



Yukon

***Bear
Bacon***

&

Boot

Grease

Recipes

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Yukon
Environment

Recipes

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For further information on smoking, canning, curing or freezing meat:

America's Favourite Wild Game Recipes by Cy Decosse Incorporated.

The Canning, Freezing, Curing and Smoking of Meat, Fish and Game by Wilbur F. Eastman Jr. - Garden Way Publishing Co.

The Easy Art of Smoking Food by Chris Dubbs and Dave Herberle - Winchester Press

Home Sausage Making by Charles G. Reauis, Garden Way Publishing.

Native Indian Wild Game, Fish and Wild Foods Cookbook by David Hunt - Fox Chapel Publishing.

Wild Game Cookbook by Doug and Peggy Kazulak, Lone Pine Publishing.

Dumplings

<u>Metric</u>	<u>Ingredients</u>	<u>Imperial</u>
250 ml	flour	1 cup
30 ml	butter	2 tbsp
1	egg, well beaten	1
2 ml	salt	½ tsp
10 ml	baking powder	2 tsp
125 ml	milk	½ cup

Method:

Sift all dry ingredients, then stir in the butter, milk and egg; mix until moist. Drop batter by spoonfuls on top of stew (see previous page) and cook, uncovered, for 10 minutes. Then cover and cook for 10 minutes longer.

Roast

<u>Metric</u>	<u>Ingredients</u>	<u>Imperial</u>
1-4 kg	boneless roast	2-8 lbs
3 or 4	cloves of garlic	3 or 4
2	carrots, chopped	2
1	celery stick, chopped	1
1 large	onion, chopped	1 large

Method:

Insert slivers of garlic into the roast, surround with vegetables and cook at 175°C (350°F) for 1 ½ hours.

Why eat bear meat?

- The meat is safe, nutritious, usually tender and flavourful with careful handling and preparation.
- Domestic meat is expensive. It makes good economic sense to utilize as much wild meat as possible.
- Bears are easy to skin. Hunters must take the hide anyway, so why not bring out the meat?
- An adult black bear will yield about 34-45 kg (about 75-100 lbs) of good meat; a grizzly about a third more.
- Most bear meat has a mild flavour. For those who do not like the taste of wild game, it is easily masked with marinades, spices or smoke cures.

Field dressing

- Try for a clean chest shot.
- Don't puncture the green gall bladder (near the liver). The gall will spoil any meat that it touches.
- Cool the meat down quickly. Leave the fat on the meat to be rendered later.
- Don't touch the hair and then the meat. The hair contains a strong oil.
- Use enough salt on the pelt. For an average well-fleshed black or small grizzly hide, not less than 4.5 kg (10 lbs.)

Searching out the succulent bear

- Berry-fed bears have the best flavour.
- Mid to late fall and early spring bears are usually the best choice. Fall bears gorge on berries before denning; spring bears feed on over-wintered cranberries uncovered by melting snow.
- Small bears are mild flavoured and the most tender.

About bear meat

- Meat quality, if the animal is carefully field dressed and correctly cooked, can be excellent. The flavour resembles pork and venison combined. It is very rich meat.
- Bear meat requires no aging and spoils more quickly than other big game, perhaps because of its higher fat content. Aging does not improve the flavor or tenderness of bear meat and actually tends to dry and toughen it.
- The flavour of grizzly meat is more pronounced and slightly coarser in texture but no less tender or edible. Grizzly meat does not freeze well. Three months is maximum. However, black bear freezes better, very similar to pork.
- Once the animal is boned out or cut to roast size, it looks much like any other type of game meat.
- The nutritional value of bear meat surpasses that of commercially produced beef. As with other wild game, it is high in protein, minerals and vitamins while low in fat and calories compared with beef.

Play it safe

- All bear meat, like domestic pork, must be well-cooked to make it safe for human consumption.
- Follow standard pork cooking procedures.
- Always use a meat thermometer!
- The meat will be absolutely safe when it reaches an internal temperature of 170°F.
- Cook the meat until it looks white with no trace of pink meat or fluid.
- Freezing does not render northern bear meat safe for eating.
- Microwave cooking is not recommended because microwaves heat the meat unevenly.

