

Bird Brain Stew

Ingredients

- Crow brain 1
- Mushrooms 1 cup
- Green tea leaves 5
- Pepper a pinch
- Corn 2 cobs

Directions

Mush up brains add pepper chop up corn.

Mix in tea.

Add pepper.

Put in mushrooms and cook for 1 hour at 30 degrees celsius.

Note: It sounds gross but is yummy!

Dove Delight Ingredients

- 4 dove breast per person
- jalepeno peppers
- bacon
- milk

Directions

soak the dove breast over night in milk - cut jalepeno peppers in half longways -
put a pepper half inside of a breast - wrap with a slice of bacon

Note: fire up the grill - cook until bacon is done -

Creature Recipes

Fish

Cut a gash in the underside of the fish from the anal opening to the head. Cut the throat where attached and remove and bury all the entrails. Rinse fish to get rid of any blood clots. Wipe inside with a clean cloth. Cook approximately 10 minutes per inch measured at the thickest part. Firm flesh fish can be grilled but soft flesh fish should be baked or fried. If fried, skin and bone the fish first.

Trout

Rub the outside with fat or oil. Salt and pepper the inside to taste. Grill 4 to 6 inches over hot coals for 10 to 12 minutes turning carefully 3 or 4 times with a spatula. The fish will darken and blister in spots but it will stay moist on the inside.

Fried Fish

Cut large fish into 1 inch slices or fillets. Dip in water and then coat in flour. Add salt and pepper. Place in hot frying pan containing 1/8 inch melted fat, oil, or shortening. Brown one side, then turn and brown the other side, allowing 4 to 6 minutes cooking time per side depending on thickness of fish.

Frogs

Cut off and keep only the hind legs. Wash in cold water. Turn skin down and strip off skin like a glove. Boil and eat the legs. (Or cover the legs with boiling water and then drain quickly. Shake legs in flour, salt, and pepper in a plastic baggie. Let stand 15 minutes. Fry in hot oil for 3 minutes until brown.) (The leg glands of some frogs cause diarrhea.)

Turtles

Boil until the shell comes off. The meat is then cut up and used to make a soup using any edible plants available. (Note: Older turtles have tougher meat and they should be boiled longer to tenderize the meat for eating.)

Crayfish

Drop live crayfish into boiling water as soon as possible after catching. They spoil very quickly.

Garden Snails

Look for snails after a rain. Rinse and cook them in hot water until they leave their shells. Put them in cold water, extract the meat, and cut into tiny pieces. Heat some oil, add a tsp. of onion powder and a little salt and pepper. Add 2 tsp. of water, a tsp. of vinegar, a tsp. of flour, and a tbsp. ketchup (if available). Simmer for 5 minutes. Add snail meat and simmer 20 minutes over low heat. Can be served with white rice.

Snakes

Very few snakes are poisonous but all snakes should be treated with respect. A head shot with a 22-bullet or snake-shot is usually adequate. Or hit the snake on the head with a rock or a 6-foot pole to stun and kill it. Cautiously cut off and bury the head of all snakes. If the poison of a dead snake gets into a cut or scrape it can make you sick. Cut the belly of the snake from where its head was towards its tail. Use your finger to strip out the entrails as a single piece. Strip off the outer skin by pulling from the top towards the tail. Wash the remaining meat in clean water. Snake may be broiled or grilled whole (or diced and boiled). Or cut into 3" pieces, dip in milk or water, roll in flour and/or corn meal, add salt and pepper, and deep fry in hot oil.

Bugs (Emergency Survival Situation ONLY)

The following bugs are edible: ants, grubs, slugs, and earthworms. They may be eaten raw (but not alive) or cooked. Nobody I know likes them raw, so the best solution is to dice them into small pieces and cook them in a soup with some other type of wild food. Grasshoppers can also be eaten if you first remove the legs. The legs contain tiny barbs that can get caught in your throat. Don't eat grasshoppers raw because they occasionally contain tiny parasites (which will be killed if you boil the grasshoppers in water). NEVER eat flies, ticks, mosquitoes, centipedes, or spiders.

