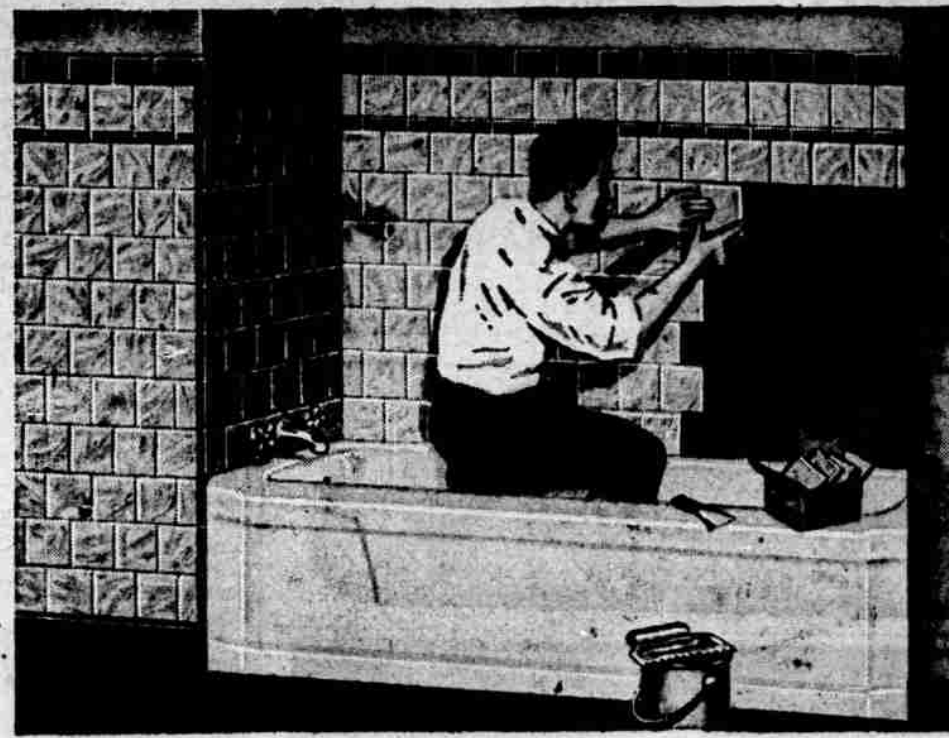
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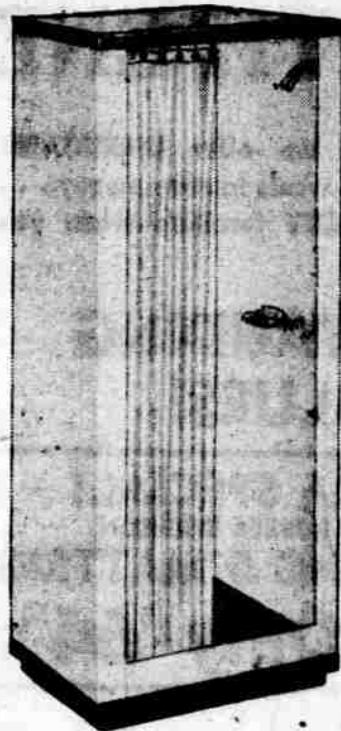
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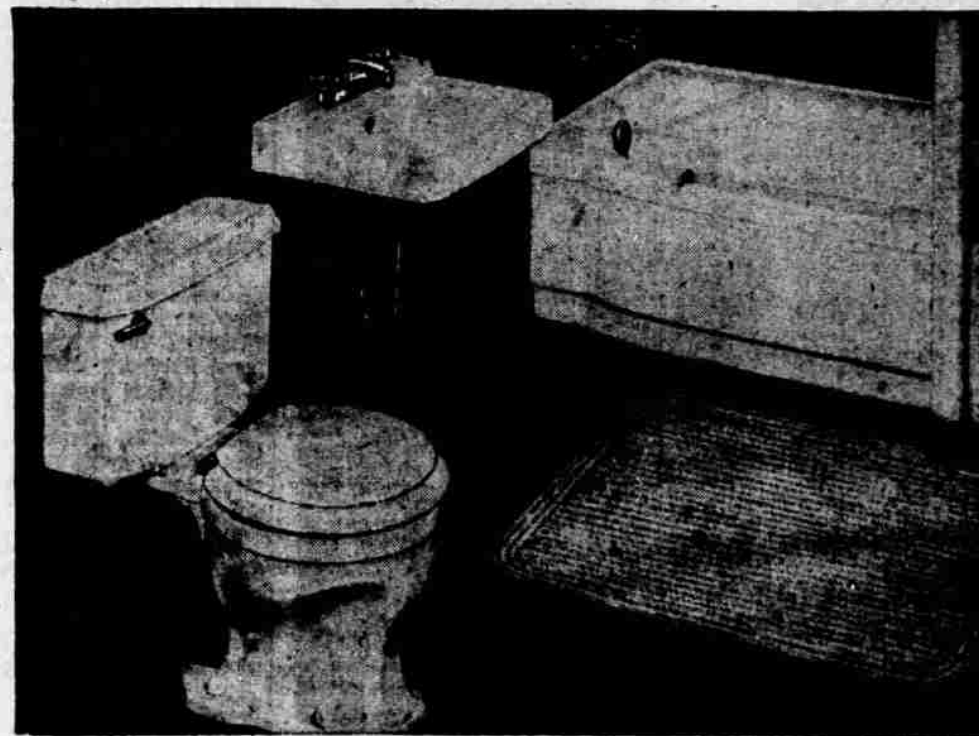
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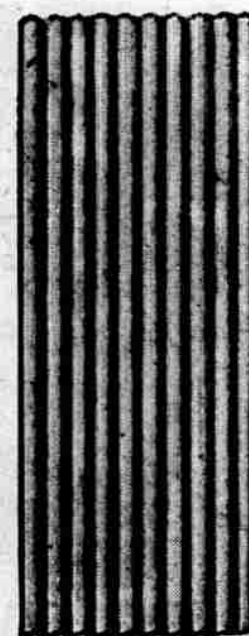
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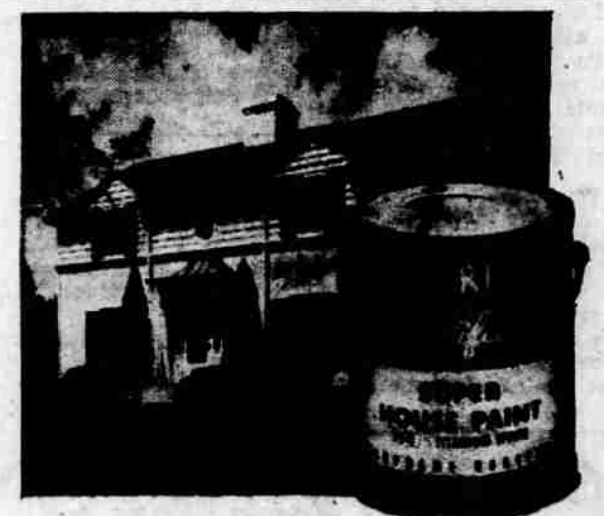
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