Stew

<u>Metric</u>	<u>Ingredients</u>	<u>Imperial</u>
2 kg	meat, cut in cubes	
1	onion	1
60 ml	oil	¼ cup
1	celery stick, chopped	1
3	carrots, chopped	3
250 ml	turnip, diced	1 cup
1	bay leaf	1
1 clove	garlic, diced	1 clove
250 ml	beef broth or consommé	1 cup
300 ml	tin tomato sauce	10 oz
30 ml	Worcestershire sauce	2 tbsp
3	potatoes, cubed	3
60 ml	frozen peas	¼ cup
250 ml	fresh mushrooms, sliced	1 cup

Method:

Dredge the meat in flour and brown in oil. Add all the ingredients except the last three and cook for 1½ to 2 hours. Then add the potatoes, cook for 20 minutes, add the mushrooms and peas and cook for 5 minutes.

Drop dumplings (see next page) by spoonfuls on top and cook, uncovered, for 10 minutes. Then cover and cook for 10 minutes longer.

Pickled Bear Paws

<u>Metric</u>	<u>Ingredients</u>	<u>Imperial</u>
4	bear paws, skinned and washed	4
1 L	water to cover	4 cups
1	onion, sliced	1
1	carrot, sliced	1
125 ml	white vinegar	½ cup
15 ml	tarragon wine vinegar	1 tbsp
15-25 ml	brown sugar	1-1½ tbsp
2	bay leaves	2
15 ml	salt	1 tbsp
3 or 4	peppercorns	3 or 4

Method:

Put the paws in a 2 L (2 quart/ 8 cup) saucepan and add the water, onion, carrots, vinegar, sugar, bay leaves, salt and peppercorns. Cook gently until the gelatinous part of the paws is soft and the liquid has reduced to about 250 ml

(1 cup). Cool, cut the paws into pieces and place in a sterilized jar. The jelly that forms is delicious and should be served along with the meat.

Best use of the animal

Young bears - barbecued, fried, broiled.

Older bears - braised, in pressure cookers, in casseroles.

All bears - in bacon, ham, sausage or corned.

Organs - roasted, braised, pan-fried.

Paws - pickled, braised, in stews.

Pelt - rugs, coats, vests, blankets.

Fat - render down to make lard.

Make your own

Dog food - boil. Cook oatmeal or cornmeal in broth for total nutrition.

Lard - excellent! Grizzly lard is very rich, use one third that is required in recipe. Black, use as directed.

Boot grease - use caked lard at room temperature. Softens leather.

Hair oil - makes hair soft and shiny.

Deep frying - excellent up to 125°C (350°F).

Lye soap - see Gillette's can recipe.

Rendering

Rendering the fat from a black or grizzly bear is a simple process:

1. Trim all fat from the carcass and place in a large pot.
2. Add enough cold water to cover.
3. Bring to a boil, then reduce to a simmer.
4. Skim off impurities as they rise to the top.
5. When the fat is clean and there are no more bubbles, cool slightly and add one litre (4 cups) of hot water. Again, simmer until all the water has evaporated.
6. Repeat until the fat is odour free. The lard produced by this method will be sweet, fresh and of excellent quality.

Bacon

<u>Metric</u>	<u>Ingredients</u>	<u>Imperial</u>
15 ml	salt peter	1 tbsp
15 ml	dry mustard	1 tbsp
30 ml	pickling spice	2 tbsp
30 ml	garlic powder	2 tbsp
5 ml	turmeric	1 tsp

Method:

Rub the flank meat thoroughly with dry cure and place in nonmetallic container. Pack with more curing mixture and store in a cool place. Leave 1 week, overhaul (move around) the meat and add more dry cure.

At the end of fifteen days, soak in clear water for an hour, then air dry for 48 hours. Smoke with a cold smoke for at least 48 hours, 'painting' the meat with maple syrup.

