Sustainable Recipes for the Fall Hunting Season

**Hearty Venison Lasagna**

- 2 lbs. ground venison
- 16 oz. ricotta cheese
- 2 cups cooked spinach or kale
- ½ chopped onion
- 16 oz chopped mushrooms
- 1 package lasagna noodles
- 16 oz. shredded mozzarella cheese
- 1 egg
- 2 tbsp chopped garlic
- 1 chopped zucchini
- 1 chopped onion
- 1 jar pasta sauce
- Salt and pepper to taste

Preheat oven to 350 degrees Fahrenheit. Cook the noodles according to the directions and set aside. Brown the venison (seasoned with salt/pepper), garlic, and onions in 2 tbsp. olive oil. Add the zucchini and mushrooms and cook an additional 8 minutes. Add the jar of sauce and heat through. Remove from heat and set aside. In a bowl, combine the ricotta cheese, egg, and salt/pepper. Add the chopped/cooked spinach and mix thoroughly. Layer lasagna noodles along the bottom of a 9” x 13” pan. Layer ¼ of the venison mixture, then ¼ of the ricotta mixture, then ½ of the mozzarella. Repeat the layering ¼ of the ingredients at a time. Cover with aluminum foil and bake at 350 degrees for 1 hour, until bubbly. Remove the foil for the last 15 minutes of cooking.

Recipe Compliments of: Ellen Bidell, Former New York State Conservationist Writer

**Cranberry Barbeque Slow Cooker Venison Meatballs**

**Ingredients for the meatballs:**

- 1 lb. ground venison
- ½ cup breadcrumbs
- ¼ cup diced onion
- 1 tsp. oregano
- ½ cup Parmesan or Romano

- ½ cup milk
- ½ tsp. chopped garlic
- 1 egg
- Salt and pepper to taste

**Ingredients for the sauce:**

- 14 oz whole cranberry sauce
- ⅛ cup light brown sugar

- 1 ½ cups spicy barbeque sauce
- 1 cup water
Sauté the onions, garlic, and oregano. Mix with all the ingredients for the meatballs and roll into the size you want. You can brown them on the stove first, but a slow cooker works too when rushed for time.

Add the ingredients for the sauce and cook on low 4-6 hours.

Recipe Compliments of: Ellen Bidell, Former New York State Conservationist Writer

### Venison Meatballs

2 ½ c. grated, raw potatoes (drain well)  
½ tsp. ground black pepper  
2 lb. coarsely-ground venison  
1 qt. beef stock  
½ c. grated onion  
¾ c. flour  
2 T. lemon juice  
Celery salt  
Egg noodles

Blend first 5 ingredients well. Form into balls, roll in flour. Poach in 1 quart of beef stock for 30 minutes. Drain, and keep warm. Make sauce by blending flour into melted butter in saucepan; add stock until thickened to desired thickness. Season well with celery salt and serve over buttered noodles. Serves 6.

Recipe Compliments of: Allan F. Nautel, Econ Office – Region 5

### Sausage Soup

1 lb. venison sausage, fresh link sausages, or smoked sausage  
1 (16 oz.) can stewed tomatoes  
1 (16 oz.) can white pinto beans  
1 c. tomato or vegetable cocktail juice  
2 tsp. parsley  
1 c. chopped celery  
1 carrot, diced  
1 onion, chopped  
½ green pepper, chopped

Brown meat in soup kettle or Dutch oven. Pierce sausages to allow juices to escape. When meat is browned, remove from pan and allow to cool. Add celery, carrot, onion, and pepper to pan. Add oil to moisten, if pan is dry. Sauté, and add remaining ingredients. Slice sausage and add to mixture. Simmer for 1 hour. Season to taste. Serves 4 to 6.

