

FROM DAPHNE'S KITCHEN

# All In The Game: How To Cook The Hunter's Quarry

BY DAPHNE McWHITE

It's only 5 o'clock on a brisk winter morning, but the hunter is already awake. He dons layers of warm clothing and sets off with his dogs to the solitude of the woods for a morning of hunting. The silence is broken by the call of birds, squirrels scampering through the leaves and a fox running for cover.

The hunting of wild game helps to provide balance in our woodlands, not to mention some hearty, nutritional food for our tables. Game is very popular, and rightly so. It is lower in fat, cholesterol and calories when compared to other meat.

Despite its popularity, many cooks are not well-versed in game cooking. If you are lucky enough to have a hunter in your household, try some of these delectable game recipes contributed by local sportsmen.

A special dish calls for a special accompaniment. Wild rice, ambrosia, rolls, pudding, potatoes, carrots or a green salad wonderfully compliment the unique flavor of game.

## GREAT WHITE'S DOVE AND DEER BOG

15-20 dove breasts  
1 1/2 pounds smoked deer sausage (1-inch pieces)

6 cups water  
3 cups Uncle Ben's rice  
1 medium onion, chopped  
1 tsp. salt  
1 tsp. pepper  
1 cup clams (optional)  
1 pound shrimp (optional)  
1 small can mushrooms (optional)  
Bring water, doves, salt, pepper and onion to a full boil. Boil rapidly until meat begins to come loose from the bone. Remove from heat. Add remaining ingredients. Bring to a boil, stir once and reduce to low heat. Cover and cook 25 minutes. Remove from heat and set pan aside 5 to 10 minutes to absorb liquids. Dig in!

—Michael Simms

## PEPPERED VENISON

1/2 pound venison steak  
Vegetable cooking spray  
1/2 cup chopped celery  
1 tsp. salt  
1 small onion, chopped  
1 1/2 cups water  
1 large green pepper  
1/2 tsp. sugar  
2 beef bouillon cubes  
1 Tbsp. cornstarch  
White rice  
Brown onion, celery and steak in a non-stick skillet sprayed with vegetable cooking spray. Add salt, pepper, sugar, water and cubes. Cover and reduce heat to simmer for 30 minutes. Add sliced green peppers. Cook 15 minutes.  
Blend cornstarch and a small amount of water until cornstarch is smooth. Add cornstarch mixture and

soy sauce to meat and stir until thickened over low heat. Serve over hot rice.

—Donald Sellers

## GRILLED DOVE OR QUAIL BREAST

In a pan of water, simmer breasts until tender. Remove meat from water and wrap each breast with a slice of bacon; secure with a toothpick. Slow cook over charcoal until bacon is crisp. Barbecue sauce or marmalade glaze may be used during the last 5 minutes of cooking if desired. Salt and pepper to taste. Very good!

—Bill McWhite

## VENISON ROAST

De-bone hindquarters, open roast and add one quartered medium onion, one slice green pepper and one tart apple, thinly sliced. Tie together with a string.  
Generously sprinkle red and black pepper over roast. It brings out the flavor of venison but will lose the hot taste during cooking.

Next, cover meat with 3 strips of bacon. Wrap roast in foil and slow cook in oven at 250 to 300 degrees for 2-4 hours, depending on size.

—Bill McWhite

## GREAT WHITE'S ITALIAN SMOKED DEER SAUSAGE

1 1/2 pounds smoked deer sausage (1/2-inch pieces)  
16-oz. can Italian stewed tomatoes  
8 oz. can tomato sauce  
16 oz. can kidney beans, drained  
1 tsp. chili powder  
1 medium onion, chopped  
2 cups water  
2 cups Uncle Ben's rice  
1/2 tsp. salt

Stand sausage on end in a 10-inch cast iron skillet over medium heat. Add onions. Cover.

Start rice, water and salt in a separate pan and cook until done.

Stir sausage and cook until ends start coming out. Turn off heat and drain off liquid. Add tomatoes, sauce, beans and chili powder. Cook over low heat 15 minutes, stirring occasionally. Serve over a bed of rice. Dig in!

—Michael Simms

## MY DAD'S RICE PUDDING

6 cups whole milk  
1/2 cup rice  
1-1/2 cups white sugar  
1 tsp. vanilla extract  
1/2 cup raisins (optional)

Preheat oven to 325 degrees. In a 9 X 12-inch baking dish, stir together all ingredients and bake. A crust will form over the pudding every 20 minutes or so. Stir the first two crusts into the pudding. Do not stir in a third crust. Bake until the rice is done and pudding still creamy, not dry. This is rice pudding at its best! Serve hot or cold.

—Mack Trent

## MY HUSBAND'S AMBROSIA

8 oz. can pineapple tidbits  
1 cup peeled, chopped apples  
1/2 cup green seedless grapes  
1/2 cup finely chopped pecans  
2 cups peeled, chopped oranges  
1/2 cup orange juice  
1/2 of a fresh coconut, grated

1 Tbsp. sugar  
Stir together all ingredients. Cover and refrigerate overnight. Fabulous!

—John McWhite

## BACON-WRAPPED VENISON

Wrap 1/2-inch venison steaks with bacon. Hold together with a toothpick. Broil until bacon is done, approximately 10 to 15 minutes.

—Donald Sellers

If you have a favorite cookie recipe that you would share with our readers, please mail the recipe, your name and phone number to The Brunswick Beacon, c/o Daphne McWhite, P.O. Box 2558, Shallotte NC 28459.



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## Beware Of Sound-Alike Fund Drives, American Heart Association Warns

The American Heart Association has issued a warning to Brunswick County residents to be cautious when responding to requests for donations from nonprofit organizations.

"Similar-sounding names may confuse donors and divert funds from intended agencies," said Jean Mearns, publicity chair for the local chapter.

Mearns said residents should be aware that the American Heart Association is not affiliated with Heart Support of America, American Heart Disease Prevention Foundation, American Heart Research Foundation, National Heart Savers Association, National Center for Cardiac Information, Heart Disease Research Foundation, Open Heart Foundation or National Stroke

Foundation. "Look for the American Heart Association name and the torch logo" if your donation is intended for AHA, Mearns advises.

For more information, call Mearns at 579-2146.

## Eat Spaghetti At Civietown

Civietown Volunteer Fire Department will hold a spaghetti dinner on Saturday, Dec. 3.

There will also be a drawing for a 12-gauge pump shotgun at 3 p.m. Spaghetti plates will cost \$4.50 each.

The event is to raise funds for the department.

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