



# Preparing game hunters bring home

With fall here, hunters are eager to hunt deer, pheasant and other wild animals. After harvesting the animals, preparing the meat for a meal is the reward.

Most game meats are low in fat compared to domestic animals. Therefore, they may dry out quicker and cook faster. Meats with excess fat should be trimmed prior to cooking since fat holds "off" flavors more than the muscle.

Using marinades and sauces will help enhance the flavor. Game birds are delicious when smoked with woods such as apple, cherry or

hickory.

Venison can be prepared almost any way beef is prepared. Chops, steaks and tender roasts can be grilled, pan-fried or roasted. To prevent excess drying, brush with vegetable oil. Cook the meat to an internal temperature of 170 degrees. Less-tender cuts are best with added moisture such as a marinade. The marinade will help tenderize.

Game birds can also be dry when cooked. This is especially true if the skin is removed. Wild turkeys can be roasted like domestic turkeys. Cook the turkey to an internal tem-



## Home Time

By Tranda Watts  
Multi-county Extension Agent

perature in the breast of 180 to 185 degrees.

Ducks and geese may be baked, broiled, barbecued, breaded, fried, and used in casseroles, gumbos, creoles, chop suey, gravies and

more. Older birds will have tougher meat. Wild duck is darker and drier than domestic duck.

Tranda Watts is Kansas State University extension specialist.

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