

FOOD FORUM

Dorothy Johnson

RECIPES FOR THE HUNTER

Now that our friends, neighbors and relatives have the hunting bug, here are some true and tried recipes.

On your Wild Goose, DO NOT STUFF. Put celery leaves inside. Allow at least 3 hours cooking, as wild geese are often old and tough.

Wild Duck; Stuff with sliced apples or onion or with celery tops. Put slices of fat or salt pork over the breast.

Rabbit and Hare; Soak wild rabbit 1 hour in salted water to which has been added 2 table-spoons vinegar for each 2 quarts of water. Cut in pieces.

Venison is prepared and cooked in the same way as mutton.

ROAST LEG OF VENISON

- Leg of venison
- Fat salt pork
- Salt and pepper
- 1/4 cup fat
- Flour

Wipe carefully and draw off the dry skin. Lard the lean side of the leg with strips of the pork, then soften the fat, rub it over the meat and dredge with salt, pepper and flour. Lay the leg on a rack in a baking pan, sprinkle the bottom of the pan with flour, place it in a very hot oven (500 degrees F) and watch carefully until the flour in the pan is browned, which should be in five minutes. Add boiling water to cover the bottom of the pan. Baste the venison well every fifteen minutes, until the meat is done, renewing the water in the pan as often as necessary. Reduce the heat after 15 minutes. If a double roasting pan is used, basting is not necessary. Always serve a tart jelly like currant or wild grape or plum jelly with venison.

HARE OR RABBIT SALMI

- 1 hare or rabbit
- 1 slice onion
- 1 stalk celery
- 1 bay leaf
- 2 tbsp oil
- 2 tbsp fat
- 2 tbsp flour
- 2 cups water
- 1 tsp salt
- 1 tbsp worchestershire sauce
- 1 tbsp capers
- 12 stoned olives
- Chopped parsley

Clean and dress as directed and place in baking pan. Add all above ingredients except capers, olives, worchestershire, salt and parsley. Then bake at 450 degrees F for thirty minutes. Lift the meat from the pan, add the flour and fat and stir until a rich brown. Add hot water, stir well and when smooth, add salt, worchestershire sauce, capers and olives. Lay the meat again in the pan, cover closely and bake at 350 degrees F for thirty minutes. Dish the game, strain the sauce over the meat, arrange the olives as a garnish, sprinkle the whole with the finely chopped parsley.

BRAISED RABBIT OR HARE IN SOUR CRE

1 hare (5 to 6 pounds) split. Sprinkle it with salt and pepper. Melt in a sauce pan 2 tbsp. bacon fat. Add 1 carrot cut in small pieces and 1/2 small onion. Cook for 5 minutes. Add 1 cup brown stock or consomme. Pour around the hare in a baking pan. Bake at 400 degrees until tender (45 minutes or more), basting 4 times with the pan juices. Add 1 cup heavy sour cream. Cook 15 minutes longer, basting every 5 minutes. Take the hare out of the pan and keep it warm. Strain the sauce. Cook together 2 tbsp flour and 2 tbsp butter. Thicken the sauce with this mixture. Season with salt and pepper. Pour around the hare. Serve.

RICE PILAF SALAD

Add 1/2 cup quick cooking brown rice to 3/4 cup boiling water with 1 cube of chicken bouillon. Reduce heat and steam for 15 minutes. Chill. Make dressing by combining: 3 tbsp. mayonnaise, 3 tbsp. chopped mushrooms, 2 tbsp. lemon juice, 1/4 tsp. thyme, and 1/4 tsp. curry powder. Mix with chilled rice and arrange on lettuce-lined salad plates.

HEALTH DEPT.

The District Health Department will offer free well child examinations by appointment only for children up to four years of age.

The public health nurse checks for normal growth and development and makes referrals if abnormalities are observed.

To make an appointment call the Health Department at 385-1291, extension 325.

Clinics are scheduled at the following locations:

Easter Seal Clinic at 2915 E. Sunrise from 9 AM to noon on Tuesday (October 22); Trailer Estates at 2240 Linn Lane from 3:30 to 5:30 PM on Wednesday (October 23); Panama Clinic at St Timothy's Episcopal Church at 42 Pacific Ave. in Henderson from 8AM to noon on Wednesday (October 23); and Gerson Park Boys Club at 2020 McGuire from noon to 3PM on Thursday (October 24).

A free immunization clinic is also scheduled for Thursday from 10 AM to noon and from 1 to 2 PM at the Searchlight School for children and young people from two months to 21 years old.

Call the Health Department for further information.

FREE FOOD

FREE FOOD for pregnant women, nursing mothers and children under four with medicaid cards under WIC Program. Foods include eggs, milk, cheese, cereal, formula and fruit juices.

Come to Operation Life - 400 West Jackson Street - 648-0012 between 10:00 AM - 4:00 PM Monday through Friday. Please bring Medicaid cards, proof of children's age and proof of pregnancy.

Fair And Impartial



Kaufman
District Court Judge Dept. 4