

Easy Gourmet Class

Recipes Contributed by Bradley Carleton

Baked Bass in a Cream Sherry Caper Sauce w/ Beet Greens

Ingredients:

4	bass fillets	1	cup light cream
	lemon pepper seasoning	1	bunch of beet greens (or kale)
2	cups vegetable stock (bouillon or powdered OK)	4	Roma tomatoes, diced
½	cup of mushrooms (fancier the better)		Parsley
3	Tbsp capers	½	cup cooking sherry

Instructions:

1. Fillet bass and remove all bones.
2. Rub lemon pepper seasoning on fillet, set aside.
3. Over med-high heat - bring 2 cups of vegetable stock to a light boil in large sauce pan.
4. Add ½ cup sherry cooking wine.
5. Add mushrooms lightly boil for about 6 min or until mushrooms are soft.
6. Add 3 Tbsp capers.
7. Reduce by half over med-high heat.
8. Reduce heat to medium.
9. Gradually stir in 1 cup light cream – whisking constantly until very light brown color.
10. Add fillets and cover, poaching for app. 8 min. depending on thickness.
11. Plate fish, pouring sauce over fillets.
12. Add steamed beet greens.
13. Garnish with diced Roma tomatoes and parsley

Goose Leg Pâté

Ingredients:

2	lbs cubed legs and thighs of Canada or Snow geese	4	4 stalks celery, diced
½	lb of pork fat	½	cup cooking sherry
8	cloves of garlic, diced		Juniper berries
4	large onions, diced	8	pkgs of Knox gelatin
		1	cup Jack Daniels

Instructions:

1. Grind all meat and pork fat in grinder into hamburger consistency.
2. Put in large mixing bowl.
3. Add garlic, onions, celery, juniper berries and sherry.
4. Mix well by hand (this is really just fancy meatloaf - but call it pâté).
5. Pack into mini-loaf tins ½ full.
6. Place in water bath and cover with foil.
7. Bake at 350° for 45 minutes.
8. Set aside to cool – adding weight if available to compress loaf.
9. Mix 2 pkgs of gelatin with 4 cups water.
10. Add ¼ cup Jack Daniels.
11. Bring to boil whisking constantly.
12. Check consistency by using spoon and cold cookie sheet to check for “sheeting”.
13. Pour gelatin mixture over loaves and set in refrigerator.
14. Remove when gelatin is solid and covering meat.
15. Serve on water crackers with Dijon mustard and cheddar cheese.

Kick-Ass Venison Chili

Ingredients:

2	lbs cubed venison roast	4	lrg cans of tomato sauce
	chili powder	2	lrg cans of whole tomatoes
4	dried chili peppers- diced	½	cup Jack Daniels
4	lrg onions, 3 rough cut, 1 finely diced	1	small can tomato paste
3	lrg green peppers, rough cut		balsamic vinegar, olive oil,
4	jalapenos, 3 seeded and cut in rings, 1 finely diced		butter, bay leaves

Instructions:

1. Coat large shallow pan w/ olive oil and melt butter on med-high heat.
2. Brown venison cubes.
3. Add ¼ cup Jack Daniels and deglaze pan.
4. Remove venison and set aside with juices.
5. Sauté finely diced onions in oil in deep pan over medium heat.
6. Add 2 diced chili peppers, 1 Tbsp chili powder and 1 sm can tomato paste.
7. Stir mixture (this is your base for chili).
8. Add 1 Tbsp Jack Daniels and 1 jalapeno, diced.
9. Cook mixture for 3 min over medium heat stirring frequently.
10. Add tomatoes and sauce.
11. Add rough cut onions and green peppers.
12. Reduce heat to medium low and bring to light boil.
13. Add remaining 2 diced chili peppers.
14. Add remaining 3 jalapenos cut into rings.
15. Add venison and juices.
16. Add 3 bay leaves.
17. Cook over low heat for 3 hours.
18. Add 2 Tbsp balsamic vinegar and mix into chili.
19. Serve with sour cream and cilantro garnish in bowl

Easy-Peasy BBQ Venison Ribs

Made on smoker or grill that can accept wood chips and run very low for 7 hrs.

Ingredients:

Deer or moose ribs cut into sides that can fit into smoker
Stubbs BBQ rub, Creole rub, Sweet Baby Ray's BBQ sauce
Hickory chips
Dark beer (Otter Creek Stovepipe Porter is terrific!)

