

Wardens' Cookbook



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Wisconsin Department of Natural Resources
Wildlife and Conservation
P.O. Box 207
Rudolph, Wisconsin 53072
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or
1-800-255-2555
Extension 2835

Grandma,

You might find some of these recipes a little unusual or hard to follow, but hope you have fun reading them.

Merry Christmas 1988

Love,

Francine + Ed

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The Unherald Angels

Dedicated to the wife of every Conservation warden, for they are the unheralded angels of conservation law enforcement throughout the world.

The Good Lord loves wardens' wives, you know it's true.
They are angels....and lovers....and good friends, too!
And it's not so easy to be a warden's wife,
But the mate of a warden is a mate for life.

Her career begins with a lonely night,
As her man pursues poachers 'til morning light.
It's a shock to learn that the "Spawning Run"
Tires out her man, so he's no "Lovin' Fun".

But she works things out in her own sweet way,
And their "Spawning Run" comes by light of day.
As the telephone sings a nerve-jangling chorus,
She sweetly says, "There's a fire in the forest!"

Warden, up and away! Save the whole damn state!
So your wife can be proud, and worry, and wait.
And answer the phone, and take care of the kids,
And clean up the mud from your "waffle-stomp" skids.

There is no routine for the great warden wives,
And the state gets for free a piece of their lives,
As they answer the calls, and do all the rest
That helps their man to complete every test.

Warden wives are all sizes, and each looking great!
Individuals, unique....those wardens sure rate!
From a "meal-makin-momma" as dawn breaks anew,
To a career of her own, is what many will do.

Their family is a fulltime career for some.
For others there's more, and a job to be done.
But for all of the wives of wardens we know,
Their mutual concern for their men make them glow!

Yes, the conservation warden is a fortunate man,
With a willing wife to fulfill every plan.
And should he go first to that well-earned rest,
May the Good Lord guide her through every test.

And make her memories of their lifetime shared,
Pleasant...and tranquil....and knowing he cared.
A special reward surely God has in store,
When the wife of a warden sets foot on His shore.

by Homer E. Moe, Wisconsin Conservation Warden

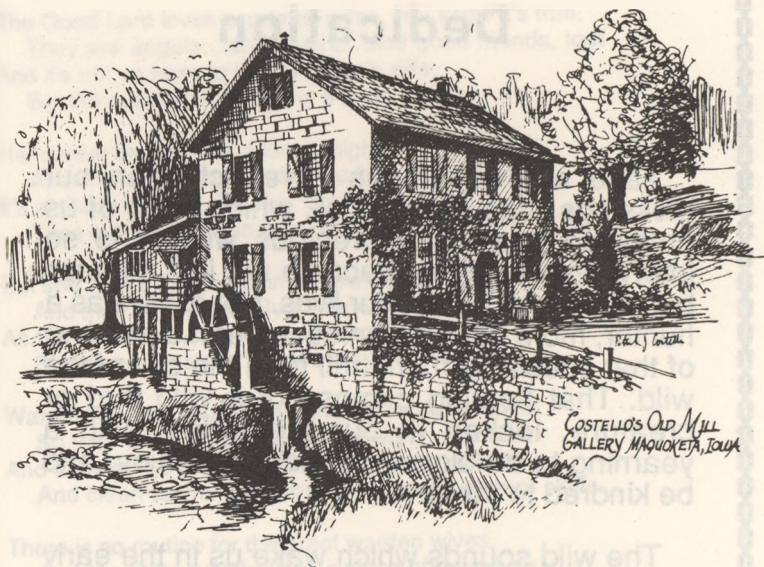
Dedication

Take a few minutes -- reflect upon our blessings, "the Good Life", which each of us holds so dear. Our precious wildlife is so interwoven as it has become not just a factor but an integral part of our lives. Not always as a hunter, more often as an observer....a receiver of that special certain thrill from the call of the wild. That fleeting glimpse of a wild bird or creature, locked in our memories, with a yearning to be close to watch and enjoy, and be kindred to them.

The wild sounds which wake us in the early morn, awake our spirit, to rise above our earthly bounds to a high plain and inspire us to even greater deeds and richer lives. As Leopold said, "There are some who can live without wild things, and some who cannot."

This book is humbly dedicated to those rare men and women, present and past, some salaried, others not, who give or have given of their lives, hearts and spirits to our wildlife....certainly "some of the finest who walk out-of-doors". Surely, a Lord who notes the falling of a single sparrow, has some special thoughts for those who watch over and care for his wild creatures.

-- With appreciation to Pat Costello
for his art work and prints



COSTELLO'S OLD MILL GALLERY

R.R. 4

Maquoketa, Iowa 52060

Formerly Oakland Mill, built in 1867, a water-powered turbine supplied power to grind wheat until the turn of the century. The mill was built on a limestone bluff, with stone walls 3 feet thick. It served as a cattle barn for 70 years, and was almost added to the list of over 700 mills that have been abandoned and destroyed in Iowa. Restoration started in 1974 by Dr. Lee Hawkins, completed in 1979 by Patrick and Joan Costello. The Costellos make their home on the second and third floor of the "old mill" where they live with their son and daughter. On the main floor is a beautiful art gallery and frame shop which is open to the public year round. Tours are available.

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Hints

- To remove the "fishy" taste from wild ducks, parboil 15 minutes in solution of 1 teaspoon baking soda and 1 teaspoon black pepper in water to cover. Drain and cook according to your recipe.
- To remove the "fishy" smell from your hands after cleaning fish, use toothpaste. Place about an inch between your hands and scrub like you would regular soap, rinse with water and smell your hands; repeat if necessary.
- To take the "fishy" or "mud" taste from carp, soak in a solution of half milk/half water, and dash of baking soda.
- Poach fish fillets in sauerkraut juice until flaky. Serve with melted butter and chopped parsley or water cress.
- To kill a fresh eel, wrap a cloth around its head and hit it on the head several times. Rub eel with salt until it turns blue from top to bottom.
- Rub the fish and your hands with vinegar before cleaning; you'll both smell clean when finished.
- The most important rule to remember about game is to "bleed them well after killing".
- One teaspoon of vinegar added to your homemade syrup will keep it from candying after it stands.
- To take the sting out of a bee sting, mix equal parts of soda and vinegar and put it directly on the sting.
- Rubbing right away with vinegar helps mosquito bites.
- When you boil wild game, add 1 tablespoon of vinegar, white, cider or wine. Vinegar will soften the fiber of meat and make it more tender.
- Add 2 tablespoons of vinegar to oil before heating for deep frying (2 tablespoons per quart); will keep food from absorbing so much oil.
- Use 1 cup honey for 1 cup of sugar in recipe and reduce the liquid by a quarter cup for every cup of honey used in recipe.

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FROM THE OVEN



Sourdough

STARTER:

2 c. warm water into container - add 1 pkg. active dry yeast OR 1 yeast cake OR 1 level T. dry yeast.

ADD:

2 c. white flour

Mix these ingredients to form smooth paste, leave lid loose fitting, then place the container in warm place overnight or longer if a more tangy flavor is desired. Twenty-four hours at least is recommended. By this time the sourdough mixture will be made up of small bubbles and should give off a pleasant alcoholic aroma.

This **Sourdough Starter** can be kept in the refrigerator as long as you replenish what is taken out for baking. (If the **Starter** is not to be used for several weeks, it can be frozen or dried to keep it from spoiling. In the dried form, the yeast goes into a spore stage, which, like dried yeast, will keep for a long time. Water and warmth bring the yeast back to an active stage.) While in the refrigerator the low temperature will cause the bubbles to disappear and a clear liquid will rise to the surface. This is normal. Just stir before using. (Alaskan prospectors and Indians would skim this liquid from the top, ferment it and use it as alcoholic liquor).

Each time you wish to use your **Starter** you must first pour 1 cup of it out and set that aside as a **Starter** for the next baking effort. This cup of **Starter** is then returned to the container and the amount taken out is replenished by adding flour and water - NOTHING ELSE! The mixture will improve with time and once the fermentation is under way, this cup of **Starter** will be sufficient to sour the flour overnight. Let it work in the pot for at least a day before storing in refrigerator.

From the Oven

Bean Casserole

- | | |
|---------------------------|--------------------|
| 1 lb. ground venison | 1/4 c. brown sugar |
| 1 onion | 1/2 c. ketchup |
| 1 can of red kidney beans | 2 T. vinegar |
| 1 can of pork-n-beans | 1 T. dry mustard |
| 1 can of butter beans | 1 T. Liquid Smoke |

Brown venison and one onion. Add red kidney beans, pork and beans, butter beans, brown sugar, ketchup and vinegar. Add mustard and Liquid Smoke. Bake at 350° for 1 1/2 hours.

*Marc Roberg, Conservation Officer,
and wife Deb, Shannon City*

Dried Beef Casserole

- | | |
|-------------------------------|------------------------------|
| 2 pkg. dried beef | 1/2 c. chopped onion |
| 2 cans cream of mushroom soup | 2 c. elbow macaroni |
| 2 c. milk | 1/2 c. cubed Velveeta cheese |
| 4 hard-boiled eggs, chopped | dash of pepper (no salt) |

Stir all ingredients together and pour into a greased baking dish. Let stand until one hour before serving time. Bake for one hour at 350°. You can mix this together at bedtime and put in the refrigerator overnight. This can be made with leftover turkey, chicken, ham or any kind of cubed meat, in place of dried beef. You may use cream of chicken soup with chicken or turkey. Very good, and nourishing.

*Polly Noble, wife of Conservation Officer
Curt Noble, Muscatine*

Pheasant Casserole

Cook pheasant until done and take off bones. Put layer of bread pieces in a buttered casserole, then meat and 1 can of cream of mushroom soup. Put another layer of bread pieces in, and pour over that 1/4 pound of melted butter, and a little pheasant broth. Bake for one hour at 350°.

*Connie Putilo, wife of Conservation
Officer Gary Putilo, Bellevue*

Worry is like a rocking chair. It gives you something to do, but doesn't get you anywhere.

Game Bird Stroganoff

- | | |
|---------------------------------|--|
| 1 can cream of mushroom
soup | 1/4 tsp. nature seasoning
ground pepper, to taste |
| 1/3 c. sour cream | 2 T. butter |
| 1/4 c. red wine | seasoned flour |
| 1/4 tsp. salt | fresh mushrooms, sliced |
| game birds | |

In a bowl, combine soup, sour cream, wine, salt and seasonings to make sauce. Cut birds into serving-size pieces and dredge meat in seasoned flour; brown in butter. Place neatly in a baking dish. Add sauce and pan drippings. Cover with sliced mushrooms and bake for one hour at 325°.

Bob Mullen, Conservation Officer, Tama

Meat and Rice Au Gratin

- | | |
|--------------------------------------|-------------------------------|
| 1 lb. ground venison
or hamburger | 1 tsp. oregano |
| 1 med. onion | 1/2 tsp. salt |
| 1 c. cooked rice | 1 sm. can tomato paste |
| 1 T. chill powder | 1 c. grated Cheddar
cheese |

Brown meat and onion; drain. Mix with rice, seasonings and tomato paste. Mixture should be firm. Pat in an 8x8-inch pan. Put in oven for 10 minutes. Put on cheese and place back in oven until cheese melts.

*Marc Roberg, Conservation Officer,
and wife Deb, Shannon City*

Meat Loaf

- | | |
|-------------------------------------|---------------------|
| 1 1/2 lb. ground beef or
venison | 3 T. onion, chopped |
| 3/4 c. oatmeal, uncooked | 1 1/2 tsp. salt |
| 1 c. evaporated milk | 1/4 tsp. pepper |

SAUCE:

- | | |
|---------------------------|--------------|
| 3 T. Worcestershire sauce | 2 T. sugar |
| 3 T. vinegar | 1 c. ketchup |

Mix and place in a loaf pan that has been sprinkled with cold water. Set oven at 350° and bake for 10 minutes. Then baste with sauce.

Sauce: Mix together and cover loaf with ingredients. Bake for another 50 minutes.

Ruth Lee, Curt Noble's sister, Muscatine

Did you ever have a puppy at a "gnaw-it-all" stage?

Wild Rice Casserole

- | | |
|--|---------------------------------|
| 1 lb. wild rice, cooked
and drained | pinch of thyme |
| 1 lb. mild sausage | pinch of marjoram |
| 1 lb. fresh mushrooms | 1/4 c. flour |
| 1 c. chopped onion | 1/2 c. milk |
| 1/2 c. toasted, sliced
almonds | 1 T. salt |
| 2 1/2 c. chicken bouillon | 1/2 tsp. pepper |
| pinch of oregano | dash of Tabasco sauce
(opt.) |

Sauté the sausage and drain enough fat to sauté onions and mushrooms. Make a sauce of flour and milk. Add chicken bouillon. Simmer until thick. Add seasoning and other ingredients. Pour in casserole and top with almonds. Bake for 30 minutes in a 350° oven.

Note: This is an excellent dish to serve alongside wild duck or goose.

*Mike Sells, Conservation Officer Supervisor,
Washington*

Baked Beans

- | | |
|-----------------------------------|----------------------|
| 1 can red kidney beans | 4 lg. onions, sliced |
| 1 lg. can butter beans | 1/2 tsp. mustard |
| 1 bag of frozen lima beans | 1/2 c. vinegar |
| 1 can navy beans | 1 c. brown sugar |
| 1/2 lb. bacon, diced and
fried | ketchup (opt.) |

Drain all beans except kidney beans. Fry bacon crisply; add onion. Cook until tender. Add mustard, sugar and vinegar. Cook for 20 minutes and add to beans. Bake for one hour at 350°.

*David Moore, Conservation Officer,
and wife Janice, Bedford*

Old-Fashioned Baked Beans

- | | |
|---------------------------|--------------------|
| 2 c. Great Northern beans | 1/2 c. brown sugar |
| 1/2 lb. cubed bacon | 1/2 c. corn syrup |
| salt, to taste | |

Soak 2 cups of beans overnight. Cook beans in some water with bacon, until done. Salt to taste. Add brown sugar and corn syrup and mix. Pour into a baking dish and bake at 350° for about 1 1/2 hours, or until done. Serves about 8.

Paul Magnussen, Conservation Officer, Sioux Rapids

I heard a minister say, "Learn to forgive your enemies. It will drive them up the wall!"

Fish Loaf

1 pt. jar of fish
 1/2 tsp. salt
 1 egg, beaten

1/2 c. chopped celery
 1 c. bread or cracker
 crumbs

WHITE SAUCE:

1 1/2 T. margarine

1 1/2 T. flour

1/2 c. milk

Mix all ingredients. Cook at 350° for 30 to 45 minutes.