Wild Turkey Stew w/squash blossom dumplings

Ingredients

- 1 skinned, cut up wild turkey, may be about 5 to 9 lbs. fresh or frozen..but thaw the frozen one.
- 1 teas. salt
- 1 large onion,chunked 2 cups of flour for 1/4 cup oil : coating the cut up turkey.
- 1 quart torn squash blossoms.
- 1cup dried apples 2 quarts of water
- combine all and let sit covered in fridge till you broth is ready.
- 1 1/2 quarts apple cider
- 1 cup dried unsweetened cranberries
- salt and pepper
- dumplings:
- 3 eggs beatten w/ 1 cup water

Directions

cook the back, neck, and heart in the water about an hour simmering.

salt and pepper the turkey pieces and coat w/flour, set a side.

in a ``large`` cast iron skillet or dutch oven, fry the bacon in the oil till crisp, take out the bacon and save.

add the turkey pieces to the pot and brown all over.

w/all the turkey in the pot, add the onion, the dried apples,and cranberries.

pour in the apple cider and cover. place in 400 degree oven for 20 mins. then turn down to 350 and bake about 1 1/2 hours more.

take out of the oven and leave covered till your dumplings are cooked.

take the bones and heart out of the broth, cut up heart and save to add to the stew. add enough water to the broth to make 2 quarts.

bring the broth up to a good boil. and add teaspoons of the dumpling recipe to the broth

take them out of the broth after they cook about 3 mins. and set them aside in a bowl.

make all the dumplings at once by spreading out a piece of floured muslin,and drop the spoonfuls onto the flour cloth,you can also use an opened clean brown bag floured, then

drop them in the broth by the hand full}when all the dumplings are done. uncover your stew and put your turkey pieces on a large dish.

add enough of the broth to the pot w/the bacon bits and make a nice gravy. to serve, put the dumplings and some turkey on your plate and spoon on the gravy!

Note: if you shot the turkey, watch out for the ``shot`` it is wicked stuff to bite into, i have never been able to ``find`` all the shot when cleaning the turkey.

Baked Canadian Goose

Ingredients

- Canadian Goose Breasted with drumsticks
- Pitted Prunes
- Apples Sliced Thick (Skinned & Cored)
- Orange Juice Crystals
- Currant Jelly
- Meat String

Directions

Pre heat oven to 300F.

Breast and remove drumstick from canadian goose. Wash meat and pat dry. Place one breast breast side down in roaster. Place prunes and apples on top of breast. Place drumsticks on each side of breast(laying in opposite directions)and place other breast on top. Tie all pieces together tightly with meat string(should resemble a small roast). Coat top of roast with a generous amount of currant jelly sprinkle with orange crystals. Place remaining prunes and apple slices in roaster pan and sprinkle with orange crystals. Place in oven and bake for about 2 hours or until done. Frequently baste roast with the juices. When just about finished coat with the remaining orange crystals and cook with lid off to crystalize.

Note: This can be done with any wild birds. You have to try this. I had friends over and made it for supper and they were won over completely.

Stuffed Quail (Guhgwe)

Ingredients

- 1/2 Cup Celery
- 1\2 Cup Butter3
- 1 Cup Of Onions
- 2 Cups Of Chicken Stock
- 1/4 Cup Of Whole Pepper Corns
- 1 Cup Of Sweet Red Peppers
- A Pan Of Corn Bread
- 2 Cups Of White Beans
- 3 Whole Cleaned Quails
- Cups Blackberries
- 1/2 Cup Leeks
- 3 Cups Water
- Tbs. Garlic
- 2 Cups Corn

Directions

First you rub your quail down with butter.

Then chop your corn bread into cubes.

Sauté your onions, leeks, garlic, celery, corn, diced red pepper, white beans.

Be careful not to mash the beans up.

Crush the pepper corns and add to the mixture.

Reduce heat add chicken stock bring to a boil.

Take off heat add part of mixture to corn bread add till corn bread mixture is thick enough to make a little ball in your hand. When it is thick stuff the quail with the mixture. Bake at 350 degrees for 25 mins. Sauce: pour the water into a sauce pan bring to a boil.

Add blackberries mash them up add one tsp. Sugar to thicken.

Strain into a bowl.

Serve sauce on top of the quail

Pheasant Under Plastic Ingredients

- Oven cook bag
- Pheasant (minus
- Oven

Directions

Catch and clean a tasty rooster

Put it in one of those oven bags. Keeps the bird real moist that way.

You can put in onions, salt and pepper and stuff if you want to.

Note: if you don't use the oven bag, you'll have to bake it in mud the old fashioned way.

