

# Field to Fork

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Cooking with Big Game



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# Forward

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I'm pleased and honored to welcome you to this cookbook, a special edition for the 10th Annual Wyoming Women's Antelope Hunt. I look forward to this event every year, and cooking these recipes can help us hold onto the memories and joy of the Hunt, all year round. Happy cooking!

*Marilyn Kite*

Marilyn Kite was born in Wyoming, and has given her life to the state. She was an influential attorney, a Wyoming Supreme Court Justice, and our state's first woman Chief Justice. It's only fitting that such a trailblazer helped found the Wyoming Women's Antelope Hunt 10 years ago.

# Introduction

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We at the Wyoming Women's Foundation look forward to the Wyoming Women's Antelope Hunt all year. This is especially true this year, as we prepared for the 10th annual event.

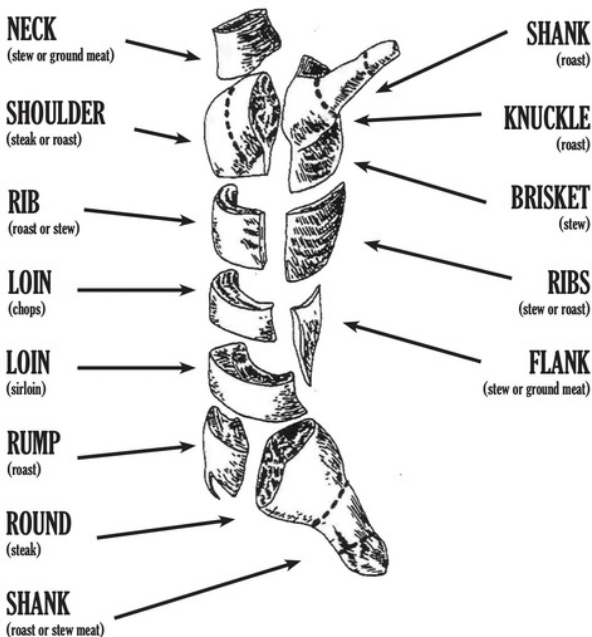
The Hunt is all about camaraderie and creating opportunity. I hope this little cookbook helps you create some extra camaraderie in your life, as you cook with friends and family. I hope that you gain knowledge from these recipes that you can pass on, just like we do at the hunt. And most of all, I hope it reminds you of the remarkable people you met at this year's hunt!

*Bekah Smith*  
director, WYWF



# Guide to COOKING GAME

## Cuts of Meat



# Top Tips



Venison (antelope, deer, elk, moose, etc.) is best cooked either hot (searing & high heat) and fast or slow and low



Tenderloin and back strap cuts are suited for traditional steak dinners and are most tender when cooked rare to medium rare doneness.



Use dutch ovens, slow cookers or tajines to cook tougher cuts on low heat (250°) for several hours.



Any recipe that you use for ground meat like chili or spaghetti sauce will work with wild game ground meat. You do not need to add beef suet to your ground meat. If you want to make hamburgers, just add 1 egg for every pound of ground meat.



Take meat out of the refrigerator and let come close to room temperature before cooking.

# Seasoning Large Game

Large game meat has a strong flavor. Rather than fight this, the best seasoning for large game celebrates the unique taste of your harvest. Here are some tips on spices that work great for a dry rub or other seasoning for game.

- The basics (salt & pepper, garlic, onion) go a long way, but don't be afraid of branching out.
- Give it some kick! A little cayenne, or other red pepper flakes, will bring out game flavors beautifully.
- Game has an earthy flavor, which you can enhance and complement with spices like paprika and turmeric.
- Pungent herbs like rosemary, thyme, and (unsurprisingly!) sage are great choices, too.

# A note on wine...

Wines that would normally pair well with beef, also pair well with game. However, since game is much leaner than beef, it often goes best with finer wines like Bordeaux or burgundy.

If you want to complement the gaminess of your recipe, you might choose one of many Rhône reds or, if you're feeling adventurous, a punchy malbec.

Ultimately, the best wine pairing depends on what recipe you've used. Don't be afraid to be adventurous! And if you're more of an ale fan, many of the terrific IPAs, ambers, and browns from breweries across the Mountain West pair well with game, too!