George Hemmen, Conservation Officer, Guthrie Center

Baked Trout Loaf

3 lb. trout fillets
 1 onion
 1 stalk of celery
 1/2 green pepper

2 pinches of parsley
 1/2 c. bread crumbs
 2 eggs
 pepper, to taste
 1 c. water

Put the first five ingredients through a fine meat grinder. Add the rest and mix thoroughly. Put in a well-buttered baking dish. Dot top with butter. Sprinkle with additional bread crumbs. Bake in a 400° oven for about one hour.

*Lou Lindenberg, Conservation Officer,
 and wife Sandy, Bondurant*

Canned Venison Casserole

1 pt. canned venison
 1/2 c. green onion, diced
 1/2 c. celery, diced
 1/2 c. green pepper, diced
 2 T. oleo
 1/2 tsp. soy sauce
 8 oz. pkg. noodles

4 oz. can mushrooms
 1/2 c. American cheese,
 cubed
 1 can cream of chicken
 soup
 salt and pepper
 garlic salt (opt.)

Sauté green onion, celery and green pepper in 2 tablespoons of oleo. Cook noodles until tender, and drain. Add venison, sautéed vegetables, mushrooms, cheese, soy sauce, and cream of chicken soup. Salt and pepper, to taste. Add garlic salt if desired. Pour into a casserole. Cover with grated cheese and bake at 350° for 25 to 30 minutes. Serves 4.

Paul Magnussen, Conservation Officer, Sioux Rapids

One day after I had paid for some groceries, the cashier said something I did not catch so I asked her to repeat it. "I said, have a happy day," she snapped. "Are you deaf?"

Venison Stroganoff

1 lb. venison steak
 1/4 c. butter
 8 oz. can of mushrooms
 1 can of beef consomme
 noodles or rice

3/4 c. chopped onion
 3 cloves of minced garlic
 1 c. sour cream
 2 1/2 T. flour
 salt and pepper

Cut venison into 1/4-inch pieces, and brown in butter with chopped onion and garlic. Add mushrooms. Heat to boiling one can of beef consomme. Blend sour cream and flour. Add to the beef consomme. Stir while cooking until thickened. Mix all in a pan. Add salt and pepper, to taste. Simmer for about two hours and serve over cooked noodles or rice. Serves 4.

Paul Magnussen, Conservation Officer, Sioux Rapids

Corn Noodle Casserole

6 oz. dry egg noodles
 1/4 lb. Velveeta cheese
 1/4 lb. butter or margarine

1/3 c. sugar
 1 can cream-style
 corn
 salt and pepper, to taste

Cook noodles as directed and drain. Add the cheese, butter and sugar. Stir until cheese and butter are partially melted. Stir and pour into a greased 1 1/2-quart casserole. Bake for 30 to 40 minutes at 350°. This recipe can be modified if you like more cheese. Just add in, because the cheesier the better. For a bigger batch, add 2 cans of cream-style corn and put in a 2-quart casserole. Bake for 40 minutes. This is a great casserole for picnics and get-togethers. It stays hot, and is a favorite with kids.

*Randy McPherran, Conservation Officer,
 and wife Patty, Unionville*

Rutabaga Casserole

2 med. rutabaga, peeled
 and diced (about 6 c.)
 1/4 c. fine bread crumbs,
 dry
 1/4 c. half-n-half cream

1/2 tsp. nutmeg
 1 tsp. salt
 2 eggs, beaten
 3 T. butter

Cover and cook the rutabagas in salted water until soft, about 20 minutes. Drain and mash. Soak the bread crumbs in the cream and stir in nutmeg, salt and beaten eggs. Combine with the mashed rutabagas. Turn into a buttered 2 1/2-quart casserole. Dot top with butter, and bake in a 350° oven for one hour or until lightly browned. Makes 6 to 8 servings.

*Gl Hoilien, Conservation Officer,
 Harpers Ferry*

Mashed Potato Rolls

- | | |
|-------------------------|---------------------------|
| 1 1/2 c. lukewarm water | 2 eggs |
| 2/3 c. sugar | 2/3 c. shortening |
| 1 1/2 tsp. yeast | 1 c. warm mashed potatoes |
| | 7-7 1/2 c. flour |

Dissolve yeast in warm water in a large bowl. Stir in potatoes, eggs, sugar, shortening and 4 cups of flour. Mix in the rest of the flour to make the dough easy to handle. Turn dough onto a lightly floured surface. Knead until elastic and smooth. Place in a greased bowl. Cover and place in a warm spot. Punch down dough when it rises. Pinch off pieces of dough and shape into 1-inch balls. Place 2 dough balls into each greased muffin cup. Brush tops with margarine and let rise for one hour. Place in an oven preheated to 400°. Bake until golden brown, for 15 to 20 minutes. Yields 30 to 36 rolls.

Mike Bonser, Conservation Officer, Waterloo

Spaghetti Casserole

- | | |
|---------------------------|------------------------|
| 8-12 oz. cooked spaghetti | 1 lb. ground venison |
| 2 eggs, beaten | 1 c. pepperoni (opt.) |
| 1 c. milk | 2 c. Mozzarella cheese |
| 32 oz. spaghetti sauce | 1 sm. onion |

Brown a small onion and the venison. Mix together beaten eggs and milk. In a greased 9x13-inch pan, layer spaghetti, egg-milk mixture, spaghetti sauce, pepperoni and Mozzarella cheese. Bake for 40 to 45 minutes in a 350° oven.

*Dan Cain, Conservation Officer
and wife Paula, Stanton*

Wild Rice Buffet

- | | |
|--------------------------------|--|
| 2/3 c. uncooked wild rice | 1 tsp. thyme leaves |
| 1 c. chopped green onion | 1/2 tsp. rosemary leaves |
| 1 1/2 c. chopped celery | 1 T. cornstarch |
| 1/2 lb. sliced fresh mushrooms | 2 T. dry sherry or water
(cooking sherry works) |
| 1 can undiluted beef broth | 1/2 c. whipping cream |
| 3/4 c. hot water | |

Wash wild rice 3 to 4 times in hot water. Pour into a 2 1/2-quart oven casserole with a cover. Add green onion, celery, mushrooms, broth, water, thyme and rosemary. Stir to mix liquid throughout. Blend cornstarch and sherry, and pour over mixture. Pour whipping cream over and mix just enough to even out ingredients. Cover. Bake at 325° for 2 to 2 1/2 hours. Makes 4-6 servings.

Norma Refsal, Decorah

Lasagna

- | | |
|----------------------------------|---|
| 8 oz. lasagna noodles,
cooked | 1/2 tsp. chill powder |
| 1 lb. venison, ground | 1 sm. can tomato paste |
| 1 sm. onion | salt and pepper, to taste |
| 1 1/2 c. tomato juice | 8 oz. Mozzarella cheese |
| 1/2 c. water | 1 egg, beaten |
| 1 tsp. brown sugar | 8 oz. pkg. cream cheese,
at room temp. |
| 1/4 tsp. garlic salt | |

Brown venison and onion; add salt and pepper to taste. Add all other ingredients except egg and cream cheese. Lay noodles in a greased 9x13-inch pan. Top with ground meat mixture. Dot with cream cheese mixture; alternate layers. Top with Mozzarella cheese. Bake for 40 to 45 minutes at 350°.

*Dan Cain, Conservation Officer
and wife Paula, Stanton*

Enchilada Pie

- | | |
|---------------------|---------------------------|
| 1 lb. ground beef | 1 c. grated cheese |
| 1/4 c. diced onion | 8-10 corn tortillas |
| 1 can mushroom soup | 4 oz. can diced chill |
| 1 c. milk | salt and pepper, to taste |

Brown meat. Sauté onion. Mix all the ingredients together with the exception of the tortillas. In a greased casserole, layer the mixture with the tortillas. Bake at 350° for 45 to 50 minutes.

*Myron W. Speer, Conservation Officer,
Davenport*

Mock Sourdough Pancake

- | | |
|---------------------------------|----------------------|
| 1 c. Hungry Jack pancake
mix | 1 T. cinnamon |
| 1 T. butter | 2 T. bacon bits |
| 1 c. milk | 1 tsp. nutmeg |
| 1 egg | 1 tsp. pumpkin spice |

Mix the ingredients and store in the refrigerator for 2 days. When cooking, turn only once.

Bob Mullen, Conservation Officer, Tama

A Cement For Cookstoves

If the stove is cracked, a good cement is made for it as follows: Wood ashes and salt in equal proportions, reduced to a paste with cold water; fill in cracks when the stove is cool. It will soon harden.

Basic Sweet Dough

This is my own recipe for making tea biscuits, cloverleaf rolls, coffee ring, sweet rolls, and fruit bread.

Mix 2 packages of yeast in 1/4 cup warm water and set aside. In a large bowl, put 1/4 cup butter or margarine, 1/2 cup sugar, 1 teaspoon salt. Add 1 cup scalded milk and stir. When this has cooled to lukewarm, add 3 eggs, yeast, and beat. Then add 4 1/2 cups flour. I use a table knife to cut through and stir the dough. It is easier. Put the dough in a greased bowl and let rise double. Punch down. For a tea ring or rolls, flour a surface and roll the dough to 1/2-inch thickness. Spread with butter or margarine, sprinkle with cinnamon and sugar, roll up and cut with scissors for rolls. For tea ring, put in a circle and cut dough 3/4 way through and spread out a little. Ice when still warm. For fruit bread, add candied fruit to wet mixture before adding flour. Makes 2 loaves. For tea biscuits or cloverleaf rolls, form size you want. For all these you let rise almost double again before baking. Use a 350° oven. Use greased pans. Bake until brown for about 35 to 40 minutes for rolls and 55-60 minutes for bread.

*Polly Noble, wife of Curt Noble,
Conservation Officer, Muscatine*

Chokecherry Corn Bread

To Prepare Cherries:

1 c. whole chokecherries	2 T. honey
2 c. water	

Place the cherries and water in a saucepan. Bring to a boil and cook for 20 minutes. Drain the juice from the cherries and reserve. Cherries can be easily pitted--just give each cherry a little squeeze and the pit will pop right out. Combine the pitted cherries and honey.

To Prepare Bread:

1 c. cornmeal	1 egg
1 c. whole wheat flour	1 T. honey
2 tsp. baking powder	2 T. shortening or butter
1 tsp. salt	

Heat the oven to 245°. Grease a 9-inch pan and put in the oven to heat. Combine the dry ingredients. Add the egg, honey, and shortening or butter. Measure the cherry liquid and add water to make 3/4 cup. Add to the other ingredients. Stir in sweetened cherries. Pour the batter into the hot pan and bake at 425° for 20-25 minutes.

Mike Runyan, Conservation Officer, Albia

Carrot Bread

1/2 c. whole wheat flour	1 tsp. ground cinnamon
1/2 c. all-purpose flour	3/4 tsp. salt
1/2 c. white granulated sugar	1/2 c. vegetable oil
1/4 c. packed brown sugar	3 eggs
1 tsp. baking soda	1 tsp. vanilla
1 tsp. baking powder	2 c. grated carrots
	1/3 c. raisins (optional)

Lightly grease the bottom of 9x5-inch loaf pan. Combine the flours, sugar, baking soda, baking powder, cinnamon, and salt in a medium-sized mixing bowl. Add the remaining ingredients, except the carrots and raisins. Beat at low speed until just blended. Stir in the carrots and raisins. Pour into a loaf pan. Bake in a moderate oven (350°) for 50 minutes or until done. Makes 1 loaf.

David Moore, Conservation Officer, and wife Janice, Bedford

Hunter's Buttermilk Hotcakes

1 1/2 c. flour	1 tsp. baking powder
2 c. buttermilk	1/2 tsp. baking soda
1 egg	2 T. shortening
4 tsp. sugar	1/4 tsp. salt

Put all the ingredients, except the flour, into a mixing bowl and blend with an egg beater, making sure to dissolve the sugar and salt. Into another mixing bowl, put the flour and slowly add the mixture to it, stirring constantly. If you prefer thin cakes, use all the liquid, if you want them thicker, use less milk.

Note: Makes about 15 cakes, 5-6 inches in diameter. Best to cook on a griddle or a heavy skillet, lightly greased (with bacon grease).

Richard L. Johnson, Conservation Officer, Missouri Valley

Using cows to predict the weather is an old custom. "When the cows are standing," the ol' farmer assured me, "it means no rain for the next 24 hours. When they're lying down, it means it's going to rain." "What if half are standing and the other half is lying down?" I asked. He answered gravely, "That means that half of 'em are wrong!"

Sourdough Hotcakes

sourdough starter *	1 tsp. baking soda
2 c. water	1 tsp. salt
2 c. white flour	1 T. sugar
2 eggs	2 T. cooking oil

Mix the first seven ingredients together, then add 2 tablespoons cooking oil, stir, pour on to a hot griddle to make size cakes desired. Fry until batter forms bubbles, turn and cook through. Remove and serve with butter and syrup.

* To make a sourdough starter, pour 2 cups warm water in glass mixing bowl, add one package dry yeast. Stir until dissolved, add 2 cups white flour, mix thoroughly. Cover and let stand in warm place for 10 hours. Set aside in the refrigerator 1/4 cup of mixture for next recipe. (**Note:** Do not use metal bowls or utensils.) Use remaining mixture for sourdough recipe--you won't add the first ingredients to the initial mixture.

*Larry J. Wilson, Director of Iowa Department
of Natural Resources, Des Moines*

Zucchini Bread

3 eggs	1/4 tsp. baking powder
2 c. sugar	1 tsp. baking soda
1 c. oil	1 tsp. salt
2 c. ground zucchini (peeling, too)	3 tsp. cinnamon
3 c. flour	1 tsp. nutmeg
1 c. nuts	3 tsp. vanilla

Beat the eggs; then add the sugar, oil, and zucchini. Mix the flour, baking powder, soda, salt, cinnamon, and nutmeg. Sift and add to the first mixture. Add the nuts and vanilla. Bake in 2 greased and floured bread pans for 1 to 1 1/2 hours at 350°.

Stan Blair, Conservation Officer, Guttenberg

Hush-Puppies

2 c. enriched cornmeal	1 tsp. pepper
3/4 c. enriched flour	2 lg. eggs
4 tsp. baking powder	milk
1 lg. onion, chopped fine	

Beat the eggs and mix all the ingredients thoroughly, slowly adding the milk until the dough is thin enough to drop from a spoon in small amounts. Fry the mixture in a deep hot fat that has been used for cooking fish.

Note: This can make a fish fry a huge success.