Chitimacha Baked Duck

Ingredients

- Bell pepper
- Onion
- Salt and pepper
- Cleaned ducks
- Celery and garlic (to taste)

Directions

Place cleaned ducks in large pot. Add salt and pepper, onion, bell pepper, celery and garlic (to taste).

Cover with water and gently boil till tender.

Heat oven to 350°.

Remove ducks from water. Place in baking dish. Put pats of margarine in and on the ducks. Bake till brown.

Note: Leroy gets the ducks, Dora cooks them.

Bar BQ Dove

Ingredients

- A bunch of doves
- Your favorite Bar B.Q. Sauce
- Pace
- Bacon

Directions

Marinate dove breasts in picante sauce overnight.

Wrap each with bacon strip and fasten with toothpick.

Place on grill over slow coals and baste frequently with BBQ sauce.

Note: Don't over cook.....ENJOY !!!

Hunters Potato Pie

Ingredients

- 1 cup vegetable oil
- 2lbs of sausage
- 2 large white onions
- 4lbs potatoes
- salt and pepper to taste

Directions

Peel, slice up potatoes and place in a large pan or Dutch oven.

Peel and slice up onions and place in with potatoes.

Add sausage and 1 cup of vegetable oil fry every thing all up in the same pan.

When all is golden brown add eggs mix up into contents of pan. cook till done and eat up.

This will keep you warm!

Enjoy!!

Fresh Deer Liver Ingredients

- Fresh deer liver, as much as you can eat
- Lots of sliced onions and/or leeks
- Bacon
- Flour
- Salt & pepper

Directions

Slice the fresh liver into 1/4" slices

Slice onions

Heat large cast iron fry pan over med/high heat or hot fire,

Add bacon, cook till good amount of liquid grease coats bottom of pan,

Meanwhile, mix flour, salt and pepper together. Rinse liver then coat with flour mixture

Add liver to hot pan and cook 2 min each side. Do not over cook or it will be dry and tough.

Enjoy.

Note: This is the most amazing liver. We always looked forward to eating this after the hunt. The deer hangs for a few days, but enjoy the liver right away!!

Woodchuck Chuck Ingredients

- 1 lg. Onion
- 2 cloves of garlic
- 1 red pepper
- 1 green pepper
- Groundhog (a.k.a. Woodchuck)
- 2 carrots
- 3 potatoes
- Hand full of pigweed

Directions

Clean and fillet meat, cut into 1" chunks put into 3 quart pot, 3/4 full of water, Add peppers, potatoes, pigweed, garlic, carrots, onion. Salt and pepper to taste.

Note: If you don't upchuck from the woodchuck then it was good chuck

Venison & Barley Soup

Ingredients

- 4-5 diced celery
- 4 sliced carrots
- 2 diced rutabagas
- Venison meat(approx. 2 lbs cut up in cubes)
- Tomatoes (optional)2 fresh or one canned.
- Large cooking pot
- 2-3 cups of Barley
- 1-2 gallons of water
- 1 onion - diced
- salt & pepper to taste

Directions

In large pot, put the cut-up venison,
add water, bring to boil.

Dice up the vegetables while meat is cooking, add to meat

continue cooking for 45 minutes,

add the barley and cook for another 30 minutes until all ingredients are tender.

Enjoy!

Note: I served this soup with biscuits and my family loved it, as well as our guests, whomever they happened to be at the time. It was a favorite among the many hunters who passed through my home at the time of deer hunting season. I enjoyed cooking large meals and having friends over to share a meal with my family. We enjoy venison throughout the year on our reservation, which is located in western North Dakota, with New Town being the location of the Ft. Berthold Bureau of Indian Affairs, Ft. Berthold Agency.

Survival Sausage

Ingredients

- Garlic powder
- Worcestershire sauce
- Heart, liver, tongue, kidneys, scrap meat, other organs you want to throw in [all from the same animal you butchered]
- Black pepper
- Cotton string
- Cumin
- Large intestines of sheep or goat
- Several large cans
- Salt
- Sharp knives
- Sage
- Cutting boards
- Thyme
- Oregano

Directions

Preparation:

What you do is clean out the intestines [large ones are easiest and strongest, pellets just fall out].

After cleaning, soak them in pail of cool water in the shade.

Then everybody grabs a cutting board and a knife and then chops up all the organs and scrap meat as finely as you can, and then slop this mix into a large container.

