

Game Meats are available in areas where there is Game Ranching, and, at some seasons it is available from most butchers in the larger centres.

If you are fortunate enough to be given a piece of Game here are a few recipes to use it.

Game is generally low in fat, and is improved by marinating in wine, as the age is often difficult to determine, especially if one has not seen the whole animal.



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## 62. PAN FRIED VENISON CUTLETS WITH CREAM SAUCE

12 venison cutlets, about  $\frac{1}{2}$  inch thick, cut from the leg or saddle of any buck

salt and pepper and flour, mixed

1 tablespoon butter and 1 tablespoon lard, mixed

1 teacup dry red wine

$\frac{3}{4}$  pint water

$\frac{3}{4}$  teaspoon thyme

2 bay leaves

2 onions, chopped

1 teaspoon garlic salt

$\frac{1}{2}$  teaspoon ground black pepper

1 teacup thick cream

2 tablespoons rosella or other tart jelly

1 teaspoon lemon juice

salt

Combine the wine, water, thyme, bay leaves, onions, garlic salt and black pepper. Lay the cutlets in this marinade for 2 to 4 hours. Drain and pat cutlets dry on paper towels. Dip in the seasoned flour, and shake off excess flour. Heat the fat in a frying pan. Add the cutlets, a few at a time, keeping the fat at a high heat. Remove the cutlets when browned on both sides. Pour off all but a thin film of fat in the pan. Strain the marinade and add  $\frac{1}{2}$  cup of it to the meat juices in the pan. Scrape the sides and bottom well so as not to waste the meat juices. Replace the cutlets in the gravy and simmer for 5 minutes. Then remove to a heated dish. Stir in the cream and jelly and lemon juice, stirring well, but see that it does not curdle. Taste for flavour. Pour the sauce over the cutlets and serve.

### 63. STUFFED LEG OF VENISON

- 1 leg of Impala or other medium buck
- 2 cups toast crumbs
- 1 cup chopped fat bacon
- 1 cup chopped onion
- 1 clove finely chopped garlic
- 1 tablespoon chopped parsley
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon pepper
- 1 egg

Remove the bone from the thick end of the leg. Tie up the small end. Fry the bacon and onion together, add other ingredients and stuff leg, after making a number of slashes in the meat from the inside, taking care not to go through to the outside. Sew up the opening which is more satisfactory than using skewers. Well grease the leg with lard or bacon fat, and wrap in aluminium foil. Cook slowly in medium oven. When well cooked, which will depend upon the age of the animal and is often difficult to determine, so allow plenty of time, remove from the foil, taking care to catch all the juices.

Make a sauce with a chopped fried onion, 1 teaspoon sugar, a little red wine, the juices and fat in which the leg was cooked, and thickened with corn flour or gravy thickening. Serve with Rosella or other jelly.

64.

## VENISON RAGOUT

### MARINADE

Combine:

- 1 cup vinegar
- 1 cup wine
- 2 large sliced onions
- 3 sliced carrots
- 2 bay leaves
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon pepper

5 lbs (2kg) venison cut in  $1\frac{1}{2}$  inch cubes

1 lb (500g) bacon also cut in 1 to  $1\frac{1}{2}$  inch pieces

2 cups red wine

a little flour

Marinate the venison and bacon in the marinade for 5 hours. Drain the meat and place in a roasting pan in a hot oven for 30 minutes. Remove onions and carrot from marinade and chop small and add to the meat. Add red wine and water to cover. Cover pan, reduce heat, and simmer gently till tender. Skim off excess fat, and put this in a small pan to make sauce, with flour and liquid from the meat and the marinade. Serve with the sauce poured over meat.

## 65. VENISON MARINADED AND BAKED

Quantities for a joint about 8 lbs (3kg) weight

### MARINADE

- 5 pints (2 litres) water
- 4 large onions
- 10 cloves
- 20 peppercorns
- 3 bay leaves
- 10-15 juniper berries
- 4 slices lemon
- 2 cloves garlic
- 3 tablespoons salt
- vinegar to taste
- $\frac{1}{2}$  bottle cheap sherry

Boil all the above for 1 hour, except the sherry, adding enough vinegar to give a sour flavour, but not to turn the meat sour. When cool add sherry.

Brush the meat with melted fat and cover with bacon. Cool the marinade and gently pour over the meat and leave in a cool place for at least two or three days, turning twice a day. Remove meat and make slits in it, pushing in pieces of bacon all over. Wrap in thick aluminium foil and bake for about 4 hours.

Strain the marinade and use for sauce as follows:

### SAUCE

- 3 tablespoons brown sugar
- 3 tablespoons flour
- 1 tablespoon margarine
- juice of half a lemon
- 2 tablespoons red wine
- $\frac{1}{2}$  to 1 cup fresh cream

Melt margarine over low heat. Add flour and sugar. Stir in marinade stock and other ingredients, adding the cream last. Taste for sweetness, if too sour, add a little sugar.

**66. BRAISED NECK OF VENISON  
WITH PEACHES**

- 1 neck of Impala or Koodoo whole, not chopped
- 4 good sized onions
- 1 tablespoon dripping
- pepper and salt
- water or meat stock
- flour
- 4 large carrots
- 6 stewed, bottled or canned peaches

Melt the fat in a large covered pan, and brown the onions. Roll the neck in seasoned flour and add to the onions. When browned well, add enough water or stock to come half way up the neck. Simmer till well done, but not falling apart. Add the peaches the last  $\frac{1}{4}$  hour, juice and all. Take out the neck when ready for serving and cut all the meat off the bone in long strips, laying it neatly on a serving dish. Pour the gravy over it and serve garnished with the carrots sliced lengthwise.

## 67. ROAST VENISON WITH CHEESE

3½ lbs (1.75kg) leg or haunch of Impala, Duiker or other small buck

1 tablespoon butter

salt and pepper

1 cup beef stock

½ tablespoon butter

1 tablespoon flour

2 tablespoons rosella jelly (recipe in Miscellaneous)

4 ozs (100g) cheese

½ cup sour cream

Remove bone from the meat. Season outside and inside, if there is a cavity, with salt and pepper. Soften the butter and smear all over the meat. Tie up with several pieces of string so that it will hold its shape while cooking. Place on a rack in a shallow roasting pan in a hot oven for half an hour. Pour the stock into the pan and reduce heat for the remainder of the cooking time. Baste frequently with the stock for another 2 hours. Remove the roast to another warm pan, and cover well with aluminium foil to keep it moist. Pour the stock out, leaving a little fat behind, adding the other butter if necessary. Stir in the flour and cook this roux about 6 to 8 minutes, but be careful not to let it burn, or it will become bitter. Now, gradually add the stock, jelly and cheese, and stir well. Cook till quite smooth and remove from heat while you add the cream. Do not allow the sauce to boil, once the cream is in. Taste for flavour, remove string from the roast and carve the meat in thin slices. Serve sauce separately.

68.

## TO MAKE BILTONG

Game meat is the most tasty of any biltong. Cut the meat into long strips, not thicker than 1 inch or 3 cm.

Sprinkle with coarse salt and pepper. Leave in a basin overnight, turning over once. Next morning hang out in the sun with a small wire hook through each piece, for several days, till all the meat has a firm skin hardened over it. Then bring inside and hang in a cool and draughty place till dry, well out of the reach of the cats, dogs, children and father.

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