*Richard L. Johnson, Conservation
Officer, Missouri Valley*

Game Pancakes

BATTER:

1 c. flour
salt and pepper

1 egg
1 1/4 c. milk

FILLING:

3/4 c. cooked game,
cold (your choice)

2 oz. can mushrooms
salt and pepper
sauce or cream

Mix the pancakes; allow to stand. Mince or chop the cold cooked game. Cook and chop the mushrooms. Mix with the game, season, moisten with sauce or cream, and heat and fry the pancakes. Stuff each and roll. Serve very hot. Keep the first pancakes hot between 2 plates over low heat until all are ready. Some grated mild cheese broiled on top of the rolled pancakes is a pleasant addition. Makes 4 servings.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Indian Frybread

corn oil
2 c. flour
1/3 c. nonfat dry milk
2 tsp. baking powder

1 tsp. salt
1 T. shortening
3/4 c. warm water

Heat the oil in a deep fat fryer to 350°-375°. Stir the flour, dry milk, baking powder, and salt together in a large bowl. Work in the shortening. With a fork, stir in enough warm water to form a soft dough. Knead on a floured surface, about 5 minutes. Let rest 45-60 minutes. Slice into pieces and form into a ball. Roll each ball into 1/4-inch thick. Fry the bread until puffed and lightly browned. Roll in sugar and cinnamon.

Note: Best when served hot!

*Ed Lawrence, Conservation Officer,
and wife Kris, Clayton*

Beer Bread

3 c. self-rising flour
1/4 c. sugar

12 oz. can beer
(room temperature)

Mix together and bake in a greased loaf pan at 375° for 1 hour.

*Julie Hoilien, Ames, Daughter of
G.I. Hoilien, Conservation Officer, Harpers Ferry*

To the boss, "It was your idea, Sir." That rules out the possibility that it was the wrong thing to do.

Bannock

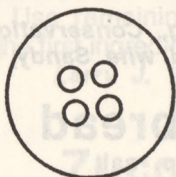
(Fried Bread)

4 c. flour
2 T. baking powder
1 tsp. salt

chopped dried fruit
(apricots, raisins)
2 c. oil (lard)

Remember 4-2-1-4. Four cups flour to 2 tablespoons baking powder and 1 teaspoon salt. Combine and mix into a dough with water. Flatten into a 4-inch round loaf and put 4 thumb-holes in the middle of loaf (see diagram). Place into pan of hot oil and cook for about 2-3 minutes and turn over and repeat until light brown. Makes about 4 loaves that will roll around your stomach for the rest of the day. When canoeing, make enough at breakfast for dinner, too. Good with jam on it.

Diagram:



4 thumb holes in the
middle of the loaf

4-in. round loaf

Jim Wallace, Conservation Officer, Lake View

Hush-Puppies

2 c. white flour
2 c. yellow cornmeal
2 tsp. salt
2 tsp. baking soda

2 T. sugar
1/2 c. diced onion
1/4 c. diced green pepper
buttermilk

Mix the flour and cornmeal together; add remaining ingredients, except the buttermilk. Mix together, add buttermilk until the batter will not run off the spoon. Dip spoon-size portions from the batter and carefully place in hot oil in a pan or fryer. Cook until light brown. Remove and drain. Serve with butter and honey.

*Larry J. Willson, Director of Iowa Department
of Natural Resources, Des Moines*

It takes work if you want to have garden-fresh vegetables. And it's not a moment too soon to get out there and cultivate the best garden on your block.

Southern Gal Biscuits

2 c. sifted flour	2 T. sugar
4 tsp. baking powder	1/2 c. shortening
1/2 tsp. cream of tartar	1 egg, unbeaten
1/2 tsp. salt	2/3 c. milk

Sift the flour, baking powder, salt, sugar, and cream of tartar into a bowl. Add the shortening to the flour mixture and blend together until of cornmeal-like consistency. Pour the milk into the flour mixture slowly. Add the egg. Stir to stiff dough. Knead five times. Roll to 1/2-inch thickness. Cut with 1 1/2-inch cutter. Bake on aluminum cookie sheet for 10-15 minutes at 450°.

*Bill Beebe, Conservation Officer,
and wife Shirley, Anamosa*

Easy Corn Fritters

2 c. creamed corn	2 tsp. baking powder
2 eggs	1 tsp. salt
2 T. corn oil	oil for deep frying
1 c. flour	

Sift the flour, baking powder, and salt all together. Place the creamed corn into a bowl, add the eggs and oil; stir well. Add the dry ingredients to the corn mixture and stir well. Drop the batter into hot oil with a tablespoon. Let fry until golden brown. Drain on paper towels and serve hot.

Note: Fritters are excellent with fish or chicken and can be served with butter and honey for toppings.

Mike Bonser, Conservation Officer, Waterloo

Wild Rice Casserole

1 c. wild rice, uncooked	2 T. butter
1 chopped onion	1 qt. chicken broth
3 stalks chopped celery	salt and pepper to taste
1 tsp. seasoned salt	
1/2 c. white wine (optional)	

Combine all ingredients. Place in a casserole. Bake, covered, at 325° for 2 hours. May be prepared in advance. Freezes well. Special favorite with the ladies.

*Ben Davis, Conservation Officer Supervisor,
Spencer*

* Ole says: "Difference between unlawful and illegal is vun ist against da law, and uder ist a sick bird!"

Did you hear about the guy who came in every day with a lot of fish? He soon attracted the attention of the local Game Warden, who stopped to check him. "Where'd you catch all these?" he inquired. The fisherman was a man of few words, and only shrugged. He got about the same answer out of the rest of his questions and finally asked if he could go along with him one morning. The fisherman nodded and the Warden made a date to meet him at dawn the next morning.

It was just getting light as they left, motoring way out and finally idling back into a quiet bay. As the Warden watched, the ol' fisherman opened his tackle box, pulled out a stick of dynamite, lit it, and threw it over the side. BOOM! He stood up front and started dipping fish. The Warden hollered, "You can't do that!" But the ol' man kept right on. The Warden said, "Section 109.54 specifically states you can't take fish with dynamite. If you don't stop, I'll have to arrest you!!"

With this the ol' man laid down his dip net, sat down in the boat, opened up his tackle box, took out another stick of dynamite, lit the fuse, handed it to the Warden...and said, "There...you gonna talk or fish!?"

Pecan Tassies

TASSIES:

Cream well a 3-ounce package of cream cheese and 1/4 pound of oleo; add 1 cup flour; chill.

Make 24 balls and place in 1 1/2-inch muffin tins and spread as for tart shells.

FILLING:

Mix until smooth 2 eggs, 1 1/2 cups brown sugar, 2 tablespoons melted oleo, and 1 teaspoon vanilla.

If desired place 1/2 pecan in the bottom of each cup. Pour in filling until cup is 2/3 full. Place 1/2 pecan on top of filling. Bake at 350° for 30 minutes.

*Phil and Fern Rice, Retired Missouri
Conservation Agent Supervisor*



POSSIBLES

Breaking Sticks

Summertime is one of my best seasons. I like walking down the riverbank under the shade trees where it's cool and peaceful most of the time.

I had driven down to one of the access areas along the river. There was only one car there, but the sun was warm and I thought I would take a nice hike. I knew the path which led down along the bank and came out on a big sandbar down the river.

Walking quietly, I came to the edge of the tall weeds where the sand began and looked out to see who was fishing (old game warden trick). Across the sand at the water's edge, I saw a man hunkered down behind four rods and reels which were propped up on forked sticks. An Iowa angler is allowed just two poles, so I glanced around to see if he had a partner. Off to my right was a blanket spread out complete with picnic basket, cooler, and sleeping sunbather. Only problem was, the sunbather wasn't wearing her top.

Now, being the courteous officer of the law, I quietly stepped back into the tall weeds and found a large dry stick. Stepping down hard brought the desired results of a loud snap. Stepping on one or two more took enough time and when I stepped out, she was sitting up and smiling as she adjusted her top. I nodded as I walked past to check the fisherman.

After checking his license, I explained the regulation about more than two fishing poles. "Oh," he said, "those are hers. She's right back there and has her license in her purse. Just ask her."

Sure enough, she handed me a perfectly good fishing license. Taking it back, she smiled and said, "I'll bet you see a lot of interesting sights walking around quietly in the woods." I couldn't help but grin and replied, "Yes, I do, but I usually find enough dry sticks to step on so I don't scare anyone too badly."

Suddenly the fisherman figured out what we were talking about and started to laugh. She looked up at her friend and said, "What are you laughing about - it's a good thing he (the warden) didn't come a half hour sooner!" He was still red-faced when I left!

from Warden's Diary, G. I. Hollen

Possibles

Roast Beaver or Raccoon

flour
paprika
salt and pepper
onion, sliced

garlic salt
1/2" water in roaster, so
it doesn't cook dry

Remove all fat from animal. Soak in salt water overnight. Drain and soak in fresh water until ready to use. Dry off. Cut meat into serving pieces. Coat pieces with flour in brown paper bag. Fry until golden brown. Place in a heavy roaster. Add rest of the ingredients. Roast in oven 2 hours at temperature of 375°-400°.

Galen Heinkel, Conservation Officer, Hampton

Baked Turtle

3 lb. turtle, cut-up
flour
bacon strips to cover

1 lg. onion
1 tsp. salt
1/2 tsp. pepper

Coat turtle meat with flour, salt and pepper. Brown turtle. Place browned meat in a cake pan. Cover with bacon strips and sliced onion. Bake at 350° for 2 hours, or until meat is tender.

Variation: Another good way to prepare turtle is to brown the meat. Place in a crock pot on low setting. Add onions, celery and 1 can of cream of mushroom soup (undiluted). Cook for 5 hours.

*Barbara Rowley, wife of
Conservation Officer, Keith Rowley, Fayette*

Mike Runyan's Wild Plum Catsup

wild plums
water
sugar

cider vinegar
ground cinnamon
cloves

Boil wild plums with as little water as possible until soft, rub through a colander. To every five pounds of pulp, add two and one-half pounds of sugar, a teacup of cider vinegar and a level tablespoon each of ground cinnamon and cloves. Boil half an hour, stirring steadily, and seal boiling hot.

Note: Good with game.

Mike Runyan, Conservation Officer, Albia

Turtle Croquettes

1 lb. turtle meat	1 tsp. parsley flakes
2 T. oil	1/2 c. soft bread crumbs
3 T. prepared biscuit mix	1 egg, beaten
3/4 c. milk	1 tsp. water
1 tsp. salt	bread crumbs
1/4 tsp. Tabasco sauce	

Cut fine or grind turtle meat and sauté gently in oil till tender. Set aside in bowl. In same skillet, heat 2 tablespoons oil and add prepared biscuit mix and stir. Gradually pour in milk, stirring constantly. When mix thickens, remove from heat. Add salt, Tabasco sauce and parsley flakes to mix. Add turtle meat and soft bread crumbs. Divide into 4-6 portions and shape into cakes. Refrigerate for 1/2 hour before dipping into mix made of the egg and teaspoon of water. Roll each cake in bread crumbs and refrigerate for 15 minutes. Fry in deep fat or oil until brown on all sides. Drain on paper towels. Serve plain or with tomato or horseradish sauce.

Bob Mullen, Conservation Officer, Tama

Sumac Lemonade

Pick generous handfuls (2) of clusters of red sumac fruit during late summer or early fall. Place in pan and mash. Cover with boiling water and set aside to steep. When liquid is well colored, strain through folded towel to remove fine hairs which were on berries. Sweeten sumac lemonade to taste.

Bob Mullen, Conservation Officer, Tama

Wild Rose Tea

Two teaspoons of fresh leaves make fragrant tea when steeped for 5 minutes in boiling water. Avoid dark red petals as they are stronger tasting than light pink petals.

Bob Mullen, Conservation Officer, Tama

Beaver Burgers

beaver meat	ground pork
-------------	-------------

Cut up beaver meat and grind it, add equal amount of ground pork. Make patties. Fry.

*Mike Sells, Conservation Officer Supervisor,
Washington*

Game Sausage

- | | |
|----------------------------------|-------------------------|
| 3 lb. boned, ground game
meat | 1/2 oz. salt |
| 2 lb. ground bacon | 1/2 tsp. cayenne pepper |
| 2 dried red peppers,
(minced) | 1/2 tsp. allspice |
| 1 T. coarse black pepper | 1/2 tsp. nutmeg |
| | casings (optional) |

Mix all ingredients thoroughly. Stuff or form into patties. Can be used immediately or frozen. Are excellent smoked, grilled or baked in 375° oven for 40 to 45 minutes.

*Mike Sells, Conservation Officer Supervisor,
Washington*

Roast Porcupine

- | | |
|-----------------|--------|
| porcupine meat | onions |
| flour | celery |
| salt and pepper | |

(As any other, young animals are best). Oh yes, and porcupine liver is good. If present day regulations permit, shoot porcupine humanely in the head and dress out. They skin easily. Cut up carcass and parboil for thirty minutes. Flour, season with salt and pepper and fry to a golden brown. Place in roaster with onions and celery and roast until meat is tender.

Note: My Warden Supervisor "Swede" Hansen, of Ladysmith, Wisconsin, always told us the recipe for Roast Porcupine. Claimed it was an old French-Canadian recipe. He always went through the various stages of the preparations and when the steaming roast was put on the table, the remarks of the chef were, "G-Crise, that's good, I'd jus soon have chicken."

*Wesley C. Newcomb, retired Fish & Wildlife Agent,
Des Moines*

Turtle Steak

- | | |
|-------------------|--------------------|
| 2 lb. turtle meat | salt to taste |
| flour | juice of 1/2 lemon |
| butter | |

Trim all skin and sinew from turtle meat and slice meat sideways to make cutlets. Pound meat thin. Dip cutlets into flour and fry in butter. Salt cutlets to taste, sprinkle with lemon juice and sauté over low fire until brown. Serve with cucumber salad and lemon wedges. Serves 4.

*Mike Sells, Conservation Officer Supervisor,
Washington*

Turtle Stew

2 lb. turtle meat, cut into
1" pieces
butter
water
med.-sized onion, sliced
2 c. celery with leaves,
chopped
1 c. lima beans, or 1 can
lima beans (soaked
overnight)

3 med.-sized potatoes,
diced
3 med.-sized carrots,
diced
sm. can tomatoes
1/2 c. parsley, chopped
salt to taste
pepper to taste

Melt the butter in a frying pan and brown the cubed turtle meat well on all sides. Remove from the fire. Next, place a sufficient amount of water in the stew pot for the onion, celery and lima beans to simmer for 30 minutes. Add the browned turtle meat and melted butter as well as the rest of the ingredients. Cook slowly for at least 45 minutes. Serve in large soup bowls.

Dan L. Mork, Conservation Officer, Milo

Turtle Steak with Sour Cream Sauce

1 1/2 lb. turtle steaks, cut
paper-thin
all-purpose flour
6 T. butter or margarine
1/2 c. dry white wine

1 c. dairy sour cream
salt
pepper
paprika
chopped parsley

Pound turtle steak with the edge of a plate. Dip steaks in flour. Melt butter in skillet with cover. Add turtle steaks and brown quickly on both sides. Season with salt and pepper to taste and add 1 tablespoon paprika. Add wine, cover and simmer for 1 hour. Remove turtle to a hot platter. Stir sour cream into drippings in skillet and heat, stirring constantly. Pour over turtle and sprinkle with paprika and parsley. Makes 4 servings.