Then you add the spices till you think it smells about right, stirring with your hands so that you mix it just right [you can use spoons if you're squeamish].

Now, grab a chunk of intestine, and begin stuffing it with the meat, packing tightly, but carefully.

Tie the end with a cotton string, then take more string, and tie along the intestine, forming links the size you want. Do this till you either run out of intestine or meat.

Now, boil the sausages till they are firm and done about 1-2 hours. They are great! and everything except the string is edible!

Rock Chuck Ingredients

- Foil
- An oven
- A rock chuck or prairie dog

Directions

Take the gutted animal, and burn off its hair.

Then wrap it in foil.

Put the package in the oven and bake until done.

The meat is greasy, stinky, but very soft and flavorful.

Note: i have seen this done, happily munched the product of other people's labor, but never did this myself. I do recommend an outside stove/dutch oven type arrangement (the smell). Perhaps someone else who has done

Mesquite Grilled Rabbit

Ingredients

- Mesquite chips (You can substitute any cook wood chips, hickory, apple, alder etc.)
- Fresh jack rabbit (Or store bought bunny)
- Fire

Directions

Catch a fresh jackrabbit around December, If none available buy a bunny any other time of year.

Clean and piece rabbit and place on grill over slow coals, add mesquite chips to the fire.

Put a lid of some kind over the rabbit and cook slowly for 1/2 hour or so, turning halfway through. It will get a real good smoke flavor that way.

Note: Don't over cook the rabbit. Rabbits have very little fat and will dry out quickly.

Choctaw Possum Ingredients

- Sweet Potatoes
- Pepper
- Salt
- 1 Opossum

Directions

Live catch a possum and pen him up.

Feed him good clean food (table scraps, dog food, etc.) and give him plenty clean fresh water for two weeks.

Butcher and skin the possum, wash him thoroughly with clean water, soak overnight in a glass bowl or crock in a solution of 1/4 cup salt to a gallon of water.

Remove from solution and drain possum.

Prepare sweet potatoes by washing thoroughly and trimming bad spots out with a paring knife.

Salt and pepper the possum carcass to taste.

Place sweet potatoes in body cavity, put carcass on a large cookie sheet and surround with remaining sweet potatoes.

Place in oven and bake for 3-4 hours or until sweet potatoes are done. (test with fork for tenderness.

Remove from oven and allow to cool for a few minutes.

Remove sweet potatoes from cavity, discard possum carcass and enjoy the sweet potatoes!

Moosemeat Chinese Style Ingredients

- 1 cup onions diced
- 3/4 cups bacon diced very small
- 1 cup moosemeat diced very small
- 1 1/2 cups diced potatoes diced small

Directions

Add bacon to a hot fry pan.

When partly done add moose meat cook until browned.

Add onions and potatoes when they are half cooked.

Add boiling water to cover the meat.

Simmer covered for 1/2 an hour.

Add salt and pepper to taste.

Serve with boiled rice and soy sauce.

Note: This can be made with deer meat both have their own distinct taste.

Jerky Soup & Dumplings

Ingredients

- Wild Greens
- Handful of Parched Corn
- Handful of Venison Jerky
- Water
- Coarse Ground Black Pepper
- Flour
- Oats (optional)

Directions

Harvest any/all edible greens from the days trail. (dandelion, wild onion, etc.)

Break apart a large handful of venison jerky into your pot.

Add a handful of parched corn.

Add the wild greens you harvested.

Add twice as much water as is needed to cover the ingredients.

Salt and pepper to taste.

Simmer 1/2 hour.

Mix handful of flour, pinch of salt and enough water to make a dough. (I like to add a small handful of oats to the flour.)

"Float" spoonfuls of dough in soup, continue simmer until dumplings are done.

Note: the old-timer who showed me this recipe was from northern Canada, I can't remember which tribe he was affiliated with. The soup is outstanding after a long days trek.

Hatteras Grilled Venison

Ingredients

- 1 jalapeno
- 2 green bell peppers, cored, de-seeded, and sliced thick
- 2 large vidalia or texas sweet onions
- 1 lime
- 2 pounds tender venison steak, or tenderloins, cut in thin (<1/2") 1" to 3" strips, and all gristle and membrane removed.....
- 3 strips hickory smoked bacon

Directions

Fry bacon on a griddle over an HOT open fire (or in a large cast-iron skillet)

Sear the venison, in the bacon grease, and remove

Move the griddle farther from the fire, or raise it, so it cooks slower then add the onion and peppers to the griddle,

Cook till just a little "limp" stirring very often, then add the venison, and chopped-up cooked bacon....