# Chapter 1. Steaks

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# Grilled Antelope Tenderloin Kebabs

Total time: 40 minutes

Serves: 4

In a bag, combine

**1 tbsp. oil**

**garlic, minced**

**ground chipotle pepper**

**Worcestershire sauce, to taste**

**Soy sauce, to taste**

**Grapeseed or other light oil.**

Add to that mixture

**antelope tenderloins or backstraps, 4 oz. per person (raw weight).**

Squish the contents of the bag to mix. Seal bag with as little air as possible inside. Refrigerate from 1 hour to overnight. Cook

**rice**

in

**chicken broth.**

Wash, seed, and/or slice as needed (into pieces about the same size as the meat cubes), vegetables such as

**onion**

**eggplant**

**mushrooms**

**red/green peppers.**

Thread, alternatingly, meat and vegetables onto kebab sticks. (Remember to soak wooden kebab sticks before use.) Cook until medium rare, about 10 minutes total. Place aluminum foil over kebabs on a plate and allow to rest for 10 minutes. Serve over rice.

# Venison Caprese

Author: Julie Golob  
Total time: 30 mins  
Serves: 2-4

In a small skillet on medium/low, heat

**2 tbsp. olive oil**

and squeeze the cloves from

**head garlic.**

Mash the cloves with a wooden spoon or spatula. Add

**4 tbsp. balsamic vinegar**

**2 tbsp. molasses**

**1 tbsp. sherry.**

Stirring occasionally, let the mixture reduce (about 20 minutes). Preheat a grill pan or gas/electric grill to high heat. Cut

**1 vine-ripened tomato**

**1 ball fresh mozzarella**

into ¼-½-inch slices. Take a knife to

**a small bunch of basil leaves**

and slice it into thin strips. Prepare the serving plates by adding

**a handful of baby spinach**

to each. Rinse and pat dry

**4 venison chops.**

When the grill has reached searing heat, place the chops on the grill.

Depending on your grill method, cook 2-4 minutes for medium doneness.

Place the venison on top of the spinach on each plate, and spoon the reduction on each chop. Add a slice of fresh mozzarella followed by a slice of tomato to each and top with some basil. Sprinkle sea salt over each plate and drizzle with olive oil.

# Wild Game Parmesan

Author: Kim Gasson

Total time: 40 mins

Serves: 4

Preheat oven to 350°. Pound, until very thin,

**1 lb. antelope, elk, deer or moose steaks.**

Whisk together

**1 c. flour**

**1 tbsp. Italian seasoning**

and dredge the steaks with the mixture. In a Dutch oven or large oven-proof skillet, brown the steaks in

**2 tbsp olive oil.**

Remove from heat. Over the steaks, pour

**1 jar of your favorite marinara sauce.**

Bake for 30 minutes. Cover with

**grated mozzarella cheese**

**freshly grated parmesan**

and bake for an additional 5 minutes. Serve over

**noodles of your choosing.**

# Spicy Steak with Noodles

Author: Kim Gasson

Total time: 30 mins

Serves: 4-5

Combine, in a small bowl,

**2 tsp. chili powder**

**2 tsp. oregano**

**2 tsp. ground cumin**

**1 tsp. paprika**

**½ tsp. crushed red or ground chipotle pepper**

**½ tsp. salt.**

To this mixture, add

**2 minced garlic cloves**

**2 tbsp. flour.**

In a large skillet, heat

**1 tbsp. olive oil.**

Add

**1-1.5 lbs. package of elk or deer steaks**

and cook on each side until brown. (Make sure the meat has plenty of room to cook.) Remove the meat from the pan, then sauté

**1 onion, sliced**

**1 red bell pepper, sliced**

for 5 minutes. Stir in the chili powder mixture and sauté for one minute further. Add

**2 tsp. ketchup**

**2 tsp. lime juice**

**1 14-oz. can beef broth.**

Bring to a boil, then simmer for 5 minutes. Return the meat to the pan and simmer for 3 minutes further. Serve over

**noodles of your choosing.**

# Asian-style Steak with Peppers

Author: Kim Gasson

Total time: 40 mins

Serves: 5

Mix together

**½ cup low-sodium soy sauce**    **1 tbsp. fresh ginger, minced**  
**2 tbsp. packed brown sugar**    **2 cloves garlic, minced**  
**2 tbsp. cornstarch**                **1 tsp. red chili paste, or a few dashes**  
    **red chili oil.**

Into this mixture, place

**1 ½ lb. steak, sliced very thin against the grain**

and toss to coat. Set aside. Heat

**1 tbsp. oil**

in a large skillet over medium-high to high heat. When very hot, throw in

**1 whole medium yellow onion, sliced**

and cook for less than a minute. Place the onion on a separate plate.