Stan Blair, Conservation Officer, Guttenberg

A real freezer room-saver is to debone your game and store it in meal-sized packages. You can always take out two if company shows up, but thawing and refreezing is not too good.

Field clean your fish and game or prepare a special cleaning sink in the basement or back porch. Makes the cook happier if you don't "clean" it all in her kitchen sink, I've found!

Delicious Turtle

turtle meat
cold, salted water
milk

flour
butter, melted
salt

After turtle has been dressed, disjoint and cut into serving-size pieces. Soak in cold, salted water for 2 hours. Remove from water and wipe dry. Soak all pieces in milk for 1 hour. Dip in flour. Brown evenly in melted butter over medium heat. After all pieces are evenly browned, place meat in a tightly covered oven dish and bake at 350° for 1 hour. Salt lightly.

*Mike Sells, Conservation Officer Supervisor,
Washington*

Snappin' Turtle

(How to Prepare for Cooking)

If you should be sittin' on th' crick bank, with yore feet a danglin' in th' water, an' a big snappin' turtle grabs you by th' toe - fer goodness sake, hang on to him, 'cause he's th' main ingredient in these here recipes.

1 turtle	1 sharp hatchet or cleaver
1 spike nail & hammer	1 scrub brush
1 lg. plank	tub of water
1 very sharp knife	2 people

Success of preparing turtle to eat depends a great deal on proper dressing. To dress a snappin' turtle, scrub all mud and dirt from him, and then cut off head and toes. With a spike nail, secure turtle to a large plank or slab, breast up, by piercing center of the breast bone. With a sharp knife, cut skin loose from shell around one front leg, then the other, separating in two pieces at the neck. Then pull the skin off one leg, then the other. This can be done more easily with two persons working together, one at each end pulling against each other. Start with the right front leg and left hind leg, then grasp both legs and neck in one hand and give a twist until the legs and neck come loose. Use procedure on hind legs and tail. Remove breast bone, spike and entrails.

Then with a sharp hatchet or cleaver, chop along tenderloin on each side, then trim top shell loose. Trim all of water fat from the meat and discard. Rinse and meat is ready to use.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Removing Dog Hairs From Rugs

Use a cloth or paper wrung out in warm water and rub over the rug.

Larry Moore, Conservation Officer, Waterville

Butch's Crayfish Boil

"You can eat your fish bait if you don't catch fish."

1 gallon water live crayfish
salt

Clean crayfish in fresh water if they need it. Add enough salt to the gallon of water to make it taste salty. Bring to a rolling boil. Drop your live crayfish into this water. Boil for 5 minutes or until they turn a rusty red color. Remove from the water and break the tails off and start shucking the hard shell from the bait. You will have about 1-inch long pieces of white meat. It is a time-consuming job, but it is worth it.

DIP: You can use anything that you like. I have used a ketchup and horseradish mixture or tartar sauce, or plain melted butter. This is how an ex-game warden on the Skunk River ate them.

Now this is how a Louisiana Cajun would boil crayfish:

2 lb. whole, live crayfish, or crayfish or crawdads	1 lemon, quartered
2 1/2 qt. water	2 cloves crushed garlic
1/2 c. salt	lg. onion or bunch of shallots, chopped
1 T. red pepper	1 stalk celery, chopped

DIP:

1/2 c. Hellmann's mayonnaise	1/2 T. horseradish
1/2 c. ketchup	1/2 T. Worcestershire sauce
dash of Tabasco	1/2 T. lemon juice
1/2 T. prepared mustard	

Bring water to a boil, add all of the ingredients except the crayfish. Boil 10 minutes. Add live crayfish and return to boil for 10 minutes. Add crawfish and boil for 5 minutes. Remove from water and let stand for 15 minutes and then serve.

Dip: Mix all ingredients and chill overnight. Ready to serve.

Now you have the riverbank way and the Cajun way of boiling crayfish, crayfish or crawdads.

Butch Olofson, retired Conservation Officer, Ankeny

Keep the cook happy . Bring home clean, dressed game, ready for the pot.

When roasting skinned waterfowl, add the chicken fat you cut from your charcoaled chicken last summer. It adds moisture and a delicate flavor. Keeps them from drying out! Better save some.

Crayfish

3 bay leaves
1 tsp. peppercorns

1/4 c. salt
1 tsp. caraway seed

The next time you have a mess of crayfish, and the fish are not biting, eat the crayfish! Place the crayfish in a large tub of water overnight. Fill a large stewpot with water and the above ingredients. Bring to a rolling boil and drop in the live crayfish. Cook 6-8 minutes, or until bright red. Drain, and when cool, break off the tails and peel. Be sure to remove the intestinal tract and gall cyst.

John Mertz, Conservation Officer, Knoxville

Creamed Crawdads

1/2 c. melted butter
1/3 c. chopped onion
1/4 c. chopped bell pepper
mashed garlic clove
1 tsp. curry powder
3 T. flour

2 c. cream
1 T. lemon juice
1/8 tsp. chili powder
salt
pepper
1 lb. crawfish tails

Sauté onion and bell pepper in butter. Add garlic clove, curry powder and flour. Stir while heating. Remove from heat and add cream, lemon juice, chili powder, salt and pepper. Stir while cooking till mix thickens. Add crawfish tails which have been removed from shell and the intestinal tract removed. Serve over hot rice.

Bob Mullen, Conservation Officer, Tama

Fried Frog Legs

8 pairs frog legs
1/2 c. lemon juice
1 egg

crushed Triscuits
salt
pepper

Place skinned frog legs in boiling water, to which you've added salt and lemon juice, for about two minutes. Remove and wipe dry. Dip the legs in lightly beaten egg and roll in the crushed Triscuits. Fry in deep fat until golden brown; about 3-5 minutes depending on size.

John Mertz, Conservation Officer, Knoxville

Removing Ink Spots on Rugs

Mix 3 tablespoons baking soda to a quart of lukewarm water. Saturate spot well with water and soda, and use several clean cloths to mop it up. Not a trace of ink remains, no matter how old a spot it is.

Larry Moore, Conservation Officer, Waterville

Frogs' Legs Newburg

12 pairs frogs' legs	1/2 c. Madelra
1 lemon slice	salt
1 onion slice	cayenne pepper
2 T. butter	1 c. cream
1/2 c. bouillon	3 egg yolks, lightly beaten

Simmer frogs' legs for 15 minutes in salted water to cover with lemon and onion. Drain. Melt butter, add bouillon, wine and seasonings. Simmer 3 minutes. Combine cream and eggs. Add slowly to hot mixture, stirring constantly until smooth. Pour over frogs' legs.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Elephant Stew

1 elephant (med.-size)	salt and pepper to taste
2 rabbits (optional)	brown gravy (lots of it)

Cut elephant into bite-size pieces. This will take about 6 weeks. Add brown gravy to cover. Cook over kerosene fire for about 4 weeks at 465°. This will serve about 3800 people. If more are expected, the 2 rabbits may be added. Do this only if necessary, as most people do not like to find hare in their stew.

*Galen Heinkel, Conservation Officer, Hampton
Mike Ryan, Conservation Officer, New Sharon*

Velvet-Tail Rattlesnake

rattlesnakes	cracker crumbs
your favorite batter	oil, enough to fry in

A rattlesnake should be skinned and gutted immediately after killing. Dice the snake into 2-inch pieces. Soak overnight in cold salt water in refrigerator. Prepare the snake pieces by rolling them in your prepared batter and cracker crumbs. Deep fry until golden brown. Or you may pan fry or barbecue them on the grill.

Denny Nelson, Conservation Officer, Van Meter

Tender Fried Eel

2 lb. eel	margarine
1 T. salt	flour

Skin eel; cut into 3-inch pieces. Add salt to water and boil for 5 minutes or until tender. Remove from heat, drain and roll in flour. Fry in margarine until brown.

Tom Kollings, Des Moines Register, outdoor writer

Moose Nose

Next time you have the part of the moose that goes over the fence first and don't know what to do with it, try this:

1 moose nose, hide & hair intact	1 bay leaf
salt and pepper to taste	8 sprigs fresh parsley
2 sprigs fresh thyme, or 1/2 tsp. dried thyme	1 tsp. black peppercorns
	3 stalks celery

Place nose, complete with hide and hair, in a large stock pot. Cover the nose with water. Cover the pot, bring to a boil, and continue boiling for about one hour. Drain water. When nose is cool, remove hide and hair. Rinse meat in cold water. Return meat to pot, covering it with cold water. Add salt and pepper, thyme, bay leaf, parsley, peppercorns and celery. Bring contents to a boil and boil nose until tender. Remove from water and allow to cool. Slice thinly and serve, chilled, with basic or French vinaigrette or gribichi sauce. Makes eight appetizer servings.

Jack Edwards, Conservation Officer, Clarion

Baked Possum

It jest stands to reason that if you're jest newly hitched, you might not know th' best way to fix possum. (Sum mothers fail to teach their young'uns th' impurtenant things.) So if you want to weasel yore man's heart---spring this recipe on him.

1 possum, cleaned	3 to 4 lg. sweet potatoes,
salt and pepper	par-boiled

Take a possum and parboil until tender. Take out of water and put in a bread pan. Salt and pepper to taste. Take the sweet potatoes and lay these around the possum in the pan. Put in a 350° oven and bake until brown. Serve warm.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

To Clean Possum

Skin possum, remove glands and entrails. Scrape clean and scald in boiling water. Rub inside and out with salt and pepper and set in a cool place.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Remember, deer hair imparts a strong taste if left on meat. Wash it off well.

Possum and Chestnuts

possum
chestnuts
applesauce
bread crumbs

sweet potato, sliced
1 c. boiling water
1/2 c. lemon juice
butter

Stuff cleaned possum with chestnuts, applesauce and bread crumbs in equal proportions. Cover with slices of sweet potato, boiling water and lemon juice. Bake in butter and baste often, until tender at 350°.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Cherry Brandy

8 lb. cherries, blueberries,
peaches, apricots or
any fruit

3 lb. sugar (6 c.)
1/5 (190 proof) grain
alcohol

Use 1 gallon glass container. Shake every day until all sugar is dissolved. Then let alone for 3 or 4 months. Use fruit that is not too ripe. Strain and bottle through cheese cloth at least of double thickness. Leftover pulp makes excellent topping for ice cream.

*George Hemmen, Conservation Officer,
and wife Diane, Guthrie Center*

Fried Beaver Tail

2 beaver tails
cold water
1/2 c. vinegar
1 T. salt
2 tsp. baking soda
2 qt. water
1/2 tsp. salt
1/4 tsp. pepper

1/4 c. flour
1/4 c. butter or margarine
1/2 c. dry sherry
1 tsp. dry mustard
1 tsp. sugar
1/4 tsp. garlic powder
1 T. Worcestershire
sauce

Soak beaver tails overnight in cold water in refrigerator, adding vinegar and 1 tablespoon salt to the water. Remove tails from water and rinse. Add baking soda to the 2 quarts of water. Add the beaver tails and bring to a boil. Reduce heat and simmer 10 minutes. Season with salt and pepper and sprinkle on flour before sautéing in pan of melted butter. Cook over medium heat until tender.

Sauce: Mix sherry, mustard, garlic, sugar and Worcestershire sauce together. Add to beaver tails and simmer very slowly for 10 minutes, basting often. Slice to serve.

Dennis Nelson, Conservation Officer, Van Meter

Baked Beaver with Biscuits

beaver loin
lg. can V-8 juice
onion, chopped/sliced

seasonings you prefer
oil

Brown beaver, which you have already cut into serving slices/chunks, in the oil and add the onions and seasonings. After the meat and onions are browned, add the can of V-8 juice. Place cover on pan and slip into a pre-heated oven to bake until tender at 350° for possibly 1 1/2 hours, until tender. This is delicious served with homemade biscuits.

Glen Angell, Conservation Officer, New Hampton

Butter-Roasted Pigeons

3 pigeons
6 T. butter
salt and pepper
lemon juice

3 slices bacon
6 T. garlic butter
3 croutes of fried bread

GARNISH:

watercress

French dressing

Wipe the birds with a damp cloth, insert in each 2 tablespoons butter mixed with lemon juice and seasoning. Truss each and cover with a piece of bacon. Roast pigeons in a fairly hot oven (190-200° C., 375-400°F.) until tender (20-30 minutes), basting, if necessary. Remove bacon 10 minutes before cooking is completed. Top with the garlic butter to allow birds to brown. Remove trussing strings; replace bacon. Serve each bird on a croute of fried bread, garnish with washed watercress tossed in French dressing and serve with espagnole, tomato or piquant sauce, served separately. Roast small birds, such as bobolinks or snipe in the same way. If very small, cut the roasting time to 10 minutes.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Bait for Carp Dough Ball

1 c. cornmeal
1 tsp. sugar

1 heaping T. quick Quaker Oats
1 c. water

Bring water, sugar and oats to a boil. Then add 2/3 cup cornmeal. Cook 5-7 minutes and then knead remainder of cornmeal into mixture. Great for kids fishing.

Berl Downing, Retired Conservation Officer, Decorah

Baked Musquash Barbecue

(Muskrat)

1 musquash (muskrat)	1/2 clove garlic, crushed
3 T. fat	1/2 tsp. salt
2 T. vinegar	1/8 tsp. black pepper
2 T. tomato ketchup	dash of cayenne

1) Soak musquash in slightly salted water or in diluted vinegar brine for 12 to 24 hours. Wash thoroughly removing all blood and visible fat. Cut into pieces for serving; drain. 2) Place in greased shallow pan; baste with sauce made of remaining ingredients. 3) Bake, uncovered, in 325° to 350° oven for 1 1/4 to 1 1/2 hours or until tender, basting every 15 minutes with sauce. 4) Place on hot platter, garnish with parsley, celery leaves, or curly endive; and serve with vegetable combination such as fried onion and carrots; baked sweet potatoes and green beans. Makes about 4 portions.

*Stan Blair, Conservation Officer, Guttenberg
(Taken from Oct. 15, 1944 Iowa Conservationist)*

Breaded Musquash

(Muskrat)

1 musquash (muskrat)	1/2 T. water
1/2 tsp. salt	1/2 c. fine bread crumbs
1/8 tsp. pepper	3 T. fat
1/4 c. flour	
1/2 egg, or 1 egg yolk, beaten	

1) Soak musquash in slightly salted water or weak vinegar brine overnight or for 24 hours, changing brine once. Wash thoroughly, removing all blood and fat. Disjoint and cut into pieces for serving. 2) Roll pieces in seasoned flour, dip in egg mixed with water and roll in crumbs. 3) Drop into hot fat in heavy frying pan and brown on both sides, allowing from 7 to 10 minutes. Add 1 tablespoon hot water, cover tightly and bake in slow oven 300 to 325° about 1 hour, turning pieces once and adding hot water by tablespoonful, as needed. 4) Arrange on hot platter, garnish with broiled small orange slices topped with a spoonful of apple or plum jelly on each, sprigs of parsley or watercress. Makes about 4 servings.