Grill, turning often, until venison is just pink inside

Halve the lime, and squeeze over everything, just before removing from the fire....

Note: eat it hot! right off the griddle is best!

Grilled Prairie Dog Ingredients

- 5 Fresh prairie dog (caught in the early spring)
- Onions
- Pepper
- Salt
- Garlic

Directions

Clean and quarter prairie dog, pat dry add onions, pepper, salt and garlic as you would any other seasoning.

Place on grill and cook slowly for about 1/2 hour.

Be careful not to over cook.

Note: If you like, you can add smoke chips to add that wonderful out door flavor

Good Deer Ingredients

- 4 cloves fresh garlic, finely minced
- 1 qtr tsp. Finely ground red hot pepper
- 1qtr tsp. Oregano
- 1 qtr tsp. Basil
- 1 to 2 lb. Ground
- 1 chopped onion
- Salt to taste after cooking
- 1 bag of wide egg noodles.

Directions

First, using a cast iron skillet of appropriate size , and enough olive oil to cover the bottom, slowly simmer the deer meat to brown
While it is browning, add all other ingredients except the noodles which should be happily boiling in water in their own kettle.
When the garlic /onion is sautéed to tender, add some water to the skillet to help blend the flavors and let it s l o w l e y cook down, fending off those who would eat before it is ready.
Adjust spice to taste after it has cooked down
Serve over the drained cooked noodles.

Note: tomatoes can be added to the mix and sometimes I do, but I think it is better without. Finely ground red hot pepper can be found at least two ways; grow your own, dry it, grind it (in an electric coffee grinder - preferred method Spanish call this molido) or you can buy the hot pepper flakes and grind those, but probably not as good . Cayenne or Thai peppers are the best to use. Eat and enjoy!

Easy Venison Roll Ups

Ingredients

- A Little Butter for Sautéing
- Seasoned Flour (with Salt and Pepper, maybe a little garlic if you like)
- 1 Large Vidalia Onion.
- 1 Large Package of Fresh Mushrooms (in the produce section)
- Venison Steaks (enough for the family - I suggest nine or ten)
- Toothpicks
- Good Chef Kitchen Hammer

Directions

Roll you venison steaks in the seasoned flour. Flour both sides.

Pound out the steaks so they are flat with your little "good chef" kitchen hammer. Pound out both sides while adding more seasoned flour.

Dice up your onions and mushrooms.

Mix them together in a bowl.

Roll your diced onions and mushrooms up in the flattened venison steaks. Roll them out the long way. Skewer them with the toothpicks.

Cut the Roll ups in bite size pieces. Each bite sized piece should have a toothpick. this hold them together.

Sauté the venison roll-ups in a pan in butter, or if you wish vegetable oil. Be careful not to overcook. Turn them during sautéing, browning all sides.

Transfer the roll ups to a casserole dish and keep bake them in a preheated oven at 350* for no more than 30 minutes.

Serve them with mashed potatoes and gray, and a salad, your family will love them

Note: I am sure in the distant past, this recipe would not be quite possible. But I do remember my Grandfather making turtle soup. Both my Grandparents were Native Americans. He used to sprinkle teas on us when we were sick. I'm sure he would have loved this recipe.

Curlies

Ingredients

- Sheep intestine (the curly part)
- Sheep stomach
- Sheep fat
- Grill

Directions

Clean well the intestines and stomach.

Slice up the stomach

Get a bit of fat, a bit of stomach and twist the intestine around it.

Place on a hot grill and cook till crispy (not burnt!)

Note: might be a little tricky

Chicken Fried Venison

Ingredients

- 2 or 3 teaspoons pepper (I know it's a lot, but it's what makes this so good!)
- Salt to taste
- 1 1/2 cups flour
- Four or five hand-sized venison steaks
- 2 eggs
- 1 cup milk
- 1 cup vegetable oil

Directions

Heat oil in an iron skillet on medium heat setting.

Tenderize the venison steaks with the open end of an empty glass soda bottle.