2	Chili peppers, rough cut
2	cloves garlic, halved
1	med onion, quartered
	Whole black peppercorns

Instructions:

1. Rub ribs with Stubbs and Creole seasonings.
2. Fill water bowl w/ 2 bottles dark beer.
3. Add 2 rough cut chili peppers. 2 cloves garlic, rough cut, 1 med onion, quartered and 1 tbsp whole black peppercorns.
4. Place over hickory chips.
5. Slow cook at 220-240°F for 6 ½ hrs, adding chips every hour.
6. Baste both sides with Sweet Baby Rays BBQ sauce.
7. Smoke ribs another ½ hr with BBQ sauce

Roast Partridge

Ingredients:

4	partridge (“ruffed grouse”), de-boned		Apple or Cob-smoked bacon
½	cup flour		Small travel bottle of Chardonnay or Sauvignon Blanc
1	tsp fennel seed		Dash of thyme
½	head red cabbage, rough cut		Lemon or lemon juice
	Juniper berries	2	Tbsp butter
			Roll of tin foil

Instructions:

1. Dredge partridge in flour and brown on grill over open fire – DO NOT OVERCOOK – meat should remain pink.
2. Create tin foil packet using several layers of foil.
3. Lay bed of cabbage on foil.
4. Sprinkle fennel over cabbage.
5. Add 2tbs butter.
6. Add 1tb juniper berries.
7. Add small bottle of chardonnay (appr. 2 oz).
8. Lay browned partridge on bed of cabbage.
9. Sprinkle ½ tsp thyme on top.
10. Close up foil packet.
11. Place on hot coals – Be sure to have a means of removing from hot coals when done (spatula or fireplace gloves grabbing edge of foil)
12. Cook for 20 min, then pull off coals and open to reduce heat before serving

Brook Trout Amandine in Burdock Leaves

Ingredients:

4 - 6 brook trout	Thyme
Butter	Sliced almonds
Lemon, sliced thin	2-3 Large Burdock leaves

Instructions:

1. Soak burdock leaves in water for 15 minutes.
2. In saucepan, brown slivered almonds in butter, set aside.
3. In wet leaves smear 2tbs butter on center of 1st leaf.
4. Lay fish on buttered leaf.
5. Lay several pats of butter (2tbsp) on top of fish and sprinkle thyme with thyme.
6. Spread browned almonds on top and close leaf.
7. Wrap remaining wet leaves around 1st leaf.
8. Lay on hot coals (no direct fire).
9. Cook for 8 minutes, then flip over using gloves or spatula – be careful not to let leaves unravel.
10. Cook another 8 minutes.
11. Remove, plate and discard leaves.

Venison jalapeno shish kabob

Ingredients:

1	1lb venison tenderloin, cut into large cubes (ice cube size)	Thick sliced bacon, cut in 6" strips
1	8oz package of blue cheese	Skewers
4	jalapenos, seeded & sliced in rings	

Instructions:

1. Place slice blue cheese on cubed tenderloin.
2. Lay sliced jalapeno on top.
3. Wrap in 6" slice of bacon and skewer wrapped cubes.
4. Hold over med-high heat (red coals) being careful not to set the bacon on fire with the grease drippings.
5. When bacon is still soft but browned, pull off skewer and serve.
6. Do not burn bacon – this means venison will be overdone.
7. Plate and serve as appetizer.

Caramel Apple Crisp

Serves: 8

Courtesy of Ruth Holloran

Ingredients:

	Filling		Topping
4-5	large granny smith apples; peeled, cored and sliced	1	cups brown sugar
2	Tbsp lemon juice (1 lemon)	1	cups flour
1/3	cup sugar	1/2	cup instant oatmeal
3T	cup flour	1/4	cup chopped walnuts
1	tsp ground cinnamon	1/2	cup butter (1 stick); melted
1/2	tsp ground nutmeg		
a	pinch ground cloves		
1/2	tsp salt		
1/2	(12 oz.) jar caramel sauce		

Instructions:

In a buttered pan add apples and lemon juice; stir to coat apples. In a separate dish combine sugar, flour, cinnamon, nutmeg, cloves and salt; stir to mix. Pour dry ingredients over apples and stir until apples are well coated. Spread out apples and pour caramel sauce over the top.

In a medium bowl combine brown sugar, flour, oatmeal, and walnuts; stir to mix. Using a fork mix in melted butter to form coarse crumbs. Spread topping evenly over apples.

Place dish on a trivet in a 12" Dutch oven and bake using 10-12 briquettes bottom and 16-18 briquettes top for 60 minutes (350 degree oven).

Google "Byron's Dutch Oven Recipes"

Rosemary Garlic Rolls

Yield: 13 rolls

Ingredients:

2 cups whole wheat flour	1 2/3 cups warm water; 120° F
2 Tbsp fresh rosemary; finely chopped	2 Tbsp honey
2 cloves garlic, minced	2 Tbsp olive oil
1 Tbsp active dry yeast	2-3 cups white bread flour
2 tsp salt	cornmeal

Instructions:

In a mixing bowl add whole wheat flour, rosemary, yeast and garlic. Stir to mix. Add warm water, honey, and olive oil; mix well. Stir in white bread flour 1 cup at a time until a soft dough is formed.