Return the skillet to the burner, allow it to re-heat, and add

**2 red bell peppers, sliced.**    **1 tbsp. diced jalapeño (optional)**

Cook for a minute, tossing, until peppers have brown/black bits but are still firm. Remove to a separate plate. Return the skillet to heat and allow to get hot. Add

**1 tbsp. oil**

and about  $\frac{1}{3}$  of the meat mixture, evenly distributed over the surface of the skillet. Allow to sit for 20-30 seconds, then turn with tongs. Cook for another 30 seconds, then remove to a separate plate. Repeat with remaining meat until all of it is brown. Reduce heat to low. Add all meat, onions, and peppers to the skillet and toss to combine. Pour in the remainder of the sauce the meat marinated in and stir. Allow to simmer on low for a few minutes. The sauce will slowly thicken. Turn off heat.

Top with cilantro leaves and serve immediately over

**rice noodles, cooked.**

# Pan-seared Antelope Hearts with Browned Mushrooms

Author: Danielle Prewett,

Wild & Whole and Meat Eater

Wash out

## **1-2 antelope hearts**

With water and pump out any coagulated blood. Use a sharp knife to trim the valves and fat around the top. Make a slice down the main coronary artery that runs along the outside of the heart to open one side out flat. Cut this small piece off. You will be left with a coneshaped piece of muscle. Make another cut down the middle to open and lay flat. Trim any fibrous tendons on the meat. You should end up with two flat pieces that look like steaks. One will be thick, the other thin. Pat dry with a paper towel and season with

**Kosher salt**

**cracked black pepper.**

Heat a large sauté pan over medium-high heat. Add a drizzle of oil for cooking (grapeseed or canola) and spread across the pan

**8 oz. baby portabella mushrooms**

**2-4 sprigs of fresh thyme.**

Once they are down leave them alone and let them brown. Periodically toss and stir to cook on all sides. About halfway through, or when you think the mushrooms are drying out, mix in

**1 tbsp butter.**

When the mushrooms are close to being cooked, add

**3 cloves garlic, minced.**

Cook until the garlic is soft and fragrant, which should take a total of 10-15 minutes. Remove. Sear the heart on both sides. Remove to a cutting board to rest. Deglaze pan with

**¼ cup cognac or whiskey**

**1 c. beef stock (reduced to ½ cup ahead of time)**

and reduce. Return mushrooms. Swirl in butter at the end to finish. Taste and season with

**salt and pepper.**

Note: Review Meateater's video "How to Clean a Heart 101" if needed (<https://youtu.be/VmkK2261Nec>)

# Chapter 2. Burgers & Sliders

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# Venison Greek Sliders with Tzatziki

Author: Julie Golob

Total time: 30 mins

Serves: 4

PREPARE THE TZATZIKI (prepare well in advance)

Mix together

**16 oz. Greek yogurt**

**½ of a medium cucumber, chopped into small pieces**

**1 tbsp. dried dill**

**1 c. sour cream**

**5 cloves garlic, pressed.**

Refrigerate after making.

PREPARE VENISON PATTIES

Mix together

**½ small onion**

**1 tbsp. pine nuts, finely chopped**

**1 tbsp. Greek seasoning (such as Cavender's).**

Add this mixture to

**1.5 lbs. ground venison**

and mix thoroughly. Form small, slider-sized patties that fit inside your hand.

## PREPARE THE TOASTED LEMON BUTTER BUNS

Cut, and place on a baking sheet with the cut sides up,

**8 dinner-sized wheat buns.**

Whisk together

**2 tbsp. butter**

**juice of half a lemon**

and brush this mixture onto each bun.

Preheat oven to 400°. Prepare Cuisinart Griddler, grill pan or grill on high heat to sear. Once preheated, toast buns in oven lightly to a golden brown. Place patties on the grill and sear. (Four minutes on a Griddler, searing both sides, results in medium to medium well doneness.) Plate two toasted buns. Add a patty to each bun with a generous dollop of tzatziki. This dish can be accompanied by a Greek salad.

