



IOWA STATE FAIR RECIPES

2011



WILD GAME

Wild game has a flavor all of its own, but it is not 'gamey' tasting if taken care of properly. How you prepare your game from the kill to the table determines how it will taste. Always remember:

- Take care of your game promptly after harvesting. Clean, wash, package and freeze if you are not planning on eating it within a couple of days.
- DON'T smother your game in cream of mushroom soup every time you cook it. Mixed with other vegetables and spices, game has a great taste and can be tenderized and quick fried. Experiment with flavors.
- To tenderize your meat, pound it and marinate it. Let the meat rest and absorb the spices in the marinade before you cook it.
- Carefully cook your meat. You can overcook your game quickly if you are not paying attention. Overcooked game = tough meat with little flavor.

DUTCH OVEN TEMPERATURE/COAL GUIDE

<u>Temperature</u>	<u>Ten-Inch Oven: Twelve-Inch Oven</u>
250-300 (Low)	8 on top / 6 under : 10 on top / 8 under
300-350 (Medium)	10 on top / 7 under : 12 on top / 9 under
350-400 (Hot)	12 on top / 8 under : 14 on top / 10 under
400-450 (Very Hot)	14 on top / 9 under : 16 on top / 12 under

VENISON STUFFED TENDERLOIN

1.5 pounds Venison Loin	1/4 Cup Onion
6 Tbs. Butter, softened	1/4 lb. Bread Dried
1/4 Cup Sausage	1/4 Cup Celery
1 tsp. Dried Herbs	4 Tbs. Beef Broth
3/4 tsp. Pepper	3/4 tsp. Garlic Salt

Cook the sausage, onions and celery. Add the bread and dried herbs and mix completely. Add 3 Tbs. butter and enough beef broth to moisten the stuffing.

Butterfly the tenderloin and lay on a baking sheet. Place the stuffing mixture on the loin and evenly spread. Roll up the loin and tie with butchers string. Place in an oiled baking dish.

Blend the remaining 3 Tbs. butter, pepper and garlic salt and spread on the outside of the loin. Cook 40-50 minutes in a 350 degree oven. Check periodically and baste the loin with the juices and melted butter to keep the crust from drying out.

**You can also add minced garlic and thinly sliced mushrooms to the stuffing. Reduce the amount of dried bread to keep the thickness down for even cooking. Too thick and you can easily overcook the meat on the outside of the loin.

TERIYAKI PHEASANT APPETIZERS

4 Pheasant Breasts	Teriyaki Sauce and Marinade
2 Portobello Mushroom Caps	1/2 lb. Bacon
Olive Oil	

Take pheasants breasts and slice each breast into 4 strips. Place in teriyaki marinade for 20—30 minutes. While the pheasant is marinating, slice the mushrooms into the same number of slices as you have breast pieces and cut the bacon strips in half.

Take a strip of the pheasant and a strip of the mushroom and wrap with bacon. Do this for all pheasant strips in the marinade. Place 1 Tbs. olive oil in the bottom of a heavy frying pan and heat until hot. Turn the temperature down and place the bacon wrapped pheasant strips in the pan and cook until the bacon is done and crisp. For extra teriyaki flavor brush extra teriyaki sauce on the pheasant strips while they are cooking.

Serve as is, or with a blue cheese dressing or ranch dressing.

BARBEQUE RANCH TURKEY ROLLS

3 Cups Flour	1 Tbs. Yeast
1 Tbs. Honey	1/4 Cup Ranch Dressing
1 Tbs. Oil	2 Cups Shredded Barbeque Turkey
1 Cup Warm Water	1/4 Cup Green Onions
1/2 tsp. Garlic Salt	1 1/2 Cup Cheese

Mix the flour, honey, oil, water, yeast and garlic salt until a soft dough forms. Allow the dough to rest 20 minutes. Roll the dough into a rectangle on a baking sheet.

Spread the dough with ranch dressing and top with barbeque chicken, onions and cheese. Roll into a log and cut into 1" slices with a knife or dental floss. Place the slices, cut side down, into the bottom of a greased Dutch oven. Bake at 350 degrees for 20-30 minutes until bread is browned. For cooking with coals place 17 coals on top and 8 on the bottom of a 12-inch Dutch oven.

Recipe from Marks Black Pot Blog

HERB-CRUSTED VENISON MEDALLIONS

1 lb. Venison Loin	1/2 Cup Dijon Mustard
1 Cup Toasted Walnuts	1 Cup Toasted Pecans
1/2 Cup Breadcrumbs	1 tsp. Salt
1 tsp. Cumin	1 tsp. Sugar
1 tsp. Thyme	1/2 tsp. Pepper
3 Tbs. Olive Oil	

Cut the venison loin into small 1/2 inch thick slices. Smother the medallions on both sides with mustard and then dredge into the dry ingredients.