Turn dough onto a floured surface and knead for 5-7 minutes, adding flour as necessary, until dough is smooth and elastic. Set dough in a lightly oiled (with oil, butter or PAM) bowl then turn dough over so the top has a light coating of oil. Cover bowl with plastic wrap or a towel and set in a warm place free from drafts to rise until doubled, about 1 hour.

Lightly grease the edges of a 12" Dutch oven, then dust bottom of Dutch oven with cornmeal.

Place raised dough on a lightly floured board and punch down. Cut dough into 13 pieces. Form pieces into balls and place them in prepared (cool) Dutch oven, 8 around the outside edge, 4 in an inner circle, and 1 in the center. Place lid on Dutch oven and let raise for 30 minutes.

Bake using 10-12 briquettes bottom and 18-20 briquettes top for 20-25 minutes until rolls are golden brown. To ensure even browning make sure to rotate the oven and lid in opposite directions every 5-10 minutes.

Materials:

Cold Dutch oven	Knife
Big bowl	Plastic wrap
4 c measure	Butter/oil
Wooden spoon	Fire: bed of embers
Cutting board	Shovel
	spatula

Bean Hole Beans

Yield: Serves 6 to 8. (!)

2	lbs of yellow eye beans	1	large onion, cut in half
	Mix:	1	lb salt pork (sliced)
1	tsp dry mustard or prepared mustard		boiling water, enough to cover
½	cup molasses		
½ - 1	tsp salt		
½	cup water		

1. Soak 2 pounds of yellow-eye beans overnight.
2. Parboil beans until the skin peels away by blowing on a few beans in a spoon.
3. Add the mix to the beans and stir slightly.
4. Slice 1 pound salt pork into sections.
5. Cut each section partly through in a criss-cross pattern and place pieces on top of the beans.
6. Note: Make sure the beans are completely covered with hot water before putting in ground.
7. Cover the beans and set to one side.
8. The beans need to go into the ground hot.
9. The bean hole should be dug into the ground and be half again as large as your Dutch oven or any other tightly lidded pot, and at least 2' deep.
10. Using seasoned hard wood, accumulate live coals until hole is 3/4 full.
11. Shovel out the coals leaving about 3 inches of live coals in the bottom of the hole.
12. Set the bean pot in the hole on top of the 3 inch bed of coals.
13. Shovel the rest of the coals around and on top of the pot.
14. Cover with dirt and check for escaping steam and making sure none is leaking out. If steam is leaking out, cover area with more dirt.
15. Leave in the ground for 8 hours or overnight.

<http://www.kitchenlink.com/mf/17/857>

Charley Bread - 10" Camp Dutch Oven

Ingredients:

1	cup cornmeal	1	tsp salt
1	cup flour	½	cup oil
1	Tbsp Baking powder	1	(8-oz) can creamed corn
2	Tnsp sugar	2	eggs
		1	cup sour cream

Instructions:

1. Combine all ingredients and mix well.
2. Pour into a well-greased 10 inch Dutch Oven.
3. Bake with 6 coals under and 15 on top for about 20 minutes.
4. Serve with honey butter.

From Camp Dutch Oven Cooking 101; from Backyard to Backwoods
Lodge Press (this is the booklet that comes free with a purchases of a Lodge Dutch Oven.)

Chicken in a Pot

Adapted from The Magic of Fire by William Rubel

Materials:

- large bean pot or small Dutch Oven
- cutting board
- knife
- “steady mature fire with gentle to moderate flames”

Ingredients:

3	lbs boneless chicken, white or dark, cut bite-size	2	bay leaves
6	med potatoes, quartered		Fresh thyme sprigs
2	onions, quartered	1 ½	tsp salt
8	garlic cloves, crushed		Freshly ground pepper
3-4	fresh tomatoes		water
			white wine

Instructions:

In a ceramic pot –

1. Layer the bottom with half the potatoes, onions, garlic, tomatoes.
2. Add the herbs.
3. Add the chicken.
4. Repeat vegetable layers on top of the chicken
5. Sprinkle with salt, fresh pepper.
6. Add water and wine together, to cover.
7. Cover with lid.
8. Place the pot 8-10 inches from the fire.
9. Pile embers at the base of the pot if you think it needs more heat.
10. Simmer 1 ½ hours. Rotate ¼ turn roughly every 15 minutes.