Note: This could be dangerous, so if you'd prefer, it's ok to use a regular meat tenderizing tool.

When the meat's been tenderized to about twice its starting size it's ready to dredge.

Beat the eggs and milk together, add some of the salt to this and maybe teaspoon of the pepper.

To the flour add the remaining salt and pepper. Start dredging!

First dip each steak in the egg/milk mixture, then into the flour, then back in the egg/milk mixture, back to the flour and then before the whole mess slides off your steak, gently lay it in the heated oil and watch it go.

When blood seeps through the uncooked side, it's time to turn it over. Cook until golden brown and crispy.

Note: Chicken fried venison is by far the best chicken fried anything (including chicken)



Beaver Ball Soup

Ingredients

- Water
- 1 cup of Macaroni 1 jar of Stewed Tomatoes
- Beaver balls 10-20
- Salt & Pepper to taste

Directions

Boil your beaver balls first, adding macaroni and tomatoes.

Add salt and pepper as desired.

Let simmer for one hour.

Ready to serve, and is good with bannock.

Note: You should know that actual beaver balls do not taste that good. (So I'm told) You can make your beaver balls out of moose, deer, bear or elk meat and roll in to small balls. Let me know if you try actual beaver balls! Enjoy!

Baked Raccoon Ingredients

- Potatoes
- Carrots
- Onion
- Salt and pepper
- One raccoon
- note: you can put in your favorite leaf spice

Directions

Cleaned raccoon remove all fat, cut up

Put in large pot with water to cover raccoon add salt,

Bring to boil and simmer until tender.

Remove meat from pan and put in baking dish,

Add onion, carrots, cut up potatoes salt and pepper to taste

Pour tomato juice over top of every thing cover and

Bake at 350 oven for one hour or until veggies are done.

Aunt Margaret Tawatoy's Elk Steak

Ingredients

- Elk Steaks, Cut Into Single Serving Portions.
- Bacon, Salt And Pepper To Taste.
- Onions Cut Into Rings.

Directions

Note: that deer or beef steak can be used, this is a layered dish so use amounts that work out for the amount of layers that are needed.

Preparation:

Using a hot cast iron frying pan, place steaks in it and quickly fry on each side, 30 second to one minute.

When they are all cooked place a layer of bacon on the bottom of a Dutch oven or a heavy baking kettle, then a layer of raw onion rings, then a layer or steak.

Continue until you end with a layer of onions. Bake on a oven at 375 until well done, approx. 60 - 75 minutes.

Serve hot with lots of fried bread or white bread to soak up the wonderful juices and grease.

This is also wonderful to make and chill and take with you on a hunting or fishing trip to the mountains with white bread and salt for sandwiches!!!

Note: Aunt Margaret Towatoy was the daughter of , tow-a-toy, the younger brother of Chief Joseph of the Nez Perce tribe. She was raised in catholic school on the Umatilla Indian reservation on the Umatilla Indian reservation in Oregon and was a qualified cook in all areas, always incorporating our native foods into traditional meals.

Squirrel Gumbo

Ingredients

- 2 squirrels(dressed)
- 2 handfull of rice (1 cup)
- 2 cans tomato & okra
- cooking oil
- 1 tsp salt
- plenty of pepper
- cajun seasoning(to taste)

Directions

Cut up squirrel and brown in oil.

Add all ingredients to stew pot.

Cook until rice is done. ('bout 25 minutes)

We prepared this while out camping, and other game was scarce. Beware of little bones in squirrel.

Squirrel Recipes

Suggestion: Never broil or grill a squirrel. You won't enjoy the leathery chewy result.

Squirrel Preparation

Skin the squirrel (gray squirrels taste better than red squirrels), remove and discard the digestive organs (stomach and intestines), and cut the squirrel into sections (legs, etc.). Cut the heart and liver into bite size pieces.



Squirrel Stew

Simmer all the meat in some hot water with a teaspoon of salt. When tender, remove the meat from the bones, dice it, and cook it a little longer. Add salt, pepper, onions, potatoes, and/or other vegetables, if available. Enjoy the meaty soup and drink the soup broth when the meat is gone.

Fried Squirrel

Soak the cut up squirrel meat in some water with one teaspoon of salt overnight. Then put it in a skillet with some salted water and slowly boil the meat until it is tender when stuck with a fork. Be very careful and do NOT cook the meat until it falls off the bones. Rinse the squirrel in some cold water.