# Venison Beer Burgers

Author: Daniel Galbreath  
Total time: 30 mins  
Serves: 4

Boil down, until approx. 1/3 its previous volume,

**1 can of ale (amber or brown work best) from your favorite local brewery.**

To make patty mixture, gently combine

**1 onion, very finely chopped**

**2-3 cloves garlic, minced**

**3 tbsp. oil**

**1 egg**

**Salt, pepper, and herbs of your choosing**

**the reduced beer**

**about 2 lbs. of ground game meat.**

Make mixture into patties. For best results, use your thumb to create a divet in the middle of each patty. Fry the patties in more oil. Again, for best results, add about 1/3 cup water to the skillet and cover with lid.

You'll need to flip the patties once or twice. Serve on

**buns, buttered and toasted**

with your favorite burger toppings.

# Bleu Cheese Burgers

Author: Karey Stebner

Total time: 40 minutes

Serves: 4

Sauté, over medium heat,

**½ cup finely chopped red onion**

for 4 minutes. Mix cooked onion with

**1 lb. ground elk, antelope, deer or moose**

**salt and pepper to taste.**

Make patties and fry for 3-5 minutes per side. Meanwhile, mash with a fork

**1 oz. (¼ c.) crumbled bleu cheese**

then stir into the mashed cheese

**1 tbsp. Worcestershire sauce**

**2 tbsp. buttermilk**

**1 tsp. Dijon mustard**

**¼ tsp. kosher salt**

**1 tbsp. mayonnaise**

**¼ tsp. pepper**

**1 red onion, thinly sliced**

**pinch of sugar.**

Dollop this sauce onto finished burgers, served on

**buns**

with additional favorite toppings.

# Chapter 3. Meatloaf & Roasts

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# Sous Vide Garlicky Antelope Roast with Herbs

Author: Kathryn Boswell

*Note: These proportions are for a top round roast, a.k.a. "the cute roast." The cooking time wouldn't need to be adjusted for a different roast, but rub proportions might need to be.*

To create the, combine

**2 tsp. dried thyme**

**1 tsp. each of dried, chopped marjoram, rosemary, black pepper,  
& garlic powder.**

**a splash of olive oil**

After removing as much of the silver skin as possible, coat roast with the rub. There is no salt in this rub as it can make the meat tough. Let it circulate for roughly 30 hours at 130 degrees for rare/medium rare.

Let the roast rest for about 30 minutes in the bag, then then pour juices into a small sauce pan along with about the same amount of

**white wine**

and some salt. Let it boil/reduce while searing the roast in butter, and when finished searing added 1-2 tbsp of butter (to the sauce.)

Sautéed mushrooms in butter with a sprinkle of fresh thyme is an excellent topping in combination with the sauce. Or don't do the sauce and just do the mushrooms!

# Sunday Pot Roast

Author: Kim Gasson

Total time: Approx. 3 hours (15 minutes of prep time)

Serves: 4-6

Preheat oven to 325°. Rub

**1 lb. antelope, deer, elk or moose roast**

With flour, then brown in Dutch oven. Place around the meat

**4-6 potatoes, peeled and halved**

**8-10 carrots.**

Sprinkle with

**1 pkg. onion soup mix**

and add enough water to nearly cover. Cover the pan and bake for 2-3 hours. Fifteen minutes before serving, allow roast to rest on a cutting board for 10 minutes. Slice, then return to Dutch oven to soak in liquid for several minutes. If preferred, pour small amount of liquid over roast when serving

# Meatloaf

Author: Rebekah Hazelton

Total time: 1 hour (15 minutes prep time)

Serves: 6

Preheat oven to 375°. Mix together, to make MEATLOAF,

**1-1 ½ lbs. ground meat**

**¾ c. panko or breadcrumbs**

**1 small can sliced olives**

**1 large egg**

**3 oz. tomato paste**

**salt, pepper and crushed pepper to taste**

**3 oz. milk**

**Optional: sautéed onions, mushroom, garlic**

and place in pan (8x8 or loaf). Whisk together, for SAUCE,

**3 oz. tomato paste**

**4 tbsp. honey**

**4 tbsp. cider or other vinegar**

and pour over meatloaf. Bake 45 minutes.



