

EVERYWOMAN'S
HOUSEHOLD DEPARTMENT
Food and Housekeeping Efficiency
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When It's Open Season For Game

FROM the beginning of September until the close of the year, the restrictions governing the shooting of birds and game are lifted for a period of days or weeks. These four months are Sportsman's Holiday—for although most of the open seasons are short, there is quite a succession of them in the various provinces. First come the birds, and for most of these there is a long season. For deer, caribou, moose, it is much shorter, except in those districts where the supply is very plentiful and the need more defined.

Every household does not, of course, know the regular autumnal cleaning of guns and sorting of ammunition and hunting togs that presage the later feasting on venison, partridge, duck, and so forth. For these less fortunate folks, there is the usual market showing in the butcher's and poulterer's stalls. Deer, rabbits, pheasants, grouse, find places beside the beef and mutton, the chickens, and squabs of the duller portion of the year.

Too bad, indeed, to forego the unusual treat because of timidity regarding treatment and cook-

Small birds roasted and served with potato

straws and garnished with cress



ing. Any good cook-book will have a variety of recipes that are not difficult to follow. A few hints here will be sufficient to cover the more common needs that may arise.

With regard to the keeping of game: Much depends upon the weather, the age of birds, and the tastes of the persons interested. In England, the inclination is toward well-hung game—hung to the point of putrefaction. In this country, there is less general appreciation of a "high" flavour.

Water-birds will bear least keeping, as their flesh is oily and quickly becomes rank. Damp, sticky weather is hardest on all game, whilst in clear, windy weather and a cool, dry place it will keep well. It should be examined every day, particular attention being directed to the flesh around the haunch bone, which is the first to become tainted. To test it, run a small sharp knife-blade into it; if the smell is unpleasant when it is withdrawn, wash the affected parts with warm milk and water, dry well and rub; cover thickly with pepper and ground ginger (if long keeping is desired, it is well to sprinkle venison with the pepper and ginger in the first place—always washing off well before cooking).

Old birds will keep longer than young ones, so the "bag" should be carefully sorted and the younger birds cooked first. Keep game undrawn and in its fur or feathers until used, and always hang it in a current of air. An extra day or two may be gained by preparing and partially cooking it, when it may be kept a little longer on ice, then the cooking be finished.

To select young birds and rabbits look for smoothness in the bird's claws, and a rabbit with a short, stumpy neck and long joints. A young partridge can be distinguished by the sharply-pointed V-shaped long feathers in the wing; an old bird will show a rounded wing-tip, more like the letter U. A tender pinion and small spur are also signs of a young pheasant or other bird, as well as the smooth legs and claws.

The breast of a plump bird should be thick and hard to the touch, and the supple, moist feet are a sign of freshness.

Venison

THERE is perhaps no finer meat than that of the deer, properly hung and well cooked. There is an erroneous impression in some quarters that venison is dry and uninteresting. This, be it known, is usually the fault of the cook. There are ways of cooking venison that will produce a joint tender, juicy and of delicious flavour. The haunch pictured on this page, is the choice roast of venison.

Venison steaks, cut from the upper part of the leg, and chops from the loin, are preferred even to the roasted meat by many people. They, too, must be cooked in a manner that will keep the juices. Cutlets are cut from the best end of the neck.

Those parts not suitable for these uses are used for the old-time famous "Venison pastry," a deep, luscious pie; and for stews. Perhaps only the hunting camp knows what a venison stew may really be—cooked, as it often is, with rabbits, partridge, quail, and whatever else has fallen to the guns—and dressed, of course, with the Hunger Sauce that none but the woodsman knows!

Roast Venison

THE secret of a rich, juicy joint of venison lies in its preparation for the oven.

Coat the meat with bacon dripping or one of the good shortenings, then wrap it in greased paper. Make a paste of coarse flour and water, stiff enough to roll out thin, and enclose the tapered roast in it. Wrap the whole in another heavy brown paper, well greased, and tied, and cook for about four hours in a moderate oven, basting frequently and plentifully (any fresh dripping will do for this, as it does not penetrate to affect the flavour). When cooked, remove the wrappings, baste well with hot butter or bacon dripping until the outside is brown and crisp.

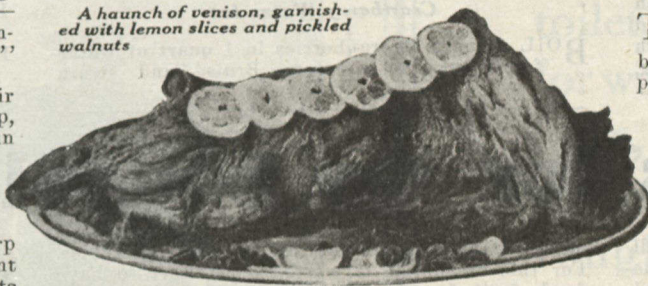
Venison Steaks

A VENISON steak may be either broiled over a clear flame or fried in butter or oleomargarine. It is cut much thinner than beefsteak.

Grilled Steak: Broil the neat little slices of steak over a clear fire until cooked through. Serve very hot, with a sauce made of equal parts melted butter and red-currant jelly.