Ham

Follow the procedure for bacon but leave the hams in the dry cure for about twenty-five days. Soak in clear water for four hours, dry for three or four days and smoke (cold smoke) for about four days.

Local butcher shops will prepare hams for you.

Stewed Steaks

<u>Metric</u>	<u>Ingredients</u>	<u>Imperial</u>
4 x 500 g	steaks	4 x 1 lb
	seasoned flour	
60 ml	oil	¼ cup
1	large onion, sliced	1
250 ml	celery, sliced	1 cup
840 ml	tin of tomatoes	28 oz
30 ml	salt	2 tbsp
15 ml	Worcestershire Sauce	1 tbsp

Method:

Dredge the steaks in flour and brown in cooking oil. Place in casserole and add the other ingredients. Cook in a 175°C (350°F) oven for 1½ - 2 hours. Correct the seasoning and serve.

Barbecued

<u>Metric</u>	<u>Ingredients</u>	<u>Imperial</u>
6	chops or steaks (from a young bear)	6
	cooking oil	
	seasoning salt	

Method:

Brush the meat with oil and place on rack 10 cm (4 inches) above hot coals. Brown, brush with oil, turn and brown the other side. Raise the rack to 30 cm (12 inches) and cook until very well done. Serve with baked potatoes, salad, sautéed onions, mushrooms and garlic French bread.

Hunter's Bear Stew

<u>Metric</u>	<u>Ingredients</u>	<u>Imperial</u>
2 kg	bear meat, cubed flour pepper, salt, sage, thyme, garlic powder bacon grease	4+ lbs
1	large onion, diced & sautéed	1
375 ml	barley	1½ cup
4-5	carrots, sliced thick	4-5
2-3	celery sticks, sliced	2-3
250 gr	mushrooms, sliced	½ lb

Method:

Dredge meat in flour and seasonings. Brown in bacon grease over medium heat. Place in large dutch oven with barley and sautéed onion and enough water to cover. Bring to a boil, cover and reduce heat to simmer 2 to 2½ hours. Add vegetables along with seasonings to taste. Simmer another 45 minutes until the vegetables are done.

*Recipe from Bob Hunter, Alaska Department of Fish and Game

Brining

<u>Metric</u>	<u>Ingredients</u>	<u>Imperial</u>
5L	water – either distilled or boiled	1 gallon
2 kg	coarse salt	4 lbs
500 g	brown sugar	1 lb
5 ml	saltpeter (optional)	1 tsp

Method:

Stir in the salt and sugar until it is dissolved. Add the saltpeter and test the brine. It should float a raw egg. If not, add more salt. Put the meat in a non-metallic container and cover completely with brine. Weigh the meat down so it is covered at all times.

Leave for six days at a cool temperature; turn thoroughly, repeat in a week and again in two weeks. Roughly, it takes three days for each 500 g (1 lb) of meat.

NOTE: Meat may be wet or dry cured. This is either a method for preserving the meat or a preliminary step to smoking it.

Canned

<u>Metric</u>	<u>Ingredients</u>	<u>Imperial</u>
6 kg	uncooked meat, cut into small chunks	14 lbs
20 ml	Presidents Choice 4-peppercorn steak spice	4 tsp
5 ml	garlic powder	1 tsp
5 ml	black pepper	1 tsp

Canning meat is something that seems to have fallen by the wayside. Years ago, canning was a necessity, mainly because a number of people did not have freezers or even electricity. However, based solely upon the flavour of the final product, you should try it. You can use any kind of wild game meat with the same successful results. Bear is particularly good.

Method:

Mix ingredients in a large bowl. Prepare the jars for processing, making sure jars and rings are clean and new lids are used. Check jars for chips or imperfections where the lid seals onto the jar and discard any jar that is not perfectly smooth.

Pack jars with meat mixture. Each jar will hold 2 lbs or 1 kg of meat. Leave an open space in the neck of the jar (3/4 inch) and put lids and rings on snug.