*Stan Blair, Conservation Officer, Guttenberg
(Taken from Oct. 15, 1944 Iowa Conservationist)*

For good fish in the summer, carry a cooler full of ice. When fish turn white they're deteriorating fast.

Musquash Sauerbraten

(Muskrat)

1 lg. musquash	med. onion, sliced
1/2 tsp. salt	1/4 c. chopped green
dash of pepper	pepper, or parsley
dash of nutmeg or ginger	2 T. chopped celery
6 T. vinegar	1/2 c. raisins
3 T. sugar	1 T. flour
3 c. water	1/4 c. sour cream
2 T. fat	1/2 bay leaf

1) Soak musquash in slightly salted water overnight; wash thoroughly, removing all blood and visible fat. Disjoint and cut in pieces for serving; drain. 2) Rub pieces with mixture of salt, pepper and nutmeg or ginger; place in crock or deep pan. Pour 2 cups of boiling hot mixture of vinegar, sugar, water and bay leaf over meat and let stand 4 to 8 hours. Remove meat and drain; discard mixture in which meat was soaked. 3) Brown meat in hot fat in heavy frying pan, turning to brown all sides; remove meat to stewpan. Cook vegetables slowly in fat in pan about 10 minutes, turning to brown slightly; sprinkle over meat. Add remaining 1 cup of vinegar-sugar-water mixture to drippings in pan, bring to a boil and pour over meat. 4) Cover tightly and simmer about 1 1/2 hours, or until tender, adding a small amount of hot water, if needed. Arrange meat on hot platter and keep hot. 5) Add raisins to liquid in pan; thicken with flour and sour cream mixed to a smooth paste. Pour small amount of sauce over meat on platter; serve remaining sauce in bowl. Garnish with toast triangles and sprigs of parsley or watercress. Makes about 4 portions.

*Stan Blair, Conservation Officer, Guttenberg
(Taken from Oct. 15, 1944 Iowa Conservationist)*

Elderberry Wine

3 qt. elderberries	1 yeast cake
10 qt. water	3 lb. ground raisins
10 lb. sugar	10 qt. water
juice of 3 lemons	

Boil elderberries in 10 quarts of water for 15 minutes. Add sugar while the mixture is hot. Cool. Add juice from lemons, and yeast cake and mix well. Put in large crock. Stir twice a day for 7 days. Strain through cheesecloth. Add ground raisins, and 10 quarts water. Stir twice a day for ten days, until working stops. Strain and bottle with loose caps. Siphon off wine in 2 months. Don't use settlings in bottom of jars. Cap with loose cork caps. Use in 2 months. Makes 5 gallons.

G.I. Hoilien, Conservation Officer, Harpers Ferry

Homemade Granola

2 1/2 c. old-fashioned rolled oats	1/2 c. sesame seeds
1 c. shredded coconut	1/2 c. unsweetened wheat germ
1/2 c. coarsely chopped almonds	1/2 c. honey
1/2 c. shelled sunflower seeds	1/2 c. cooking oil
	1 c. raisins

Roast rolled oats for 15 minutes in baking pan. In large bowl, combine oats, shredded coconut, almonds, sesame seeds, sunflower seeds and wheat germ. Bring honey and oil to a boil. Stir into oat mixture. Spread out in 13x9x2-inch baking pan. Bake in 300° oven until light brown, 30 to 40 minutes, stirring every 15 minutes. Remove from oven, stir in raisins (a mixture of dried apricots, chopped dates and raisins may be used). Stir occasionally during cooling to prevent lumping. Store in jars or plastic bags. To store granola more than 2 weeks, seal bags and freeze. Makes 6 1/2 cups.

Gary Purtle, Conservation Officer, Bellevue

Roast Skunk

Don't laugh! During the depression in the 1930's, rugged individualists who were too proud to accept welfare ate everything they could shoot or trap. They discovered like their forefathers had done before them that skunk meat was white, tender and tasty. It was also a delicacy of the Indians. So don't knock it until you've tried it.

1 c. clear soup (bouillon cube)	2 sliced carrots
	1 tsp. onion juice

Dissolve 1 bouillon cube in 1 cup hot water. Skin, clean and remove insides from skunk. Remove scent glands. Parboil in salted water for 15 minutes. Drain off water, then place meat in fresh water and steam until tender, about 1 hour. Transfer to roasting pan and put in oven at 325°. Add clear soup (bouillon cube), carrots and onion juice and cook uncovered for 2 hours.

Gary Purtle, Conservation Officer, Bellevue

"Hair-Off" Hint

Have troubles getting hair off squirrels and rabbits after they're cleaned? Get a 2-inch roll of masking tape. Make 2 wraps around your open hand with sticky side of tape out. Just touch areas on dressed rabbit or squirrel and off comes the hair. Leaves meat free of hair prior to cooking.

Bob Mullen, Conservation Officer, Tama

Easy Canned Grape Wine

- | | |
|---|---|
| 2 (12 oz.) cans frozen
condensed grape juice
(thawed) | 4 1/2 c. sugar, dissolved in
about 4 c. warm water |
| 1/4 tsp. dry yeast | |

Put above ingredients in glass gallon jug, fill with warm water (leave room at top). Place 10-cent balloon on jug top and set in warm place. When done working, the balloon will come back down. Cork.

G.I. Hoillen, Conservation Officer, Harpers Ferry

Dandelion Wine

- | | |
|-------------------------|--------------------------|
| 12 1/2 lb. sugar | 4 oranges (cut in rings) |
| 1 lb. raisins | 3 qt. dandelion petals |
| 4 lemons (cut in rings) | 1 yeast cake |

1st Day: Pour 3 gallons hot water over petals, let cool. Add 1/3 yeast cake. Cover crock. 2nd Day: Add sliced oranges, lemons and raisins in crock. Add 1 gallon warm water with 10 pounds sugar dissolved in the gallon of warm water. Pour in crock and add rest of yeast. Let stand 5 days. 7th Day: Add 2 1/2 pounds of sugar dissolved in 1 gallon warm water. Let stand 20 days. Strain and bottle with loose caps. Makes 5 gallons.

G.I. Hoillen, Conservation Officer, Harpers Ferry

Game Barbecue Sauce

- | | |
|----------------------------|--------------------------------|
| 1/2 c. salad oil or butter | 1 T. prepared mustard |
| 1 1/2 c. tomato juice | 1 tsp. Worcestershire
sauce |
| 4 T. vinegar | 1 T. minced onion |
| 1/2 tsp. salt | 1 clove garlic, minced |
| 1/8 tsp. black pepper | few drops Tabasco sauce |
| 1/2 tsp. chili powder | 2 or 3 lg. onions |
| 1/4 tsp. paprika | |
| dash red pepper | |

Bring mixture to boiling point and simmer 2 minutes. Makes 2 cups sauce.

Barbecued Game: Prepare rabbit, squirrel, quail, dove, duck, goose, pheasant or venison. Let stand in barbecue sauce 2 hours. Place in deep skillet, or open roasting pan, cover with sauce (slices of onion on top). Bake at 350° until tender, basting occasionally.

G.I. Hoillen, Conservation Officer, Harpers Ferry

Company is like fish . . . Good at first, but after a while they begin to get old and smell.

Mint Jelly

- | | |
|---------------------------------------|------------------|
| 1 1/2 c. fresh crushed
mint leaves | 4 c. sugar |
| 3 1/4 c. water | 1 pkg. Sure-Jell |

Boil crushed mint leaves in 3 1/4 cups water (or enough water so you have 3 1/4 cups mint liquid). Strain and cool. Measure out so you have 3 1/4 cups liquid. Bring to a boil, then add 1 box Sure-Jell and bring to hard boil. Add sugar. Bring to a full rolling boil for 1 minute, stirring constantly. Cool. Add a few crushed mint leaves. Skim and pour into hot jars and seal.

G.I. Hollien, Conservation Officer, Harpers Ferry

Frog Legs

Catch your frogs and skin 'em up. Soak overnight in salt water - takes the jump out of 'em.

- | | |
|--------------------------|----------------|
| 3 or 4 beaten eggs | 1 1/2 c. flour |
| 2 c. herbed bread crumbs | |

Rinse and pat legs dry. Flour the legs. Dip in eggs. Cover with bread crumbs. Let stand about 1/2 hour. Fry in 350° oil until golden brown. Serve with Cabin Cole Slaw and corn fritters.

*Julle Hollien, daughter of
Conservation Officer G.I. Hollien, Ames*

Beer Batter

- | | |
|--------------------|----------------------|
| 1 c. beer | salt and pepper |
| 1/2 c. white flour | 1/2 c. pancake flour |

Mix all ingredients (best to refrigerate overnight). Can be used on fish, wild game and vegetables. Deep fat fry. Snitcher Dad's favorite.

*Julle Hollien, daughter of
G. I. Hollien, Conservation Officer, Ames*

Road-Killed Opossum

(Really Braunschweiger)

- | | |
|--------------------------|----------------------|
| 1/2 lb. braunschweiger | 1 tsp. garlic powder |
| 1 c. sour cream | dash Tabasco sauce |
| 1 pkg. Lipton onion soup | 8 oz. cream cheese |

Mix above ingredients together. Mold on an 8-inch plate. Refrigerate. Frost with cream cheese. Serve with crackers. Decorate with parsley and pimiento for a pretty Christmas hors d'oeuvre. Great for Happy Hour.

*Julle Hollien, daughter of
G.I. Hollien, Conservation Officer, Ames*

Rhubarb Punch

3 lb. rhubarb	1 c. lemon juice
1 qt. water	1 c. orange juice
2 c. honey	3 qt. cold water

Wash and cut rhubarb into very small pieces. Cover it with the quart of water, cooking until tender. Run through blender. Add honey and check for sweetness by tasting (may add more honey or sugar for your taste). Add lemon and orange juices. Allow to cool. Add the cold water and serve.

Darrell Batterson, Conservation Officer, Laurel

Campers Cocoa Mix

2 lb. pkg. Nestles Quik	8-qt. box powdered milk
6 oz. jar powdered coffee creamer	1 box powdered sugar

Combine all the ingredients into a large container, such as a one-gallon ice cream bucket. Use about 3 heaping tablespoons of mix for each cup of boiling water. This makes a large quantity of chocolate drink mix that can be enjoyed year around.

Mike Bonser, Conservation Officer, Waterloo

Little Smokie Snacks

1 1/2 tsp. soy sauce	3 T. flour
2 tsp. dry mustard	1 c. pineapple juice
1 c. brown sugar	2-3 pkg. Little Smokies

Mix the first five ingredients. Heat over medium heat till it boils. Boil 5 minutes. Add Little Smokies and simmer five minutes. Keep warm for serving over low-heat or in slow cooker. You may add pineapple chunks when adding links.

*Bill Beebe, Conservation Officer,
and wife Shirley, Anamosa*

* Ole was commenting on the way the world is today, "It's reely someting...da vay da young tings go around with fancy hair-dos and skin tight pants....and da vimmen are even vorse."

* Ole came home to his apartment one night snorting, "Dat yanitor, vot a bragger. He claims he's made love to every voman in dis apartment, except one."

"Hummph," said Lena. "Must be that snooty Mrs. Peterson on third floor."

Sandhill Crane

breast of wild sandhill crane (the number will depend upon how good you are; they're spookier than spring tom turkeys) stir-fry vegetables
Minute Rice
salt and pepper to taste

Slice crane breasts to 1/2 inch thick, 1/2 inch wide, and 2 inches long (will vary). Dredge in flour and brown in deep skillet with 1/4-1/2 cup oil (peanut oil recommended). Salt and pepper can be added to flour. Annie says, "You can't keep up with these if you serve them as appetizers!" Drain most of the oil off and stir-fry the vegetables. Cover until tender (not too long). Serve over rice.

*Bill Hiebing, Retired Conservation Officer,
and wife Annie, Wisconsin*

Pickled Gizzards

1-1 1/2 lbs. gizzards (duck, geese, grouse, etc.) cooked in salted water until tender
1 c. water
1 c. vinegar
1/2 c. sugar
1/4 box pickling spices, tied in cloth bag
onions, sliced 1/4" thick

Bring water, vinegar, sugar, and spices to a boil. Add gizzards and return to boil, until done. Slice onions and add to gizzards and pickling solution when cool. Refrigerate and enjoy after a couple of days. Do not skimp on solution or mixture will gel.

*Don Hastings, Editor of International Game Warden,
and wife Pat*

I was planning to do some repair work at home. I went to the lumber yard for materials. As I was looking for some suitable boards, the foreman asked if I needed help. I told him I had tried to find some boards without knots in them. He looked searchingly at me and said, "Knots are from branches, and without branches, where would you expect the little birds to sit and sing?" Oh, well.

A man came up to the cash register at a department store carrying an armful of fishing paraphernalia, including hip waders, lures and a fishing pole. As he wrote a check for several hundred dollars, he said, "You know, it would be a lot cheaper if you just sold fish here."



WATER FOWL

Goose Music

Supposing there were no longer any painting, or poetry or goose music? It is a black thought to dwell upon, but it must be answered. In dire necessity somebody might write another Iliad, or paint an Angelus, but fashion a goose?

I have congenital hunting fever and three sons. As little tots, they spent their time playing with my decoys and scouring vacant lots with wooden guns. I hope to leave them good health, an education, and possibly even a competence. But what are they going to do with these things if there be no more deer in the hills, and no more quail in the coverts? No more snipe whistling in the meadow, no more piping of widgeons and chattering of teal as darkness covers the marshes; no more whistling of swift wings when the morning star pales in the east? And when the dawn wind stirs through the ancient cottonwoods, and the gray light steals down from the hills over the old river, sliding softly past its wide brown sandbars - what if there be no goose music?

Aldo Leopold, a Sand County Almanac

Waterfowl

Chesapeake Barbecued Duck

4 duck halves

SAUCE:

1/2 lb. butter

1/2 c. ketchup

1 T. sugar

1 1/2 T. lemon juice

1 T. Worcestershire
sauce

ground pepper to taste

1 tsp. salt

1 clove pressed garlic
(or 1/8 tsp. garlic
powder)

1 sm. onion, chopped

1/2 tsp. Tabasco sauce

Place the duck halves on flat baking pan. Bake at 375° for 1 hour. Baste every 10 minutes with the sauce. Turn and cook the other side for 1 hour, continue basting. Simmer, covered, for 5 minutes. Extra good!