# Venison, Apple and Turnip Roast

Author: Alex Shannon

Total time: Approx. 3 hours

(15 minutes of prep time)

Serves: 4-6

Combine in a Dutch oven or similar dish:

**1 lb. antelope, deer, elk or moose roast, roughly chopped**

**(optional: seer the meat first for best results)**

**2 apples, cored and sliced**

**2 turnips in slices the same size as the apple slices**

**1-2 onions, roughly chopped**

**2-3 cups mead or fruit wine**

**2 stick celery**

**salt, pepper, herbs and spices to taste.**

Cook on low heat until the stew is well mixed and the vegetables are soft.

# Chapter 4. Soups, Stews, & Pies

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# Antelope Chile Verde Stew

Author: Emily Vercoe

Prep time: 60 mins

Serves: 6-8

Roast on all sides, till their skins are charred,

## **6-8 Anaheim Chile peppers.**

Place the chiles in a storage bag to allow the steam to release. Once cool, remove stems, outer skins, and some seeds. Roughly chop and set aside.

Toast

## **2 tbsp. each of cumin and coriander seeds**

in a small skillet for 2-3 min; cool; then grind into coarse powder with a mortar and pestle. Then, over medium heat, add oil to a stock pot. Dredge

## **3/4-1 lb. antelope roast, cubed (1-inch cubes)**

in

## **2 tbsp. flour**

## **salt and pepper, to taste**

and dredge. Brown the seasoned antelope cubes in the stock pot in batches and set aside. In the same oil, sauté, until translucent,

## **2 onions, chopped**

## **4 cloves garlic, minced.**

Add, and brown,

## **2 lb. ground antelope.**

Then add to this mixture, the Anaheim chilies and cubed meat, along with

## **2 cups cooked pinto beans**

## **6 c. beef broth**

## **cilantro, cumin, coriander, & oregano to taste**

## **bay leaf**

## **4 oz. Hatch diced green chiles.**

Cover partially and allow to simmer for approx. 2 hours, until the meat is tender.

# Faux Pho

Author: Julie Golob

Total time: 30 mins

Serves: 4

Take

**1 lb. venison, thinly sliced\***

out of the refrigerator, rinse and set on paper towels. In a large pot set on high heat, add

**4 c. beef broth**

**4 c. chicken broth**

**3 ¼-inch slices of ginger**

**1 clove garlic, minced.**

Make a sachet out of cheesecloth for

**½ tsp. fennel seed**

**10 cardamom pods**

**3 star anise**

**½ tsp. coriander seed**

**8 whole cloves**

**1 cinnamon stick**

then place the sachet in the pot and cover. Turn down the heat as necessary to keep the broth at a gentle boil. Prepare rice noodles as directed on the package, strain and divide among four large bowls.

Wash

**2 limes**

**4 c. fresh bean sprouts**

**1 ½ c. sliced scallions**

**¼ c. fresh cilantro leaves**

Pull the cilantro leaves from the stems. Slice the scallions. Cut the limes into quarters. Run

**¼ small red onion**

through the mandolin at its thinnest setting. Divide onion, scallions, and cilantro between the bowls. Divide the venison the bowls, spreading it out and placing it on top of the noodles and vegetables. Scoop boiling broth into each bowl. The broth will instantly cook the venison. Squeeze fresh lime, add remaining ingredients and

**hoisin sauce**

**siracha sauce**

to personal tastes.

# Hungarian Elk Stew

Author: Marilyn Kite

Total time: 3.5 hours

(30 minutes prep + 3 hours cook time)

Serves: 6-8

In a plastic bag, combine

**¼ c. flour**

**1 ½ tsp. salt**

**½ tsp. pepper**

and coat

**2 lbs. venison stew meat**

with the mixture. Brown meat in

**2 tbsp. butter**

avoiding overcrowding. Add

**2 c. white wine**

and scrape pan. Add

**2 c. onion, chopped.**

**2 tbsp. garlic, minced**

**1 c. beef stock.**

**2 tbsp. sugar or stevia**

**1 tbsp. Hungarian or smoked paprika**

**1 tsp. crushed red pepper 8 juniper berries**

**2 whole allspice berries 1 bay leaf**

**Optional: beef stew bone.**

Cover and cook 3 hours at low temperature. Serve over

**hot noodles.**

\*Venison should be sliced as thinly as possible. Either ask your processor to package it this way, invest in an electric meat slicer or use a knife to cut the meat. If using a knife, place the venison in the freezer for 10-20 minutes to make it easier to slice.