Place jars in a pressure cooker with enough water to come about half way up the sides of the jars. Boil for 20 minutes with the vent open. This process vents the jars inside the cooker.

Close the vent and build pressure to 10 lbs. Turn down heat to maintain this pressure for 90 minutes.

Curried

<u>Metric</u>	<u>Ingredients</u>	<u>Imperial</u>
1½ kg	meat, diced	3½ lbs
1	large onion, diced	1
1	clove of garlic, diced	1
5 ml	ginger	1 tsp
250 ml each	celery, green pepper, apple and tomatoes, diced	1 cup each
60 ml	olive oil	4 tbsp
250 ml	beer	1 cup
15-30 ml	curry powder seasoning salt to taste	1-2 tbsp

Method:

Sauté the meat, garlic and vegetables in olive oil. Add the seasonings and beer and cook over low heat until tender; about 1 hour. Serve over boiled rice. More curry powder may be added to taste. Garnish with apple rings deep fried in batter.

Corned

<u>Metric</u>	<u>Ingredients</u>	<u>Imperial</u>
1L	water	4 cups
125 ml	coarse salt	½ cup
80 ml	brown sugar	⅓ cup
5 ml	saltpeter	1 tsp
2	whole allspice berries	2
3	pepper corns	3
5 ml	pickling spice	1 tsp

Method:

This is a fast and easy corning technique which is done in the refrigerator. Cover the meat (brisket or neck meat) with the solution and keep in the fridge, weighed down, for about 2 weeks. Turn the meat every two days so that it will cure.

Remove pressure cooker from heat and let sit until all pressure is completely bled off. Do not try to hurry this process by opening the vent or trying to take the lid off. Scalding yourself could result and the jars inside the cooker could break.

With all the pressure bled off (this takes about half an hour), remove the lid to the cooker and place your jars of canned meat on the counter to cool.

Your canned meat is ready for any kind of a quick dinner recipe, hot or cold. It also makes the world's best sandwich!

*Recipe from Clayton White, Yukon Fish and Game Association

Chili

<u>Metric</u>	<u>Ingredients</u>	<u>Imperial</u>
1½ kg	bear meat, trimmed well and diced small	3½ lbs
1	onion, large	1
1	celery stick, diced	1
1	green pepper, diced	1
1	red pepper, diced	1
6-8	ripe tomatoes, diced	6-8
1-2	cloves garlic, diced	1-2
30 ml	tomato paste	2 tbsp
5 ml	oregano	1 tsp
5 ml	red chili flakes, crushed	1 tsp
500 ml	beer or water	2 cups
15 ml	salt	1 tbsp
15 ml	brown sugar	1 tbsp
30 ml	cornmeal	2 tbsp
500 ml	canned or cooked red kidney beans	2 cups

Sauté the bear meat, onion, celery and green pepper for 5 minutes.

Add the tomatoes, garlic, tomato paste, chili powder, oregano, red pepper, beer, salt and sugar. Cook gently for 1 hour or until meat is very tender. Cool, cover and refrigerate overnight.

To serve, heat well, add the cornmeal (to thicken the chili) and add the beans (if you desire: beans are not generally a part of true chili). Heat well, correct seasoning and serve very hot.

Chops in Sour Cream

<u>Metric</u>	<u>Ingredients</u>	<u>Imperial</u>
8-10	chops, cut from the loin	8-10
250 ml	sliced bacon	1 cup
60 ml	butter	3 tbsp
250 ml	beef broth or consommé	1 cup
4 slices	crispy bacon	4 slices
1	Ukrainian sausage, sliced thin	1
250 ml	sour cream	1 cup
	seasoning salt to taste	

Method:

Saute the chops until golden brown. Place in casserole. Saute the onions in butter and add, along with the rest of the ingredients, to the chops. Cook in a 150°C (350°F) oven for 1 to 1½ hours.

Mint sauce, mint jelly and orange sauce are excellent with bear meat and can be used to mask distinctive flavours in fish-eating bears.