Open Fire Barbecue Salmon

Ingredients:

2 salmon fillets, de-boned and de-ribbed
1 large bottle of barbecue sauce

Instructions:

1. Cut fillets into 8 oz strips.
2. On tin foil, lather strips in BBQ sauce.
3. Place strips in tin foil (or large burdock leaves soaked in water).
4. Roll up tin foil (or large burdock leaves soaked in water).
5. Place on red coals.
6. Bake for 8-10 minutes

Pheasant w/ Mushrooms and Capers in Cream Sherry Sauce

Ingredients:

2	pheasant breasts, halved	1	cup sherry
2	vegetable bouillon	2	cups light cream
2	cups fresh mushrooms – fancier the better, wild is best	1	stick butter
3	Tbsp capers	1 ½	cup flour

Instructions:

1. Prepare 1 cup bouillon in large sauce pan.
2. Add ½ stick butter and mushrooms.
3. Cook until chewy and set aside.
4. Dredge pheasant breasts in light flour.
5. In separate pan, sauté pheasant breasts with butter, salt and pepper.
6. Remove breasts from pan and deglaze pan with ½ cup sherry.
7. Add roux to other pan.
8. In first pan, stir in two cups of light cream over medium low heat.
9. Add remaining ½ stick butter.
10. Melt butter and GENTLY boil cream.
11. Add remaining ½ cup sherry and capers.
12. Add breasts and bake for 10 minutes at 350 degrees.
13. Serve over bed of fresh greens

Poached Salmon w/ Leeks

2	salmon fillets	8	sprigs thyme
1	stick unsalted butter	2	lrg domestic leeks or 20 wild leeks
1	bottle chardonnay	1	lemon, sliced thin
1	sprigs rosemary		

Instructions:

1. In large pan place 2 cups water, 1 cup chardonnay.
2. Cut butter into ½ tbsp pads.
3. Place leeks on butter pads.
4. Poach leeks until tender (6-8 minutes).
5. Add salmon fillets, placing skin down.
6. Rub rosemary and thyme on fillet meat.
7. Place lemon slices on meat.
8. Cover and poach for 6-8 minutes or until flesh is no longer opaque in center.
9. Place on bed of rice w/ lemon slices as garnish

Teriyaki Bear

Ingredients:

- 1 lb bear roast
- 2 cups teriyaki sauce (Yoshida's Gourmet Sauce is best)

Instructions:

1. Marinate bear roast in teriyaki for 3 days.
2. Roast S-L-O-W-L-Y at 250 degrees for 4 hours.
3. Do Not Add spice or herbs.
4. Salt and Pepper as desired.

Optional sauce - Cranberry craisin walnut chutney:

2	cups cranberry juice	½	cup walnuts
2	sliced green peppers	1	cup currant jelly
½	cup craisins (dried cranberries)	1	Tbsp cider vinegar

1. Roast chopped walnuts.
2. In saucepan, add cranberry juice.
3. Sauté w/ craisins until plump.
4. Add 1 Tbsp cider vinegar and walnuts.
5. Reduce.
6. Add currant jelly.

Venison Loin Cubes w/ Jalapenos and Bacon

Ingredients:

	Venison Loin	4	jalapenos
1	lb bacon		Blue cheese

Instructions:

1. Cut loin into medallions about 3/4 – 1" thick, then cube.
2. Slice jalapenos in ¼" thick.
3. Place 1 tsp. blue cheese on top of venison.
4. Wrap with 1 slice of bacon.
5. Place toothpick through center.
6. Place on grill or broiler on high heat for 1 minute.
7. Turn over and repeat.

Venison Tenderloin w/ Plum Pepper Sauce

Ingredients:

32	oz. venison loin or tenderloin (serves 4)		Cracked peppercorns - substitute coarse ground pepper
2	cups beef stock - substitute 2 bouillon cubes if necessary		Avocado, peanut, sunflower oil or any oil w/ smoke point of 450 degrees
8	oz. damson plum preserves	8	Tbsp unsalted butter
½	cup claret - substitute 1 cup cabernet sauvignon reduced to ½ cup		Salt

Instructions:

1. Reduce stock to half over medium high heat.
2. Add plum preserves.
3. Reduce heat to medium and cook for 4 minutes.
4. Add 2 Tbsp cracked peppercorns - substitute 1 Tbsp coarse ground pepper.
5. Cook for 4-6 minutes, stirring occasionally.
6. Remove from heat and set aside.
7. Slice tenderloin cross grain 1/2" thick and salt & pepper both sides.
8. In large skillet coat bottom with oil and increase heat to high.
9. Add 4 Tbsp butter in 4 slices.
10. When butter is melted quickly transfer 16 oz. (1/2 of total) venison.
11. Sear venison over high heat.
12. When edges are slightly brown (roughly 1 minute), flip over and sear opposite side. Meat should be kept rare (red in center - pink or brown will taste like liver).
13. Remove and set aside
14. Deglaze pan with claret or reduced cabernet.
15. Drain pan drippings into sauce.
16. Add more oil and remaining butter (4 slices).
17. Return pan to high heat.
18. Repeat searing and deglazing, adding deglaze' to sauce.
19. Reheat sauce on low, stirring in drippings.
20. Ladle sauce over medallions and serve immediately.
