



VENISON POT ROAST-BEAR GOULASH

(WORD SEARCH)

By Prof. Wordsearch



T U O U H C T U D T D O O F
 E U O Y O A A V O O N O D I
 R M Y P S Y E C A W E E O N
 U W A T R N O V T T V S N G
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 I N R H H E T K R F I M K R
 S Y E O U I V E A L S O N A
 S R W S R R C O E L Y I O N
 E I I O E I E R B E T V W I
 N N V E P Y R T E I F L N M
 G A D E K O O C S D N A A E
 F D S O T N I S T R O P S S

HIDDEN MESSAGE:

____ / ____ / ____
(14 LETTERS-3 WORDS)

WORD LIST:

DO WORD LIST IN ORDER!

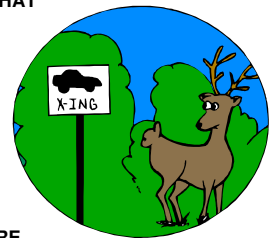
- | | |
|----------------|-----------------------|
| 1) DO YOU | 25) DUTCH |
| 2) HAVE A | 26) OVENS, |
| 3) FAVORITE | 27) THAT |
| 4) RECIPE | 28) CAME |
| 5) TO COOK | 29) OUT |
| 6) DEER, | 30) OF A |
| 7) ALSO | 31) GAME |
| 8) KNOWN AS | 32) COOKERY |
| 9) VENISON, | 33) SEMINAR |
| 10) OR EVEN | 34) AT A |
| 11) BEAR MEAT? | 35) SPORTS |
| 12) YES! | 36) SHOW IN |
| 13) IT IS | 37) SALT LAKE CITY,UT |
| 14) SAFE | 38) IF YOU'RE |
| 15) TO EAT | 39) INTO |
| 16) AND | 40) GOOD |
| 17) TASTY IF | 41) FOOD, |
| 18) PROPERLY | 42) WAIT |
| 19) COOKED. | 43) UNTIL |
| 20) HERE | 44) YOU |
| 21) ARE | 45) TRY |
| 22) TWO | 46) THESE, |
| 23) RECIPES | 47) YUM! |
| 24) USING | |

WORD LIST:

DO WORD LIST IN ORDER!

THE BEAR FACTS ABOUT BEAR MEAT AND DUTCH OVEN COOKERY!

THERE ARE SEVERAL REASONS WHY SOME PEOPLE QUESTION WHETHER BEAR MEAT IS FIT FOR HUMAN CONSUMPTION. THE MOST COMMON ONE IS THAT PEOPLE OFTEN ASSOCIATE BEARS WITH WHAT THEY EAT. MOVIE PORTRAYALS OF BEARS EATING AT DUMPS, RAIDING GARBAGE CANS AND LIVING ON CARRION, HAS GIVEN THE ANIMAL A BAD RAP, COMBINE THIS WITH THE FEAR OF CONTACTING TRICHINOSIS, A DISEASE CAUSED BY A SMALL PARASITE FOUND IN FLESH-EATING ANIMALS, AND YOU'VE GOT SOME HUNTERS WHO WANT A RUG, BUT ARE ANXIOUS TO GIVE THE MEAT AWAY. A BEAR'S DIET DOES REFLECT THE QUALITY AND TASTE OF ITS MEAT, BUT MOST OF THEM DON'T HANG OUT AT THE CITY DUMP. ALASKAN BROWN BEARS FEED ON SALMON WHILE BLACK BEARS EAT PRIMARILY VEGETATION AND WILL TASTE DIFFERENTLY. ALWAYS COOK BEAR MEAT TO AN INTERNAL TEMPERATURE OF 160°. THIS WILL DESTROY TRICHINOSIS. COOKING BEAR MEAT IS NO DIFFERENT THAN COOKING ANY OTHER MEAT. THE CUT OF MEAT DETERMINES THE COOKING METHOD. ALL CUTS OF MEAT ALONG THE BACK OR LOIN ARE TENDER CUTS AND SHOULD BE PREPARED USING DRY COOKIN METHODS SUCH AS BROILING; GRILLING; ROASTING OR SAUTEING. THESE METHODS USE HIGH HEAT AND SHORTER COOKING TIMES. THE CUTS FROM THE FRONT AND HIND QUARTERS ARE NOT AS TENDER AND SHOULD BE COOKED WITH MOISTURE FOR LONG PERIODS OF TIME USING LOWER TEMPERATURES. THESE METHODS INCLUDE:-ROASTING WITH MOISTURE, BRAISING, STEWING, BARBECUING AND/OR PRESSURE-COOKING. YOU CAN USE BEAR MEAT IN ANY PLACE YOU USE VENISON, INCLUDING SAUSAGES



RECIPE BEAR GOULASH

2 LBS OF BEAR MEAT 1 C. DICED ONION
 CUT INTO 1/2 INCH CUBES 1T MINCED GARLIC
 1/4 C. FLOUR 1/2 TSP. CARAWAY SEED
 SALT & PEPPER 1/4 C. TOMATO PASTE
 2 T. HUNGARIAN PAPRICA 1 BAY LEAF
 4 STRIPS DICED BACON 1 PINT. BEEF BROTH

METHOD: Sprinkle meat with salt, pepper, paprika, and flour. Place bacon in 2-4 in, deep pan and cook until fat is rendered and bacon is crisp. Add meat, lightly brown. Add onion & garlic, saute' until translucent. Add caraway & bay leaf. Do not burn paprika. Add tomato-saute', add broth. Bring to boil- allow to thicken. Place in

350* oven approximately 1 hour. Cook until tender & serve over spaetzle or noodles. Serves 4 .

RECIPE: GAME POT ROAST W/DUMPLINGS

4 LBS. VENISON ROAST 1 CUP CELERY, SLICED
 2 T. OIL 1 PINT RED POTATOES (8)
 SALT & PEPPER 1 PINT PEELED TOMATOES
 1 PINT ONIONS QUARTERED 2 BAY LEAVES
 2 T. GARLIC, CHOPPED 1 QT. BEEF BROTH
 1 CUP CARROTS, SLICED BISQUICK AS NEEDED

METHOD: Place 13 coals under a 12 in. Dutch oven. Place the lid on top and let oven heat up. Rub roast with oil & spices Place meat in oil in oven and brown on all sides. Add rest of ingredients Cover and place 12 hot coals on lid. Rotate oven 180+ every 20 min. Cook over even heat for 2 hrs. Carefully

cover and place 12 hot coals on lid. Rotate oven 180+ every 20 min. Cook over even heat for 2 hrs. Carefully remove meat and place on cutting board. Mix Bisquick dumplings-their recipe. Add dumplings to the broth and cook for about 20 min.. Place the sliced meat in bowls, top with broth, vegetables, and dumplings.