Recipe Compliments of: Mrs. Geraldine Berrios, NYC Housing Police
**Venison Stroganoff**

2 T. cooking oil  
2/3 c. chopped onion  
1 clove garlic, chopped  
2 lb. venison, cut in 1” cubes  
2 T. butter  
8 oz. sliced, fresh mushrooms  

1 ½ c. sour cream  
2 (8 oz.) cans tomato sauce  
1 tsp. salt  
¾ tsp. fresh, ground pepper  
2 T. flour  
2 T. water  

Heat cooking oil in large, heavy frying pan, over medium heat. Add onion and garlic and cook until onion is yellow. Add venison and cook until browned. In another skillet, melt butter over medium-high heat. Add mushrooms and cook until they have absorbed the butter and just start to give it up. Add to venison. Stir in all other ingredients, except flour and water. Reduce heat to low and cook 2 hours. Stir together flour and water. Stir into venison and let cook 10 minutes, or until sauce is thickened.

Recipe Compliments of: Louise Hayes

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**Venison Jerky**

1 lb. lean venison flank or roast  
1 c. soy sauce  
1 c. water  
2 T. Worcestershire sauce  

3 cloves garlic, crushed  
1 tsp. onion powder  
2 T. brown sugar  
½ tsp. black pepper  
½ tsp. red pepper powder

Cut venison into thin strips (1/4 x 3 to 4-inches). Soak overnight in mixture of remaining ingredients. Lay strips on rack over cookie sheet. Set over temperature at lowest setting, usually 125 degrees Fahrenheit. Leave meat until dry, 8 to 12 hours.

If you want some of this for an outdoor snack, you will have to hide it. The smell of jerky drying will insure it will disappear almost immediately when it is done.

Recipe Compliments of: Les Wilson, Encon Captain – Region 5
Roast Wild Turkey

1 wild turkey
4 T. softened butter or margarine
½ lb. bacon, slicked thick

Dress turkey and stuff with stuffing of your choice. Loosen skin from breast and place bacon on the breast under the skin. Tie or skewer legs and skin and then brush the breast with softened butter. Roast in oven, uncovered at 350 degrees Fahrenheit, until done. (Usually about 30 to 40 minutes per pound.) If you prefer your legs and wings moist you may cut them off and place them in the bottom of the roasting pan with a small amount of liquid.

Recipe Compliments of: David Wilson

Granny’s Leftover Turkey Casserole

1 bag frozen broccoli
1 or 2 lb. turkey leftovers
1 jar liquid cheese sauce
½ lb. sharp Cheddar cheese
2 T. Worcestershire sauce
salt & pepper to taste

Cook broccoli until almost done. Place in bottom of baking dish. Cover with slices or pieces of smoked turkey. Make a light cream sauce with the remaining ingredients. Pour sauce over turkey and broccoli. Bake in 300-degree oven until heated through.

This is a great leftover-turkey recipe.

Recipe Compliments of: Carol Drury, Econ Lt. – Region 2

Wild Turkey Salad

Ingredients:

Wild turkey breast
½ cup chopped onion
1 tsp. chopped garlic
Salt and pepper to taste
½ cup dried cranberries
2/3 cup Greek yogurt
1 carrot
1 cup chopped celery
1 cup white wine
2 ½ cups cooked wild rice
½ cup cashews
2 tbsp. Lemon juice
Place the turkey breast and the next six ingredients in a slow cooker and cook on low for 6 to 8 hours, or until turkey is tender. Let the turkey cool and chop it into bite size chunks. Mix thoroughly with the remaining ingredients.

Recipe Compliments of: Ellen Bidell, Former New York State Conservationist Writer

**Moroccan Rabbit**

**Ingredients:**

- 1 rabbit, quartered
- 1 onion, quartered
- 1 red pepper, chopped
- 1 cup dried apricots, cut in half
- ½ cup prunes, cut in half
- ½ cup almonds
- 3 cups chicken stock
- 3 tbsp. tomato paste
- Olive oil

**Ingredients for Moroccan Spice Rub:**

- 2 tsp. ginger
- ½ tsp. black pepper
- 2 tsp. turmeric
- ½ tsp. garlic powder
- 1 tsp. cinnamon

Rub the rabbit with some of the spice mixture. Sauté onion and peppers in olive oil in a large Dutch oven. Add the remaining spices and cook for 1 min. Brown the rabbit on all sides and add the remaining ingredients. Bring to a boil, then simmer for around 1 hour.

These recipes were graciously provided by an edition of the New York Conservation Officer’s Association Cookbook and a previous edition of New York State DEC’s Conservationist magazine. Thank you to all who contributed.