Steve Schutte, Conservation Officer, Clear Lake

Peachy Fowl

1 pheasant, cut up

1/2 c. butter or margarine

2 T. oil

1 lg. can peaches

1 small onion, diced

4 T. flour

Brown the pheasant in butter and oil. Place in a large baking dish. Cook the onion in the butter left in the skillet. Add the flour. Drain the peaches and add water to the juice to make 2 cups liquid. Add and cook a few minutes like gravy, stirring constantly. Pour over the pheasant and bake at 300° for 2 hours. Can be served with rice. Serve peaches as a side dish or use in gelatin salad.

Steve Messinger, Conservation Officer, Brighton

Freezing Mushrooms (Morels)

Slice mushrooms in half lengthwise; rinse them off. Lay on cookie sheet while wet and place them in freezer until frozen. Remove and place in freezer bags, and return to freezer until needed. Thaw and drain on paper towels before frying. Taste like fresh picked. Can be kept up to 8 months.

Galen Heinkel, Conservation Officer, Hampton

Grilled Woodcock

8 woodcock	10 peppercorns
1 c. dry red wine	1/4 tsp. fennel seed
3 T. lemon juice	butter
4 T. minced onion	fine bread crumbs
3 bay leaves, broken	

Mix the marinade of wine, lemon juice, onion, bay leaves, peppercorns, fennel seeds. Remove the woodcock from marinade and roll in bread crumbs. Grease a piece of foil with melted butter and place on a broiler pan. Baste the bird with butter and place on foil. Broil 4-inches from heat, 4 minutes on a side. Serve on heated platter with sauce made of half melted butter and half blackberry jam.

Bob Mullen, Conservation Officer, Tama

Jan's Roast Duck with Wild Rice Dressing

1 duck

SAUCE:

giblets for 2 ducks	2 oz. jar pimentos
1 c. wild rice	2 oz. can mushrooms
4 T. butter	2 T. chopped green pepper
1/2 tsp. salt	1/4 c. chopped celery
1/4 tsp. pepper	2 T. chopped onion
1/4 tsp. poultry seasoning	1/4 c. broth from giblets

Cook the giblets until tender in enough water to cover them. Cook the rice in one quart boiling water, drain, and steam dry. Melt the butter in a large frying pan and add all the ingredients plus the giblets cut into bits. Simmer altogether for 5-10 minutes. Keep moist. To prepare the duck for stuffing, dry pick it, singe, clean and soak in salted ice water for 1/2 day or overnight. Drain water and wipe the bird dry, salt the body cavity, and place on a piece of apple in the neck of the cavity. Stuff lightly with dressing. Cover the breast with a strip of bacon. Wrap each bird in heavy aluminum foil. Bake for 3-3 1/2 hours in a slow (325°) oven.

Note: "If you want to know how to catch fish or shoot game, ask Butch Olofson. But if you want to know how to cook it, ask his wife, Jan." This was the heading of an article in the *Oskaloosa Daily Herald* when Butch was a conservation officer there. We have continued our game feeds through the years as a social event.

*Jan Olofson, wife of
Retired Conservation Officer, Butch Olofson, Ankeny*

Red Duck

2 wild ducks

2 T. salad oil

• Rub the ducks with oil; brown then under the broiler. Brush the ducks with half Barbecue Sauce (recipe follows); place 1 tablespoon sauce in the cavity. Wrap each bird closely in heavy foil; bake in a shallow pan in a slow oven (325°) for 1 hour, or until tender. Remove the foil the last 15 minutes, and spoon over remainder of sauce.

• **To Grill Outdoors:** Proceed as above, browning over hot coals and finishing over slow coals.

Barbecue Sauce: Sauté 2 tablespoons chopped onion in 1/4 cup butter. Add 1/2 cup ketchup, 1/2 cup lemon juice, 1/4 teaspoon paprika, 1/2 teaspoon salt, 1/4 teaspoon pepper, 1/4 teaspoon red pepper, and 2 tablespoons Worcestershire sauce. Simmer for 15 minutes.

Note: Go easy on the lemon juice. Make up the difference in volume with ketchup. Roasting in the foil is a safe bet for cooking any duck, especially those you think may be old or have lost fat during a long journey. For a tender, moist bird, use this method.

Duane Wilson, Retired Conservation Officer

Roast Duck

1. Soak overnight in salt water
2. Boil 20 minutes in salt water.
3. Rinse out insides.
4. Stuff with apple slices.
5. Place the butter and orange slices on breast with toothpicks.
6. Cover with sweet and sour sauce.
7. Wrap in 2 layers of aluminum foil.
8. Bake for 2 1/2-3 hours at 250°-275°. Don't open until ready to eat.

Dr. Dan Sieban, Ducks Unlimited and Pheasants Forever member, Fort Dodge

Deer or Duck Breast on Grill

Marinate 4 hours in equal parts soy sauce and olive oil. Add garlic salt to the marinade to taste. Turn every hour in the marinade. Grill about 5 minutes on each side.

Dr. Dan Sieban, Ducks Unlimited and Pheasants Forever member, Fort Dodge

Game fat sometimes imparts a strong taste. Remove it and substitute chicken or beef fat for a delicious surprise.

Rice Dressing

- | | |
|---------------------------------|-------------------------------------|
| 1 c. chopped onion | 1 c. uncooked rice |
| 1 c. chopped celery | 3 T. butter or margarine |
| 1/2 c. chopped celery
leaves | 1 tsp. salt |
| 2 c. boiling chicken broth | 3/4 tsp. poultry seasoning |
| 4 oz. can mushrooms,
drained | 1/2 c. sliced almonds,
toasted * |

Sauté the onions, celery, celery leaves, mushrooms and rice until the vegetables are tender and rice is golden. Pour into a buttered shallow 2-quart casserole dish. Stir in the broth and seasonings. Cover and bake at 350° for 30-35 minutes. Rice should be tender and the liquid absorbed. Put in serving dish and sprinkle with almonds.

* Toast the almonds on a baking sheet in the oven for about 5 minutes while the dressing bakes.

*Dr. Dan Sieban, Ducks Unlimited
and Pheasants Forever member, Fort Dodge*

Candied Duck

- | | |
|------------------|---------------|
| 2 lg. apples | 2 c. flour |
| 1 c. brown sugar | 1 tsp. salt |
| 4 lg. ducks | 1 tsp. pepper |

Slice the 2 large apples; place slices on a cookie sheet and sprinkle with brown sugar. Let stand for 1 hour or until the juice from the apple turns the brown sugar to syrup. Remove bone from the duck breasts; slice the meat in strips. Roll in flour with salt and pepper mixed in. Fry as you would chicken until almost done. Pour the apples and brown sugar mixture into the frypan with the meat. Cover pan; simmer for 15-20 minutes. Serves 3-4.

*Tom Kollings, Des Moines Register,
Outdoor Writer, Des Moines*

Duck Breasts Royale

- | | |
|-------------------|---------------------------|
| breast of 4 ducks | 1/3 c. bourbon or brandy |
| 1/2 lb. butter | 1 T. currant jelly |
| 2/3 c. sherry | 1 T. Worcestershire sauce |

Make the sauce by combining the sauce ingredients in a skillet and bring to a boil. Add the ducks breasts, cover and reduce heat. Cook for 12 minutes, turning once. Place the breasts on a platter, pour the sauce over them and serve immediately. Serves 4.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Broiled Duck--"Our Ole Favorite"

wild ducks
oleo or butter

salt and pepper

Take cleaned ducks and cut down the back with kitchen shears, cut right beside the backbone. Now open duck up and break the duck's wishbone with your fingers. (The bone is in the little "v" where his neck goes into the body.) The duck will lay on the broiler now just like a steak, about 1-inch thick. Put the duck under the pre-heated broiler about 2 - 2 1/2 inches under the heat. Put the duck breast-side down first. Baste with the oleo or butter and cook about 5 minutes. Turn the breast up and baste often to keep duck from getting too dry. Now when the duck breast has broiled about 7 minutes poke the breast with a sharp fork in the thickest part of the breast. When no juices come from the holes remove the duck from the broiler. The duck breast meat will be very light pink color when you slice it for eating. You may now season it. Eat while hot and you won't believe how delicious duck done this way can be.

*Randy McPherran,
Conservation Officer, and wife Patty, Unionville
Glen A. Angell, Conservation Officer,
Department of Natural Resources, New Hampton*

Puddle Duck Breast

1 1/4 lb. thinly sliced
1/4-in. breast pieces
3 T. butter
1/2 c. crushed cornflakes
1/4 c. grated Parmesan
cheese
salt and pepper to taste

1 egg, beaten
8 oz. can tomato sauce
1/4 tsp. basil
1/2 tsp. oregano
1/4 tsp. sugar
3 slices Mozzarella cheese

Melt the butter in shallow baking dish. Combine the cornflakes, Parmesan cheese, and salt and pepper. Dip the breast fillets in egg then in the cornflake mix. Put in a baking dish. Bake at 400° oven for 40 minutes or until tender. When the meat is tender, pour the sauce over and drape Mozzarella cheese over each fillet. Bake in the oven until the cheese is melted. Serve hot with buttered noodles.

Bob Mullen, Conservation Officer, Tama

You can skin frogs legs like you do catfish. Soak in salt water for 2 hours.

Wild Duck

4 wild ducks, breast and legs only	4 whole cloves
3 eggs	2 cloves garlic, minced
1 c. bread crumbs	1/4 c. wine vinegar
1 tsp. salt	1/2 c. ketchup
1 tsp. pepper	2 T. Worcestershire sauce
butter	1 T. A-1 sauce
bacon drippings	1 tsp. Kitchen Bouquet
1/4 tsp. paprika	1/2 c. burgundy wine
2 bay leaves	1 c. red currant jelly

Fillet the breast; if large, cut into three or four pieces. Dip in beaten eggs, then into the bread crumbs that have been mixed with salt and pepper. Brown all sides in butter and bacon drippings. Place in iron Dutch oven or slow cooker. Mix together all other ingredients, except the wine and jelly. Mix with small amount of water and pour over the duck. Cover and simmer until tender in the Dutchoven, about 1 hour; in a slow cooker about 2 hours. During the last 10 minutes of cooking, add wine and jelly. Serve with wild rice. Serves 8.

*Jack Edwards,
Conservation Officer, Clarion*

Simple Duck

duck breasts, deboned (two pieces per person)	bourbon whiskey
Wishbone Italian dressing	salt and pepper
soy sauce	Worcestershire sauce
	bacon strips

Marinate the breasts in equal parts of Italian dressing, soy sauce, and bourbon whiskey. The longer the breasts remain in the marinade the better; four hours minimum. Remove the duck breasts from the marinade; salt and pepper and wrap each piece in a strip of bacon, securing with a toothpick. Cook on a charcoal grill for approximately 20 minutes. **DO NOT OVERCOOK.** Breasts should be done through but pink in the middle. Teal may take less time; larger Mallards, more.

Jack Edwards, Conservation Officer, Clarion

When the local politician hear about all the trouble somebody got into telling stories about certain groups, he started his speech by explaining that the only safe way to tell a story was about some extinct group who disappeared off the face of the earth years ago.

One's named "Ole"; the other "Lena" --

Fried Snow Goose

- | | |
|---|--|
| 1 snow goose, cleaned,
skinned, and disjointed
as you would a chicken
for frying | flour
cooking oil
salt
pepper |
|---|--|

Salt, pepper and dredge all the pieces in flour. Place in a medium hot, heavy skillet to which approximately a 1/4-inch of cooking oil has been added. Brown thoroughly on all sides. Add approximately half a cup of water, cover and turn down the fire so that the juices barely bubble. Cook for about 45 minutes, or until the meat is tender when tested with a fork. Add more water during cooking, if necessary.

Note: Always serve with fluffy steamed rice, green vegetable, hot biscuits (a must) and/or a green salad. How about some dessert, like apple pie or ice cream?

*Richard L. Johnson, Conservation officer,
Missouri Valley*

Potato-Stuffed Roast Goose

- | | |
|-------------------------|---------------------|
| 1 goose | 2 tsp. sage |
| 3 med. potatoes | 1 sm. onion, minced |
| grated rind of 1 orange | salt and pepper |
| 2 T. butter | milk |

Prepare the goose. Boil, drain, mash, and season the potatoes thoroughly. Add the orange rind, sage, melted butter, and the onion (finely chopped). Moisten with milk. Stuff the bird with the potato mixture; truss. Cook and serve as directed. Roast at 400° under a loose sheet of foil for 1 1/2 - 2 1/2 hours, according to size. After 1 1/2 hours, reduce the heat slightly and remove some of the accumulated fat from the pan. Baste the bird. Half an hour before the end of cooking time, remove foil to let the bird crisp and brown.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Fried Duck Breast or Deer Loin

Cut the meat into 1-inch strips and marinate in buttermilk overnight in the refrigerator. Don't wash the buttermilk from the meat. Coat the meat with your favorite coating mix. Deep fat fry in sunflower oil at 350° until brown.

Al Roemig, Conservation Officer, and wife Dee, Osage

Marinated Duck on the Grill

2-3 Mallards, or 4
smaller ducks

SAUCE:

1/2 c. white wine or
vermouth
1/2 c. salad oil

1/2 tsp. salt
1/2 tsp. pepper
1/2 tsp. celery seed
1/2 tsp. poultry seasoning

Remove the duck breast and fillet out the two breast halves. Marinate the duck breasts for 4-6 hours. Remove from the marinade and place on the barbecue grill and brown both sides until golden brown. For added flavor, try wrapping a strip of bacon and securing with a toothpick.

Rockney J. Bridges, Ducks Unlimited, Lake Mills

Herb-Stuffed Duck

1 lg. (4-5 lb.) ducks
fat for basting

1 pt. brown sauce
sections of 1 lg. orange

*STUFFING:

1 chicken liver
1 duck liver
1/2 tsp. parsley
1/4 tsp. thyme

2 c. bread crumbs
salt and pepper
pinch of nutmeg
2 T. butter
1 egg

Blanch the chicken and duck livers, chop fine; add the herbs, bread crumbs, melted butter, pinch of nutmeg, salt and pepper. Bind this stuffing with the egg. Stuff the duck; truss, baste well with hot fat, and roast in a hot oven (410°-450°) for 1/2 hour, basting frequently. Drain off all fat, pour the hot brown sauce into the baking pan, and continue cooking until the duck is tender, which depends on its size and age. Baste frequently with sauce. Serve hot on a heated plate. Pour some sauce around, garnish with orange sections (heated in a little wine or stock, over a pan of hot water). Serve the remaining sauce separately. Makes 4 servings.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Always field dress your game and cool. Body heat can taint and even spoil meat. Wipe out the insides with dry leaves and grass. Prop open for air cooling. Wash out thoroughly at first opportunity. Dispose of entrails properly. Don't leave a mess.