Place oil in the bottom of a frying pan and let get good and hot. Turn the heat down and cook 5-10 minutes on both sides until crust is a nice golden brown.

HERB-CRUSTED DUCK BREASTS

12 Blue-Winged Teal Breasts	3 Tbs. Garlic, Minced
2 Shallots, Minced	2 Tbs. Steak Seasoning
1 Sprig Fresh Rosemary	Olive Oil

Chop the garlic and the shallots until very fine and minced. Add the steak seasoning and the olive oil just enough to make a paste. Coat the duck in the paste and let marinate for at least 30 minutes. If you need to marinate longer than 30 minutes, place in the refrigerator for up to 3 hours.

In a heavy frying pan place about 1 Tbs. olive oil and heat until hot. Place the duck from the marinade mixture into the pan and let sear about 5 minutes per side. Only fry 4 breasts at a time in the pan in order to keep the heat high and the meat cooking fast. Cook until the center of the meat is just pink and then remove from the pan. The heat from frying will keep it cooking awhile on the plate. Over cooking duck can make it very tough or liver tasting.

BACON WRAPPED VENISON ROAST

2 lb. Venison Roast	1 tsp. Rosemary
1 tsp. Salt	1 tsp. Sugar
1/2 tsp. Cinnamon	1/2 tsp. Pepper
1/4 tsp. Ginger	1/4 tsp. Cloves
6 Slices Bacon	1 Cup Red Wine
2 Tbs. Butter	2 Tbs. Breadcrumbs

Combine all spices rub over the roast and let sit for 15 minutes. Wrap the bacon over the roast and skewer to hold it down.

Place the roast in an oiled Dutch oven and add the red wine. Roast for 1 1/2 hours at 350 degrees.

Remove the roast from the pan and let sit 10 minutes before slicing. Add the remaining butter and breadcrumbs to the juices in the Dutch oven and cook until thickened. Pour over sliced roast.

DUTCH OVENS

Dutch oven cooking is a great way to add a little excitement to your camping or home cooking experience. If you are interested in this type of cooking, research the internet or purchase some books specifically on Dutch ovens. Don't get frustrated if you burn something the first time, just try and try again. Once you have that first successful delicious lasagna, you'll be hooked. Here are some things remember.

- If you purchase an unseasoned oven/fry pan, wash with soap and water and then season it well. It will get better seasoning the more it is used.
- Always remember to wipe down the oven and remove all moisture. Coat lightly with a layer of oil (no natural lards). Place a piece of paper towel between the lid and oven. This will keep air flowing through and the oven from rusting.
- If something is burned on/stuck clean it until it is removed, look to see if you need to re-season and try again!

BEER BREAD

3 Cups Whole Wheat Flour	1 1/2 Cup Flour
1/2 Cup White Cornmeal	1/2 cup Bran
5 1/2 tsp. Baking Powder	1 1/2 tsp. Baking Soda
1/2 tsp. Sugar	12 oz. Bottle Dark Beer
1/2 Cup Warm Water	1/3 Cup Oil

Add beer and water to the dry ingredients. Stir in the 1/3 cup vegetable oil and mix completely.

Pour the batter into a well oiled Dutch oven and bake at 350 degrees for 30-40 minutes. For cooking with coals place 17 coals on top and 8 on the bottom of a 12-inch Dutch oven.

Recipe from Dutch Oven University www.dutchovenuniversity.com/cookbook.php

BAKED CHICKEN & GARLIC POTATOES

1 Small Roasting Chicken	6-7 Small Potatoes
Dry Rub Spices	1 Small Onion
1Tbs. Minced Garlic	1/2 Pint of Heavy Cream

Take the roasting chicken and cut the backbone and the thigh legs out as to splay the bird rinse with water and then pat dry. Loosen the skin around the meat and rub spices underneath the skin directly onto the meat. Dice the onion and add that under the skin directly onto the meat as well. Rub the skin with Olive Oil and sprinkle with additional spices. Place in the bottom of the Dutch oven.

Cut the small potatoes into thick slices. Place them in the bottom of the Dutch oven with the chicken. Add the garlic and the cream and place the lid on the Dutch oven. Cook at 350 degrees for 1 hour. For cooking with coals place 17 coals on the top and 8 on the bottom of a 12-inch Dutch Oven.

TRIPLE FUDGE BROWNIES

1 Pkg. Chocolate Pudding	1 Box Chocolate Cake Mix
2 Cups Semi-Sweet Chocolate Chips	Confectioners Sugar for Dusting

Mix the chocolate pudding as per the instructions on the box. Add the box of cake mix to the bowl of pudding and then stir in the chocolate chips. Pour into a greased Dutch oven and bake at 350 degrees for 30-35 minutes. For cooking with coals, place 17 coals on the top and 8 on the bottom.

Recipe from Dutch Oven University www.dutchovenuniversity.com/cookbook.php