1/2 cup flour	1/2 tsp. salt	1/2 tsp. pepper	1/4 cup oil
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Mix the flour, salt, and pepper inside a plastic baggie. Dip the pieces of squirrel meat in some milk (or water) and shake the meat inside the baggie to coat the meat. Brown the coated meat in some oil in a skillet. Lower the heat after browning and cover the skillet tightly. Cook over low heat for 30 to 60 minutes or until well done. Remove the cover during the last 10 minutes to crisp the outer surfaces.

A Squirrel Stew Receipt

On a warm August Saturday, sneak into the woods in the early morning, dressed in the costume of a settler of 1778, and carrying a .30 caliber flintlock squirrel rifle. If it has rained the night before, leaving the trees saturated and dripping, the ground wet and silent, and the air full of early morning mist, so much the better. Pay little attention to the soft yellow glow of the steamy air, for it will distract you from your mission. Ignore the moccasins and leggings wet from walking in the weeds; they will dry tomorrow.



Listen carefully for the sounds of squirrels cutting or moving out of their night nests, looking for breakfast. Pay particular attention to the area around the hickory and walnut trees, and don't be fooled into thinking the shower of water falling from the trees with the slightest breeze is your quarry. When you find a young boar fox squirrel cutting on a walnut high in the tree and 20 yards away, shoot him in the head, offhand. Have confidence---the rifle is a tack-driver, and will do its job if you do yours. When he tumbles down, don't forget to reload quickly, as there might be hostiles about.

You may notice that as you hunt you feel a little strange, that you are too relaxed, that your shoulders feel light, as if a load had been lifted from them, that you find yourself concentrating totally on the hunt. Don't worry, the feeling is temporary and will go away within two days when you return to the settlement.

With your squirrel in hand, find a secluded nook in the woods somewhere, a place with the feel of being far away from it all, with a supply of dead wood around, and some beauty to it. A smooth spot of ground for your bedroll would be welcome. So would a log to sit on. Set up your camp, simple as it is, and get comfortable. No matter how great you are feeling now, keep the whistling to a minimum.

Scout around in the wet woods, rounding up hanging wood and the smallest pieces of dead cedar you can find. Break out your fire starting kit, lay your firewood out so it is handy, and build a small teepee of the cedar. Empty the pan of the flintlock, plug the touchhole with a bird feather, and lay a piece of charcloth in it. Close the frizzen, cock, set and fire the lock. When the sparks catch in the charcloth, take it out and fold it into your cedar bark tinder and blow steadily on it, holding it high so the smoke won't get in your eyes.



When it catches, put it into the teepee and feed it until you have a steady fire going.

When coals have developed, put your only pot on to boil some sassafras tea, and toast an ear of sweet white corn and a chunk of homemade bread, both from your haversack, on a stick until golden brown. Sit on a log and have your breakfast, listening to the birds, admiring the view and relaxing after your exertions.

Add larger wood to the fire. Clean and cut up the squirrel and put it to boil with salt, pepper, and cayenne pepper. Be certain the pot is setting steady over the coals, or you may have baked squirrel. While the pot boils, put a small leaf on a dead tree about 25 yards away and fire your rifle at it offhand, just for the fun of it, for a dozen shots or so. As you clean your rifle, take a close look at it. Notice the beautiful golden sheen of the tiger stripe maple, the patina on all the brass furniture and inlays, the delicate, graceful lines. Throw it to your shoulder and feel how naturally it falls into place and lines up with the eye. Hard to tell if it's just a utilitarian tool or a work of art, isn't it? It's both, of course. Get out your tomahawk and practice sticking a spot on the tree. Don't quit until you can hit the spot most of the time. That skill may save your life someday.

Now, break out your copy of John Locke and, sitting leaned back against a tree, read for a while to refresh in your mind the great good fortune you have had to live in this country. Offer a word



of thanks to all those wise good men to whom you owe such a debt. When the squirrel has simmered for 1 1/2 hours or so, rummage in your haversack for two small potatoes and an onion. Chop these into the stew and cook for another 45 minutes. While you wait, gather up a supply of wood sufficient for the night fire.

Cut the kernels off an ear of the corn into the stew, and check the seasonings. Tear off another chunk of bread and toast it on the stick, pour a cup of cool water from your gourd canteen, and by that time the stew will be finished, the meat falling off the bones, steamy hot and refreshing. Enjoy the fruits of your labor. A word of thanks to the spirit of the squirrel might be appropriate.