Roast Duck

3 Mallard ducks (plucked)	1 potato
1 orange	1 c. cooking wine
1 apple	salt
1 onion	pepper

Cut the orange, apple, onion, and potato into 6-8 pieces each, leaving the peelings on. Stuff each Mallard with equal amounts or until the body cavity is full. Sprinkle with salt and pepper over the outside of each duck and rub into the skin. Place the ducks into a cooking bag and bake in a roaster at 375° for 2 hours. Serves 4-6 persons.

Craig Roberg, Conservation Officer, Van Wert

Beer-Basted Duck

1 lg. whole duck (Mallard)	1/2 tsp. pepper
1 clove garlic	6 oz. beer
1 tsp. salt	1/4 tsp. salt
2 T. curry powder	1/8 c. brown sugar

Prepare 2 pans (broiler with rack and small roaster) by lining with heavy foil. Crush the garlic in the 1 teaspoon salt and curry and pepper. Rub the duck (dry) inside and out with mixture. Tie the feet and bind the wings with string. Place on a rack in a pan. Roast at 350° for 1 hour. Remove from the oven; transfer onto the roaster. Baste with sauce made by combining the beer, 1/4 teaspoon salt, and brown sugar. Return to the oven and roast 1 1/4 hours, basting occasionally. Duck is done when legs can be moved easily and duck is beautifully brown.

Mike Ryan, Conservation Officer, New Sharon

* Did you read the sign in Ole's cafe in Decorah? "Don't be complaining about da coffee -- you may be old and veak someday, too, yah!"

* After years of listening to complaints, excuses and arguments, retired Warden Bill Hirbing says, "The moon is not dismayed by the baying of the jackals . . ." (Food for thought, huh?)

* Ole was hunting big game in Africa when he suddenly came screaming through the jungle. "What's the matter" asked the guide. "A lion bit off my big toe," said Ole. "Which one?" asked the guide. "How would I know," said Ole. "Dose lions all look da same to me!"

Carp Excellere

Though this method was devised for the common German carp found throughout the middle west in both running and still water, it can also be applied to the more recent introduction, the grass carp.

Though some scowl at the thought of fishing for carp, there are others who devote most of their effort for this abundant inhabitant of many lakes and streams.

If you wish to be real picky, select females in the 3 to 4 pound class and proceed as follows:

Select a knife with a thin blade, 3/8 inch or so wide. Sharpen it so that it is dangerous to be around. After donning your stainless steel filet glove, lay the fish on a substantial surface and 'flay' the fish. This is **not** a corruption of filet. Simply skin the scales from the fish leaving the hide intact. At first this will be a difficult task but with minimal practice, you will be able to do the job neatly.

Proceed then to remove the two filets. You may do this by simply cutting deeply behind the head and going carefully down the side of the fish. If you wish, you can remove the entrails and the head and cut the filets down from the remains. My preference is for the first method described. Remove the rib bones.

Then lay the filet skin side down on the plank you now have acquired after piddling around with other devices. Score the meat at 1/4-inch intervals, being careful not to cut the skin. After you have botched up a couple, you will remember that the skin is what holds this scored filet together.

Roll in a mixture of cornmeal and Quaker Oats Pancake Mix. Use equal amounts of each. Fry as you would other fish.

You may also fold some aluminum foil on the outdoor grill, melt some oleo or use vegetable oil, squeeze a half lemon in the hot oil and cook over the outdoor grill at a rather high heat level. You will note there was no mention of the mixture for rolling the meat. Do not use it.

Best regards and don't eat all the good carp!

*Phil and Fern Rice, Retired Missouri
Conservation Agent Supervisor
(Wild Turkey Caller "Deluxe")*

It's true! Sportsmen hire their own watchdogs--
the Wardens.



The Love of Fall

The weather's changing now. Leaves are beginning to turn as the air cleans itself of its sticky moisture and takes on a new crispness. Deep blue skies frame the pure white billowy clouds as they drift across your world. It all puts a bounce in your step as you take a deep breath and ready yourself for the best time of the year - the fall. I look forward to all of the seasons, but especially the fall. It's harvest time - the apples are bright red on the trees and it's a busy time - getting ready for winter, cutting and stacking the firewood, putting up the onions and potatoes, getting the canning done.

Don't you feel sorry for those who are too busy doing other things to get involved in the finer things of life? Gathering the nuts, cracking them and picking out the meats to make those delicious cookies and pies later on this winter - it should be a requirement. No, I guess that wouldn't work at all. You can't mandate, require or legislate things of that nature. They have to be part of your life, part of something you love or at least appreciate. Love will come with time, if you have time.

Take the time to do those things now. Don't just dream about those things you did when you were young. Your folks did them with you, remember? They probably didn't explain that part to you. That part was for you to learn as you matured. They've hopefully invested in you the experiences of the "Good Life". The hunting and fishing, picking berries, gathering nuts, walking in the woods with homemade bread baking in the oven luring you homeward, watching a hawk circle in the sky and the haunting cry of the wild goose moving south in the fall.

I had a friend, not too long ago, who was always going to do this or that one day! We were always going to take the time to go fishing or hunting or something. But things always kept getting in the way. Too many things had to be done. I helped carry him to his grave recently. He never made it to retirement and for the life of me I can't recall all of those things he was so busy with. I'm sad for all the times we missed. I miss him and wish that we could go back in time and redo what we should have taken the time to do.

Take time today and tomorrow to fill your soul with the richness of the out-of-doors and rekindle that spirit and warmth your folks started in you so long ago. That warm glow and good feeling you'll have when you appreciate and feel as one with mother nature will grow and grow. And after you've grown to that new level you'll find still another miracle. You'll want to share with a friend or son or daughter that special feeling. But remember you can't force it. Expose them to it, let them see and feel that special feeling, that warm rich glow you've learned to love - "The Good Life". You'll have to be patient and wait. They'll be busy for a long time. Some take longer than others, but be patient. They'll come to realize someday just what you were trying to do for them. They'll get there if you've planted the right seeds. They'll mature and know what you and I know. And with love they'll pass it on to others.

Have a good fall.

from Warden's Diary, G. I. Hollen

Fish

Trout Cakes

- 1 1/2 c. cooked trout
(no bones)
- 1 1/2 c. cold mashed
taters
- 1 egg, beaten
- 2 T. fresh chopped
parsley
- 2 T. minced onion
- 1 tsp. lemon juice

- 1/2 tsp. celery seed
- salt & pepper
- 1/4 c. flour
- 1 egg, beaten with 1 T. milk
- 1 c. dry bread crumbs,
finely crushed
- 1 T. minced parsley
- 6 T. cooking oil

Combine fish, potatoes, 1 beaten egg, 2 tablespoons parsley, onion, lemon juice, celery seed and dash salt and pepper. Heat oven to 450°. Form 8 cakes from mixture and roll in flour. Coat with egg and milk mixture. Press each cake to about 1/2-inch thick. Mix 1 tablespoon parsley and bread crumbs. Coat cakes. Put cooking oil in a 13x9-inch baking pan and place in oven for 5 minutes. Add fish cakes and bake 15 minutes, turning once.

Bob Mullen, Conservation Officer, Tama

Fish Cakes

- 1 lb. boneless fillets
- 5 lg. potatoes
- 2 T. chopped onion

- 2 eggs
- 1/2 c. water
- salt & pepper

Peel and cut taters. Place in pot with fillets and cover with cold water. Boil until taters are fork-done (fork goes in easily). Drain off water. Mash fish and taters together; add chopped onion, egg, water. Mix and form into burger-size patties. Season fish with salt and pepper. Fry in well-greased skillet until golden brown on both sides. Serve with tartar sauce.

Bob Mullen, Conservation Officer, Tama

Game Warden Lobster

Brush catfish fillets with butter and broil 10 minutes on each side or until fish flakes easily with a fork. Dip fish in butter to eat. Works best with flatheads.

*Betty Leigh, wife of
Conservation Officer Ralph Leigh, Marengo*

More Fish Cakes

- | | |
|---|--------------------------|
| 2 - 2 1/2 lbs. panfish
or bass fillets | 1/4 c. green bell pepper |
| 3 eggs | 1/2 tsp. garlic salt |
| 1/4 c. chopped onion | 1 tsp. salt |
| | 1/4 tsp. pepper |

Bake the fish for 15-20 minutes in 350° oven. Crumble cooked fish and set aside. In blender liquefy the eggs, onion, green pepper, garlic salt, salt and pepper. Add liquid to crumbled fish. Shape into patties. Roll in cracker crumbs and egg. Cook in skillet with vegetable oil. Brown both sides. Then dig in.

Bob Mullen, Conservation Officer, Tama

B-B-Q Fillets

- | | |
|------------------------|--------------------------------|
| 1 lb. crappie fillets | 2 tsp. prepared mustard |
| 5 T. butter | 1/2 c. ketchup |
| salt & pepper to taste | 2 tsp. Worcestershire
sauce |
| 1/2 c. diced onion | 1/3 c. lemon juice |
| 2 tsp. sugar | |

In 2 tablespoons butter saute onions; set aside. Add rest of butter and brown crappie fillets. Spread onions over crappie and season with salt and pepper. Combine 1/4 cup water and remaining ingredients. Pour over fish and simmer about 20 minutes.

Bob Mullen, Conservation Officer, Tama

B-B-Q Catfish

- | | |
|----------------------|-----------------|
| 12 catfish fillets | 1/4 c. ketchup |
| melted butter | 2 T. sugar |
| 1/8 tsp. paprika | 1/4 tsp. salt |
| 1/2 c. salad oil | 1/4 tsp. pepper |
| 1/4 c. white vinegar | |

Brush fillets with butter; put on grill 3 to 4 inches from coals. Combine other ingredients and mix well. Coat fillets with sauce and cook for 5 minutes on each side or until done. Brush often with sauce.

Bob Mullen, Conservation Officer, Tama

* Ole says that even though we are in the middle of a sexual revolution, it's just his luck to be out of ammunition.

* Ole says that Lena is "just like an angel. She's always up in the air, and harping on something."

Walleye

1 1/2 lbs. walleye fillets	1 garlic clove, minced
1/4 c. soy sauce	1/4 tsp. ground ginger
2 T. cooking oil	2 T. butter

Place fillets in shallow pan. Mix soy sauce, cooking oil, garlic and ginger. Spoon over fillets. Marinate for 15 minutes, turning once. Place fillets on buttered foil on broiler pan. Place dab of butter on each fillet. Put under broiler 4 inches from heat; cook for 3-4 minutes. Turn fillets and broil 3-5 minutes on other side, or until fillets flake when forked.

Bob Mullen, Conservation Officer, Tama

Stuffed Fish

10 - 12 pan fish fillets	1 T. parsley flakes
7 slices dry bread	1 tsp. sage
1/2 c. chopped celery	salt
1/4 c. chopped onion	1/2 stick (or more)
	margarine, melted

Grease a 9x9-inch baking pan. Line with fillets. Cover with dressing: Melt margarine and cook celery, onion and spices in margarine until translucent. Pour over cubed bread and mix well. Put extra fillets over top. Bake 30-45 minutes at 350°.

*Carol Schutte, wife of
Conservation Officer Steve Schutte, Clear Lake*

Beer Batter for Pan Fish

3/4 c. beer	1/4 tsp. garlic powder
2 eggs, separated	25 - 30 pan fish fillets
3/4 c. flour	enough shortening to
3/4 tsp. salt	cook the fish
1 1/2 tsp. vegetable oil	

Let the beer stand at room temperature for 45 minutes until it goes flat. Beat egg whites until they are stiff. In separate bowl, beat the beer, flour, salt, oil and egg yolks together until smooth. Fold in egg whites. Dip each fillet into batter and fry in melted shortening for 5-7 minutes. Brown on each side. This is also good for deep frying.

Galen Helinkel, Conservation Officer, Hampton

DiETING --

Lena wanted to lose weight. The doctor recommended she ride a horse every day. The first week, the horse lost ten pounds!

Fish Batter

2 c. milk
1 T. sugar

1 tsp. salt
2 eggs

Blend together and let fish soak for 10 minutes. Roll in mixture of flour, paprika and Jane's Krazy Salt. Deep fat fry. Works best with fish fillets.

*Marc Roberg, Conservation Officer,
and wife Deb, Shannon City*

"No-Problem" Walleye Fixins

This mix will do all the breading needed for a group of people up to 15. All you need is some walleye, crappie, bluegill, or northern boneless fillets. Make sure your fillets are fairly dry before rolling them in the following mix.

2 c. pancake flour
2 handfuls crushed
corn flakes

2 tsp. Lawry's seasoned
salt
cooking oil

Mix all ingredients together; roll your fillets in this mix. Lay fillets side by side in hot grease or oil. Be sure to use enough oil so fillets don't touch bottom of pan. Cook to golden brown on both sides. You will surely enjoy your fillets!

*Mr. and Mrs. Robert Kinseth, parents of
Conservation Officer Scott Kinseth, Independence*

Fish Sausage

2 lbs. fish (buffalo is good)
1/4 tsp. celery salt
1 tsp. lemon juice
1 med. onion, chopped
finely
1/2 tsp. salt

1/4 tsp. pepper
1/2 tsp. sage
1/4 tsp. garlic salt
20 saltine crackers,
rolled finely

Remove all bones possible from fish. Run fish through a fine blade meat grinder. Using hands, mix all other ingredients with fish. Let stand for 10 minutes. Form into patties and fry in bacon drippings. Good.

Steve Schutte, Conservation Officer, Clear Lake

Karl: Ole, when did you start wearing a girdle?

Ole: Da same day Lena found vun in da glove compartment.

Sauces

LEMON SAUCE:

2 T. butter	1 T. lemon juice
2 T. flour	1/4 tsp. ground lemon peel
dash salt & pepper	1 T. fresh minced parsley
1 c. less 1 T. light cream	

Melt butter in small pan. Blend in flour, salt and pepper. Blend in cream and lemon juice. Stir constantly until thickened. Add lemon peel and simmer 2 minutes. Add parsley and serve over fish.

ORANGE-BUTTER SAUCE:

1/2 c. butter	1/4 c. dried thyme leaves, crushed
1/2 c. orange juice	

In small saucepan melt butter over low heat. stir in orange and thyme. Heat to boiling point. Reduce heat and simmer for 1-2 minutes. Serve over fish.