# Elk, Porcini and Onion Stew

Author: Marilyn Kite

Total Time: about 3 hours  
(40 minute prep time)

Serves: 6-8

In a small bowl, cover

**½ oz. dried porcini mushrooms**

with

**½ c. hot water.**

Soak 20-30 minutes. Meanwhile, in a large Dutch oven, brown

**3 ½ lbs. game meat, cut into bite-size pieces**

**2 beef marrow bones**

in

**3 tbsp. olive oil.**

Set aside. With

**3 tbsp. olive oil,**

sauté

**2 large onions, chopped**

for about 10 minutes. Return meat, bones, and any collected juices to pan with onions. Add

**1 c. dry red wine     4 bay leaves**

**2 whole cloves     ¼ tsp. salt.**

Boil until juices are reduced by half (about 10 minutes). Drain the mushroom, reserving the liquid. Strain the mushroom liquid through a paper towel and return to mushrooms with

**1 tbsp. + 1 tsp. tomato paste**

then add meat mixture. Simmer 5 minutes. Add

**4 c. chicken stock**

and reduce heat. Simmer 1 ½-2 hours, until meat is tender. Uncover and simmer 25-30 minutes until thick and chunky. Serve over

**noodles.**

# Mexican Stew

Author: Karey Stebner

Total time: 3 ½ hours (30 min prep time)

Serves: 4-6

Combine in a bag

**2 tbsp. flour**

**¼ tsp. salt**

**¼ tsp. pepper**

**½ tsp. paprika**

**½ tsp. garlic powder.**

With the mixture, dredge

**1 ½-2 lbs. elk, antelope, deer or moose, cut into bite-size pieces.**

In a large Dutch oven, heat

**2 tbsp. olive oil.**

Brown the meat, then add

**3 large onions, chopped**

and cook until translucent. Add

**3 cloves garlic, minced**

**1 32-oz. can tomatoes**

**2 beef bouillon cubes**

**1 16-oz. pkg. frozen chiles**

**½-1 fresh mushrooms, sliced**

**1 4-oz. can green chiles**

**½-1 c. dry red wine or beef stock (enough to cover).**

Simmer on stove for 1 hour. Transfer to 350° oven. Bake at least 2 more hours, adding more wine as needed. Serve over

**rice**

with

**garlic bread.**



# Chapter 5. Cooking Demo Recipe

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# Antelope Stuffed Poblano Peppers

Author: Chef Jamie Teigen @chef\_jimmy09

Start by grilling

## **6 poblano peppers**

for 5 minutes. After the pepper is cool, remove the stem and seeds.

From a box or special recipe you may have prepare

## **2 cups of red rice**

In a skillet over medium heat, sauté until translucent

## **1 tsp oil and 1 chopped yellow onion**

Add

## **1 can black beans**

## **1 cup frozen corn**

## **1 tsp cumin**

## **1 tsp ground coriander**

## **1/2 tsp salt**

## **1 tsp garlic powder**

## **1 tsp Mexican oregano**

remove from heat then add

## **cooked rice**

Mix until well combined. In a separate skillet, brown

## **3/4 lb finely chopped Antelope with 2 tsp olive oil**

Mix in

## **1/2 cup shredded white cheddar cheese**

## **1/4 cup whipped cream cheese**

## **1/4 cup chopped cilantro**

## **7 oz salsa of your choice**

Combine

## **rice mixture with meat mixture**

Divide evenly between

## **poblano peppers**

stuff and then grill for 3 minutes on each side. Remove from heat and

serve with favorite toppings like

## **onion, avocado, cheese and salsa**

# End Notes

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Cookbook compiled and edited by Dr. Daniel Galbreath

Recipe contributions from Julie Golob, Kim Gasson, Daniel Prewett, Daniel Galbreath, Karey Stebner, Kathryn Boswell, Rebekah Hazelton, Alex Shannon, Emily Vercoe, Marilyn Kite and Jamie Teigen.

Created for the 10th Annual Wyoming Women's Antelope Hunt.



10<sup>TH</sup> ANNUAL  
*Wyoming  
Women's*  
ANTELOPE HUNT