Clean the pot and put some water and coffee into it. Boil for 10 minutes, then pour a little cold water down the side of the pan to settle the grounds and immediately pour yourself a hot, clear cup of delicious coffee. That will top off the stew perfectly. If you are in the mood, light up your clay pipe.

After you have set and sipped the coffee for a while, just relaxing and being glad you came, hike 1/2 mile to the small lake. Spend an hour shooting at a rock, watching fish jump, being amazed at the antics of the Eastern kingfisher that lives there. Hike back to camp in the approaching evening, enjoying the view from the hill. Notice how misty the air is, how the occasional small sunbeam breaking through the overcast lights up a spot on the ground, how the green hills and woods change to blue, then purple, in the distance. Enjoy the cool, overcast and humid day. Take your time. There is no reason to do anything but what comes into your head, at your own pace. The day belongs to you.

In the early evening, meander over to the field nearby and watch two gorgeous red whitetail does browse and then bed down right in front of you, obviously feeling secure and well fed. Stand absolutely still for 20 minutes. Though they are close and you are completely out in the open, they will let you share a small part of their daily life. How different from the three you saw in the woods while squirrel hunting this morning, blowing in alarm and bouncing off through the woods, flags waving.

Notice the redtail hawk that flies away in front of you as you return to camp, staying low to the ground. Not at all like the one you saw in the morning, circling and screaming at the top of his voice.

Back in camp, break out the candles and holders, roll out your blanket on the groundcloth, and light up your clay pipe. Putter around while it gets darker, making sure your kit is secure from the raccoons. Enjoy chatting with the catbird that spends a half hour "meowing" at you, flitting through the brush all around camp. Notice how very little light even a large campfire makes. And how early the night comes on overcast days.

Sit by your tree again, with a candle on each knee, and read John Locke some more. There is more there than you will ever absorb. Very important words, which we all tend to forget. When the coyote puppies start growling and wrestling in the field nearby, ignore them. They are just being kids.

Poke the fire, gaze into the coals and remember all the campfires you have built, in many places, and with many friends. Remind yourself that there is no such thing as an unsuccessful camp if your mind is properly attuned, whether the hunt is fruitful or not. Recall the delightful discussions, the shared times, the cleansing that always comes as surely as smoke from the fire. Time spent around a fire in a happy camp is among the best of time to be had, whether alone or with a companion. Enjoy it.

In a couple of hours you will notice that your eyes are heavy and your muscles weary. Pile several large chunks on the fire to try to retain embers for your morning coffee, check your gear one more time and stretch out on your pallet. Roll your rifle shirt up for a pillow, squirm around to find a spot that fits your bones, and lie a while listening to the fire pop, watching the light dance on the leaves overhead. That scratching on the bark in a nearby tree is probably a raccoon starting out on his nightly rounds, but your gear is cinched up and safe. Sleep soundly for a change. You have earned it, and with your mind so in tune with the natural world around you, and your body so tired from honest effort, it will be easy.

When the early morning light comes to wake you, just stretch, roll over and lie there for a while. Spend a little time watching the woods come alive. Listen to the first tentative chirping of the birds, the soft sighing of the gentle wind moving through the trees around you.

Put some small stuff on the embers and fan a fire to life with your hat. Boil some coffee, toast some bread and corn, and break your fast. While you eat, notice how you seem to be enclosed in a small clearing in the early morning fog, how the trees fade away into the mist, the steady increase in light as the sun makes its way over the horizon out there somewhere. Soak up that wonderful feeling of being part of the natural world around you as surely as the trees and birds. Store up what you can of it, because you will find yourself in short supply soon enough.

Fire the flintlock at the tree to make sure it functions after having been kept in your bedroll with you all night, because hostile attacks frequently come at dawn. It will fire first time, as usual. Taking your easy time, put your gear together and load up for the trip back to the stockade. The feast is over.

This recipe can be adjusted to feed as many as you wish. Just add more squirrels. Eaten alone, it will be contemplative and relaxed, but will be missing that pleasant companionship that comes from sharing what you have, and what you are, with a friend. Lively conversation may be substituted for quiet musing if you choose. The best part of this recipe is that the choice of ingredients is strictly up to you.

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