

Local News

Hunters Delight: Recipes for preparing wild game

By JUANITA T. BAILEY
HOME ECONOMICS EXT. AGENT
HUNTER'S DELIGHT
 This is the third in a series of three articles on "Preparing Wild Game". The microwave oven is excellent for cooking small quantities of game and game birds. As you know, the microwave oven cooks rapidly, sealing in juices which helps keep the game moist and succulent. This is a plus, since venison tends to dry out quicker during cooking than beef because it is finer grained and leaner than beef. Many microwave recipes for venison and less tender cuts of beef require it be braised or cooked tightly covered in liquid. Braising, in addition to using slower cooking tenderizes the meat. If your oven has a 30 percent (low) setting, you can cook slower by lowering the power level from 50 percent (medium) to 30 percent (low) and add ¼ to one-third more time. Total cooking time for game, as with other foods, will vary with the output wattage of the oven, size and thickness of the item to be cooked.

Another aspect of microwave cooking meats is standing time. It is a part of the cooking process and should never be omitted. During standing time, meat continues to cook and tenderize without drying out. A good rule of thumb for recipes that do not give a standing time, is to allow the meat to stand, tightly covered, for 10 minutes after it has been cooked for the minimum amount of time given in the recipe. Then microwave longer if necessary. Tests for doneness vary with the type of meat and cooking method. Less tender cuts darken in color, are fork tender and split at the fibers.

A major concern of homemakers preparing venison is its characteris-

tic "gamey" flavor. Marinate not only tenderizes but flavors the meat. Marinate over night or several days in the refrigerator. Turn occasionally. A good resource you may have at your fingertips for cooking suggestions, browning techniques and marinades is your Microwave Cooking Book. Check the Meat Section—Less Tender Meats—for suggestions and recipes or contact your local County Extension Office.

BARBECUED VENISON
 2 slices bacon
 ½ cup chopped onion
 ¾ cup water
 ½ cup catsup
 ¼ cup red wine vinegar
 2 tablespoons packed brown sugar
 2 tablespoons Worcestershire sauce
 1 clove garlic, minced
 1 teaspoon salt
 ½ teaspoon pepper
 1 pound boneless venison, cut in ¼-inch cubes
 1 tablespoon water
 2 teaspoons cornstarch
 hot cooked rice

In 1½-quart casserole, cook bacon, covered with paper toweling, at High for 2 minutes or till crisp. Drain, reserving 1 tablespoon drippings in casserole. Crumble bacon and set aside. Cook onion in reserved drippings at High for 2 minutes or till tender, stirring once. Stir in ¾ cup water, catsup, vinegar, brown sugar, Worcestershire, garlic, salt, and pepper. Cook, covered, at High for 5 minutes or till boiling. Add venison and bacon. Cook, covered, at Medium for 30 to 35 minutes or till tender. Blend 1 tablespoon water and cornstarch. Stir into meat mixture. Cook at High for 1 minute or till bubbly, stirring once. Serve over rice. Makes 4 serv-

ings.

CHILI GROUND VENISON BAKE
JOAN CONE
 8 ounces ground venison
 1 teaspoon instant, minced onion
 1 1-pound can tomatoes, cut up
 1 1-pound can red kidney beans, undrained
 ½ cup uncooked packaged precooked rice
 ½ teaspoon chili powder
 ½ teaspoon salt
 1 cup shredded process American cheese

In 2-quart casserole, crumble venison and add instant onion. Cook, uncovered. High for 2 minutes, stirring once. Stir in remaining ingredients except cheese. Cover and cook at Medium High for 15 minutes, stirring once, till rice is tender. Top with cheese; heat, uncovered, at Medium High for 30 seconds more.

Note: The ground venison used for this recipe had no fat added so therefore it was not necessary to drain the meat after the first cooking.

STUFFED VENISON STEAKS
WHIRLPOOL ETHNIC COOKBOOK
 Total cooking time: 49 minutes
 1¾ pounds venison steak, cut ¾-inch thick
 1½ cups milk
 9 slices bacon
 one-third cup sliced green onion
 salt
 pepper
 ½ cup water
 ½ cup cold water
 ¼ cup all-purpose flour
 1 teaspoon browning sauce

Place steaks in 13x9x2-inch baking dish. Pour milk over meat; cover and refrigerate overnight, turning meat


several times. Drain meat; pat dry with paper toweling. Wipe baking dish. Cook 6 slices of the bacon, covered with paper toweling, in the same baking dish at High for 5 minutes. Reserve 2 tablespoons drippings in baking dish. Crumble bacon; set aside. With sharp knife, carefully cut a pocket in one side of each piece of meat. Mix bacon and green onion. Stuff onion mixture into pockets in meat. Place in bacon drippings in baking dish, turning to coat. Season with salt and pepper. Cut remaining bacon into 6 or 8 pieces and lay atop meat. Add ½ cup water.

Cook, covered, at Medium for 40 minutes or till tender, turning meat

and giving dish half-turn once. Remove meat and keep warm.

For gravy, pour pan juices into 4-cup glass measure. Add water, if necessary, to make 1½ cups. Blend ½ cup cold slowly into flour. Stir into pan juices along with browning sauce. Cook at High for 4 minutes or

till thickened and bubbly, stirring after each minute. Season to taste with salt and pepper. Serve gravy with meat. Makes 6 servings.



INSIGHT INTO EYESIGHT

Dr. A.F. Downum
OPTOMETRIST
MIDDLES-AGE EYES

With aging often comes a refractive (focusing) error of the eyes known as PRESBYOPIA. This usually comes after the age of forty and is due to the gradual loss of elasticity of the crystalline lens of the eye. As the lens loses its flexibility, one has more and more difficulty focusing on nearby objects.

You'll know your eyes are "getting old" if your arms seem too short when you read, or if you have trouble performing close-up tasks like threading a needle. Presbyopia will occur in addition to the "Big Three" refractive errors — myopia, hyperopia, and astigmatism — but pure presbyopes only require a correction during close-up tasks.

Presbyopia has a way of sneaking up on people — like middle-age — but if you find the page blurring or the eye of the needle disappearing, it's time to visit your eye care specialist. Refractive errors such as presbyopia can easily be corrected with eyeglasses or contact lenses.

Dr. A.F. DOWNUM
103 W. Eden St.
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Hospital performs new procedure

ELIZABETH CITY, NC—In response to the growing concern about diseased blood products and to counteract the problems of cross-matching stored blood, Albemarle Hospital recently began autologous transfusions, the method whereby patients store their own blood for future use.

According to Dr. Jerry Pickrel, Director of Laboratory and Attending Pathologist at Albemarle, several surgery patients have donated their own blood for use during elective (non-emergency) surgery. Only one patient has actually used the blanked blood during a surgical procedure.

"It went very well—we had no problems at all," Pickrel said of the process. One of the best reasons to make periodic blood donations before

scheduled surgery, says Pickrel is that a healthy patient's blood is usually disease-free and there are no cross-matching problems.

Although the transfusions are completely voluntary, more physicians are recommending them to patients. The hospital has received quite a number of inquiries within the last few weeks but Pickrel cautions, an autologous transfusion is up to the attending physician; he can then start the procedure." Following his or her doctor's advice, the patient reports to the laboratory at Albemarle where the procedure is explained in more detail and a schedule for donations is arranged. The donated blood can be stored up to 42 days prior to scheduled surgery.

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