



Winning Game Dishes

MONITOR MUNCHINGS

Game properly prepared is a delightful change from the poultry and meat we usually eat. Don't forego the pleasure of trying something new simply because you've never cooked game before.

If you're lucky, you have a friend who hunts and will share his or her bounty with you. If not, don't fret, you can buy fresh or frozen game at your butcher, by mail order or even from your favorite supermarket.

In the bird category, quail, grouse, pheasant, duck, partridge, geese, and wild turkey are most common. Venison, wild boar, and rabbit are available. Such exotic game as wild goat, moose, bear, and squirrel are strictly specialty meats that are seldom available.

The experts tell us there are only two ways to cook game, nothing in between. Cook "birds" very rare so they are tender. Game such as wild boar and venison are cooked long and slowly to tenderize.

Since most game has a strong taste, gutsy seasoning of herbs and spices should be used. Choose onions, cabbage, cauliflower and other "strong" vegetables to accompany game. Foods with a sweet and sour taste such as cranberries also are good with game.

You'll find that a lot of game is drier and tougher than regular meats and poultry. Since there is no extra fat, most game needs to be barded (fat placed over it) or larded (strips of fat pushed into the meat) so meat will not be dried out.

Two birds with a lot of fat, goose and wild duck, are exceptions to this rule.

We thank the makers of *Ocean Spray Cranberries* for creating these recipes and sharing them with our readers.

Wild Duck with Cranberries

(This recipe needs time and advanced planning, but final results are worth the effort.)



Photo Credit: Ocean Spray Cranberries, Inc.

- 2 wild ducks, each about 2 lbs.
- Salt and pepper
- 2 teaspoons butter or margarine
- 1/2 cup water
- 1 cup port
- 1 cup burgundy
- 1 cup water
- 1/2 cup cranberry sauce
- 2 Tablespoons butter or margarine
- 1/2 cup heavy cream
- 1 cup fresh or frozen cranberries

Preheat oven to 375°F. Season the ducks inside and out with salt and pepper. Put ducks on their sides in roasting pan. Rub ducks with butter or margarine and add water. Roast for 35 to 40 minutes, bast-

ing with pan juices every 10 minutes. After ducks are cooked, remove them from roasting pan. Cut off drumsticks, thighs and breast meat. Keep warm. Using a chopper, crush the carcass bones. Return crushed bones to roasting pan. Place pan on top of range and add port, burgundy and water. Bring to a boil; scrape bottom to loosen particles. Boil for 5 minutes. Press through a sieve into a saucepan. Return to heat, add cranberry sauce and heavy cream. Simmer until sauce is slightly thickened. If sauce is too tangy, add a little sugar. In a small saucepan, heat butter and add cranberries. Season with a little salt and pepper and simmer for 7 minutes. Cut breast

meat into thin slices on serving platter and arrange drumsticks, thighs and slices. Spoon cranberries in 4 mounds on platter. Spoon sauce over meat. Serve at once. *(Serves four.)*

Cranberry Glazed Goose

- 1 goose, about 10 to 12 lbs., thawed if frozen
- Salt and pepper
- 2 cloves garlic, crushed
- 2 navel oranges, cut into wedges
- 3 cups fresh or frozen cranberries
- 1 can (6 oz.) frozen concentrated orange juice, undiluted
- 1 cup cream sherry
- 1 cup water

Preheat oven to 350°F. Sprinkle goose inside and out with salt and pepper, rubbing inside and out with garlic. Place goose on a rack in a foil lined roasting pan. Cover pan with foil and roast for 3 hours. Uncover goose the last half hour. In a saucepan, combine remaining ingredients and bring to a boil. Lower heat and simmer for 5 minutes. Press entire mixture through a sieve. Remove goose from oven, drain off excess fat, and brush with half of the glaze. Return to oven and roast 15 minutes. Brush again with remaining glaze and roast another 15 minutes. Remove goose to a platter and keep warm. To make gravy, remove any excess fat and, if desired, add 1/2 cup sherry. Place pan on top of range and bring to a boil, scraping bottom to loosen particles. Pour into a gravy boat and serve with goose. *(Serves 6 to 8.)*

We believe that our readers will want to support those advertisers who support the press of Black America. We are sure, therefore, that when you select the ingredients for this month's recipes, you will want to use:

*Kraft's Parkay margarine
Minute Maid frozen concentrated orange juice
Taylor wines*