Fried Venison Steak: Instead of broiling, the steaks may be fried quickly and served with the

A haunch of venison, garnished with lemon slices and pickled walnuts



same sauce, or one of melted red-currant jelly. A more elaborate and very delicious method requires the following:

For 8 small slices of steak, use 2½ tablespoons clarified butter or margarine, 1 cup Veloute or Allemande Sauce (see page 14), ¼ cup white wine vinegar, 1 tablespoon meat extract or 4 bouillon cubes, salt, pepper, a dozen juniper berries.

Crush the juniper berries (which give a very piquant flavour), and simmer them in the vinegar for 10 minutes; then add the meat extract or bouillon cubes, and the sauce. Simmer again for 15 minutes, then strain, season, and stir in a third of the butter. Trim and flatten the steaks or cutlets and fry quickly in the remainder of the butter, which has been heated in another pan. When nicely browned on both sides, arrange on a hot dish, and pour over the strained sauce.

Roast Pheasant

TO 1 pheasant, allow ¼ lb. beefsteak, some crisp fried

bread crumbs, brown gravy, bread sauce (see page 14), salad oil, salt and pepper.

Pluck and draw the bird, cutting off the tail and putting it aside to garnish with later. Leave the head on, but otherwise truss just like a chicken for roasting. Put the beefsteak inside (it is intended to keep the bird moist and improve the flavour, not to be eaten with it; it may be re-cooked again in rissoles or hash). Fasten several strips of fat bacon across the breast, and roast in a moderate oven about three-quarters of an hour. Baste frequently with butter, oleomargarine or bacon dripping. When nearly cooked, remove the bacon strips, sprinkle the breast with

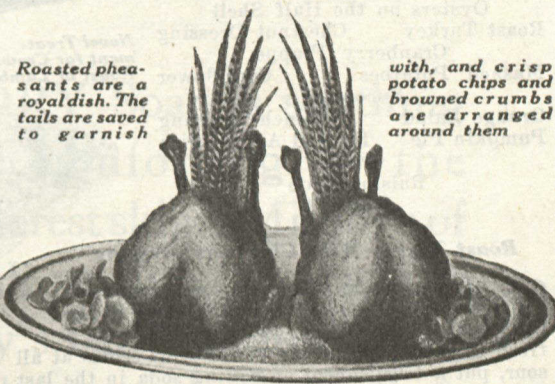
flour, and baste well. This will give a fluffy, nicely-browned appearance to the bird.

Remove the strings, serve on a hot platter, garnish with the tail feathers, stuck in place, and fresh water-cress. Serve brown gravy and fried bread crumbs and bread sauce with roast pheasant.

Roasted Grouse—Partridge

FOR each bird have ready a slice of toast, bacon, butter, good brown gravy, bread sauce, fried bread crumbs.

Pluck, draw and truss them as you would chicken. Tie a thin slice of bacon over the breast of each before putting in to roast. Give them about ½ hour to cook, removing the bacon before they are done, and dredging the breast with flour. Baste well.



Roasted pheasants are a royal dish. The tails are saved to garnish

with, and crisp potato chips and browned crumbs are arranged around them

Toast the bread, and about 10 minutes before the birds are cooked, place in the pan with them. Serve on the toast, with gravy, fried bread crumbs and bread sauce, all separately.

Roasted Wild Duck

THE fishy flavour that is frequently objected to in wild duck may be overcome by putting the bird, neatly trussed for roasting, into a baking-pan with ½ inch of boiling water and a tablespoonful of salt, and basting it frequently with the salt and water while it bakes for 15 minutes. Then remove the duck, dry it, sprinkle with flour, baste with hot butter or other fat, and roast in a moderate oven for about 20 minutes, basting frequently.

Serve with a good game sauce, and a salad of grape-fruit or orange.

Game Pie

TO one pheasant, partridge or other game, allow three-quarters of a pound each of lean veal and fresh pork, a slice of side bacon, ½ teaspoon each cloves and cinnamon, salt and pepper. Have ready a good paste.

Put the veal and pork through the mincer, season highly with salt, pepper and the spices. Cut the game into neat joints and pieces. Put into a baking dish a layer of the minced meat, then a layer of the game and a few slices of bacon. Repeat until the pie-dish is well filled; pour over a half-cup of stock or water, cover with good paste, brush with egg, and bake in a moderate oven from an hour to an hour and a half.

To Broil Small Birds

THERE is no more delicious way to cook snipe, woodcock, grouse, and other small birds than the following: Pluck, singe and draw the bird, split it down the back, rub all over with butter,

sprinkle with salt and paprika, and broil over a clear fire. Serve on buttered toast, with a hot brown gravy or game sauce.

To Roast Small Birds

PLUCK, singe and clean as usual. Leave the head on, but remove the eyes. Twist the head over the shoulder, and thrust the bill into the body. Fasten a thin slice of fat side-bacon over the breast of each bird, and roast for about 15 minutes, basting frequently with hot dripping. Remove the bacon, dredge with flour, baste brown.

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Roasted rabbit with moulds of red currant jelly



Wild duck should be accompanied by a good game sauce, jelly and a salad of orange or grape-fruit