MUSTARD SAUCE:

1 T. finely chopped onion	dash salt & pepper
2 T. margarine	1 c. milk
1 T. flour	2 T. Dijon-style mustard

In small frying pan melt margarine. Cook onion over medium heat for 7 minutes and blend in flour, salt and pepper. Add milk slowly, stirring until thick. Add mustard and cook 1 minute over low heat. Serve over fish

Bob Mullen, Conservation Officer, Tama

Cheese-Baked Catfish

2 lbs. catfish fillets	3/4 tsp. salt
10 3/4 oz. can tomato soup, undiluted	pepper to taste
2 T. chopped green onion	1 c. grated Cheddar cheese

Put fillets in baking pan coated with a non-stick spray. Combine soup, onion, salt and pepper. Pour over fish. Sprinkle on cheese. Bake at 350° for 20-25 minutes or until fish flakes.

Bob Mullen, Conservation Officer, Tama

Fish Odors

A sure way to remove the odor and taste of onions, fish or other "smelly" foods from cooking utensils, is to simmer some vinegar in the vessel for a few minutes. If a few spices are added, the fragrant, spicy smell will remove all odor from the house.

Larry Moore, Conservation Officer, Waterville

Boiled Fish

Trout, whitefish, salmon or walleyed pike and Northern pike are my favorites. Bluegills are excellent if left whole to boil. (Skin and bones are easily taken off boiled fish.)

Scale but do not skin the fish. Cut in chunks. Bring pot of heavily salted water to a boil and drop in the chunks of fish. Don't be afraid of too much salt as the fish will only take on enough salt for good flavor. Boil for 10 minutes and not over 12 minutes. Drain and add a small amount of cream or whole milk, some butter and pepper. Fish can be boiled in water that whole potatoes and onions have been boiled in. The potatoes and onions served with melted butter go very well with the fish for a main course dinner.

People used to say "yuk" if you mentioned boiled fish. Well, today you can get Poor Man's Lobster at many fine eating places and it is just boiled cod or haddock or some other salt water fish and is served with melted butter.

Wes Newcomb, Retired Fish & Wildlife Agent, Des Moines

Baked Fish

fillets from 2 or 3 skinned 10 - 12 lb. fish	2 T. soy sauce 2 lg. onions, chopped
3 (8 oz.) cans tomato paste	2 T. mustard 1 T. garlic juice
2 T. Worcestershire sauce	

Use a 10x12-inch cake pan or larger, lined with sheet of foil large enough to fold over and seal. Combine tomato paste and rest of ingredients. Put a little in bottom of pan. Lay two fillets in and put mixture over the fillets. Then repeat until you have pan full. Seal the foil and bake in preheated 350° oven for 1 hour.

Jerry Roskammer, Conservation Officer

Chip-Baked Bass Fillets

(Microwave)

6 bass or other fillets	5 oz. bag BBQ or reg. potato chips, crushed
1/2 c. BBQ sauce	lime wedges, for garnish

Dip fish in BBQ sauce and roll in crushed chips. Place fish in single layer in well-greased baking dish. Cook uncovered on HIGH power in microwave for 8-10 minutes or until fish flakes easily. Garnish with lime wedges.

Bob Mullen, Conservation Officer, Tama

* Lena went into a drugstore and asked for talcum powder. Asked the druggist, "Mennen?"

"No, silly," said Lena. "Vimmens."

Walleye Fillets in White Wine

Grease a glass Pyrex baking dish with butter or oleo. Lay walleye fillets side by side making sure they don't touch each other or the sides of the baking dish. Pour enough white wine over the fillets to cover the bottom of the baking dish. Sprinkle Lawry's Seasoned Salt over the fillets and bake at 350° for 20-30 minutes depending on thickness of fillets. Remove dish, dump excess butter and wine out and return dish to oven for 3-5 minutes more. Remove and eat.

*Mr. and Mrs. Robert Kinseth, parents of
Conservation Officer Scott Kinseth, Independence*

Canned Fish

(Carp or buffalo)

Dress fish and cut into 3-inch pieces. Place in jars and add 1 teaspoon olive oil or margarine, 1 teaspoon salt, 2 tablespoons vinegar and 2 tablespoons ketchup to each jar. Use quart jars. Seal and put in pressure cooker for 90 minutes at 15 pounds pressure.

Mike Sells, Conservation Officer Supervisor, Washington

Canned Fish

(Substitute for salmon)

Fillet fish (roughy fish or other) and cut into 2x1-inch pieces. Fine bones don't have to be removed. Pack fish moderately firmly in jar. Add 2 tablespoons vinegar, 1 tablespoon ketchup and 1 teaspoon salt to each jar. Seal lids and put in pressure cooker. Process 1 hour and 40 minutes at 10 pounds of pressure. Let set for two weeks before using.

John Hoth, Conservation Officer, Salix

Panfish in Beer Batter

24 bluegills

1/4 c. cornstarch

1/4 c. flour

1/4 c. beer

2 egg whites

fat or oil for deep frying

After sifting the cornstarch and flour mixture, mix in the beer. Beat the egg whites until stiff and fold into the batter just before using. Dip fish into batter, drain for a moment and pop into bubbling fat one at a time. Let fat regain its temperature before adding the next fish. Remove when nicely browned and drain on paper toweling. This recipe is good for most fish fillets.

*Pauline H. Novotny,
Pres. Iowa Div. Izaak Walton League, Swisher*

Carp-Salmon

3 - 5 lbs. carp
1 tsp. salt

2 T. white vinegar
few drops red food coloring
(opt.)

Remove skin and entrails from carp. Wash meat thoroughly. Cut into chunks to fit into pint jars, leaving 1/2 inch headspace. Add salt, white vinegar, and food coloring to each jar. Put lids on jars, tighten and place jars of fish in pressure canner. Pressure cook 75 minutes at 15 pounds of pressure. Start processing time when 15 pounds pressure has been reached. After processing, allow pressure to return to zero before removing canner lid. Remove jars and let stand 24 hours to allow jars to cool and lids to seal. Yield: approximately 7 pints.

Carp-salmon can be used in dishes just the same as salmon. It is delicious creamed or made into patties. The naturally pink meat of the carp blanches out in cooking. If you want it to look more like salmon, add a few drops of red food coloring to the jars before processing. The vinegar and 15 pounds pressure practically dissolve the bones, just like canned salmon.

Jack Edwards, Conservation Officer, Clarion

Pickled Fish

3 lbs. fish fillets
(carp, bluegill, crapple)

3/4 c. canning salt
white vinegar

SPICE MIX:

3/4 c. sugar
1 T. pickling spice

3/4 c. dry white wine
3/4 c. water

PICKLING MIX:

1 1/3 c. white vinegar
onion rings

garlic (opt.)
hot peppers (opt.)

Cut fillets into bite-sized pieces. Cover cubed fish with vinegar and salt in a non-metallic bowl. Mix. Cover and store in refrigerator for 5-7 days. Stir each day. After 7 days, drain, rinse fish with cold water, cover with fresh water and let stand 8 hours. Combine ingredients for spice mix in a pan and bring them to a boil. Set aside; cool to room temperature. Combine ingredients together for pickling mix. Combine spice and pickling mixes. Drain fish well. Layer fish and mixture in non-metallic container. Cover. Place in refrigerator for 48 hours. Uncover, eat and enjoy.

Mike Bonser, Conservation Officer, Waterloo

Iowa Conservation Officers will celebrate their 100th birthday soon.

Fish Chowder

- | | |
|--|------------------------|
| 1 lb. fish fillets
(bluegills, crapple) | 1 1/2 c. boiling water |
| 2 T. chopped bacon | 1 tsp. salt |
| 1/2 c. chopped onion | dash pepper |
| 2 1/2 c. diced potatoes | 2 c. milk |
| | 1 T. butter |

Prepare fish fillets by cutting into large chunks. Pan-fry bacon until crisp. Remove bacon. Add onion to bacon grease and cook until tender. Drain fat. Place all ingredients except milk and butter into large kettle. Cover and simmer for 20 minutes. Potatoes should be tender. Add milk and butter. Heat and serve.

Mike Bonser, Conservation Officer, Waterloo

Fish Sausage Patties

- | | |
|---------------------------------|---------------------------------|
| 2 lbs. fish fillets | 1/4 tsp. celery salt |
| 1 med. onion, finely
chopped | 1 tsp. lemon juice |
| 1 tsp. sage | 20 saltine crackers,
crushed |
| 1/4 tsp. garlic salt | pepper to taste |

Grind fish fillets in meat grinder. Add other ingredients and mix well. Make into patties. Fry in skillet with small amount of cooking oil.

Mike Bonser, Conservation Officer, Waterloo

Seawater Boil

- | | |
|---------------------|---------------------------|
| 20 qts. water | 1/2 c. Epsom salt |
| 20 1/4 c. salt | 1 pinch Borax |
| 1 tsp. baking soda | 1 T. calcium chloride |
| 10 drops beef broth | 2 tsp. potassium chloride |

Dissolve calcium chloride in 10 quarts of water. Dissolve the remaining ingredients in the other 10 quarts; then stir in the dissolved calcium chloride. Store in cool, dark place. Makes 5 gallons. Excellent for boiling crabs, lobster and crayfish.

Mike Bonser, Conservation Officer, Waterloo

Smoked Fish in Oven

- | | |
|--------------|-------------------|
| 1 gal. water | 3 T. liquid smoke |
| 1 c. salt | 1 c. brown sugar |

Combine all of above ingredients to make brine. Let fish soak in brine overnight. Wipe dry. Put on grate in oven for 3 hours at 275° or until done. Best to leave scales on and lay scale side down.

Mike Sells, Conservation Officer Supervisor, Washington

Fish Spread

- | | |
|--|------------------------|
| 2 - 3 c. boiled fish,
any kind, drained | 1 c. mayonnaise |
| 1 c. finely chopped celery | 1 T. lemon juice |
| 2 T. finely chopped onion | 1/2 tsp. seasoned salt |
| | dash pepper to flavor |

Mix all ingredients together. Add additional mayonnaise if seems too dry. Refrigerate. Serve on crackers.

Steve Messinger, Conservation Officer, Brighton

Grilled Fish

- | | |
|--------------------------------------|-----------------------|
| 1 c. finely flaked fish | 1/2 tsp. dillweed |
| 1 c. salt-free blender
mayonnaise | party rye thin breads |
| 1/4 tsp. dry mustard | pimiento |

Mix fish, mayonnaise, dry mustard and dillweed. Mix well. Spread on rye bread. Place under broiler until mixture is bubbly and brown. Garnish with bits of pimiento.

Bob Mullen, Conservation Officer, Tama

Pickled Northern

- | | |
|---------------------|--------------------------|
| 1 qt. white vinegar | 1 1/2 oz. pickling spice |
| 1 qt. cold water | 1 1/2 oz. pickling salt |
| 2 lg. onions | 1 1/2 c. sugar |

Put above in gallon jar. Stir well. Add enough small pieces of fresh fish to fill jar. Let stand at room temperature for 48 hours, stirring occasionally. Refrigerate. Will keep several months. This is delicious.

Harold Carter, Retired Conservation Officer, Humboldt

Pickled Fish

- | | |
|---|-----------------------|
| 2/3 qt. bite-size fish fillets
(perch are great) | 2 tsp. pickling spice |
| 1/2 c. sugar | 1 c. chopped onion |
| 2 T. salt | 1 hot pepper* |
| | white vinegar |

(*Optional to you, but a necessity to me!) Fill a quart jar 2/3 full with fish. Add sugar, salt, spice, onion, hot pepper and fill jar with white vinegar. Allow 1/2 inch air space at top. Cover tightly. Shake. Refrigerate at least 4 days. May be kept in the refrigerator a long time.

Steve Schutte, Conservation Officer, Clear Lake

Pickled Fish

3 lbs. fish fillets	1 T. pickling spice
(Northern pike is good)	3/4 c. dry white wine
white vinegar to cover fish	3/4 c. water
3/4 c. canning salt	several rings from lg. onion
3/4 c. sugar	

Cut fish into bite-size pieces. Add white vinegar to cover fish along with canning salt. Mix and let stand in refrigerator 5-7 days, stirring mixture daily. Rinse well and cover with cold water. Let stand 8 hours in refrigerator; then drain. Mix and bring to a boil the sugar, pickling spice, white wine and water. Remove from heat and add 1 1/3 cups white vinegar and onion rings to the mixture. Layer fish and mixture of liquid in container. Refrigerate for 48 hours before eating. If you're like me, you'll add a couple of HOT peppers to the liquid mixture.

Steve Schutte, Conservation Officer, Clear Lake

Pickled Fish

Fillet fish off rib bones. For every quart of fish used, add 5/8 cup of salt. Cover with vinegar. Let stand in refrigerator for 6 days. Remove fish, rinse and set in cold water for 8 hours. For every quart of fish: 1/2 cup brown sugar, 1/2 cup white wine (port) combined with 1 tablespoon pickling spice in bag, boil for 5 minutes. Let cool. Add 1 1/4 cup white vinegar. Arrange pieces of fish in jar, placing a layer of sliced onion between each layer of fish. Also include some sliced lemon on top. Pour mixture over fish in jar. Let stand for 48 hours. Keep in refrigerator.

John Hoth, Conservation Officer, Sallix

Raw Pickled Fish

3 qt. raw fresh fish	3 c. white sugar
3/4 c. canning salt	1 can pickling spices
2 qt. white vinegar	2 lg. onions, sliced

Firm white meated fish will work best, such as walleye, Northern, perch, crappie, bass, etc. Cut fish fillets into chunks and place in 1 gallon glass jar. Mix in 3/4 cup salt and enough vinegar to cover the fish. Keep refrigerated and stir every day for 5 days. At the end of 5 days rinse with cold water and layer the fish and sliced onions back in the jar. Simmer 3 cups white sugar, 1 can pickling spices and 2 quarts white vinegar about 15 minutes and let this mixture cool. Pour over fish and refrigerate for another 48 hours. Makes about 3 quarts.

Paul Magnussen, Conservation Officer, Sioux Rapids

Pickled Fish

5 - 6 lbs. fish fillets or chunks	1 qt. white vinegar
1 qt. white vinegar	3 c. sugar
3/4 c. salt	2 T. pickling spices lemon & onion slices

Mix 1 quart vinegar and 3/4 cup salt. Pour over fish. Let stand in refrigerator for 5 days. Rinse and drain well. Bring to a boil 1 quart vinegar, sugar and pickling spices. Boil for 5 minutes. Cool. Pack fish in desired containers; add lemon and onion slices. Pour on cooled syrup. Let stand 1 week in refrigerator. Makes 3-4 quarts.

Jim Wallace, Conservation Officer, Lake View

Pickled Perch

fillets from 25 med. perch	4 c. white vinegar
white vinegar	4 T. pickling spice
4 c. sugar	2 c. apple wine
	2 sm. onions, sliced

Cut fillets into bite sized pieces. Soak perch in salt water, enough salt to float an egg, for 24 hours. Rinse in fresh water. Soak in white vinegar for 48 hours, then drain off vinegar. Do not cook fish. Add together the sugar, 4 cups white vinegar and pickling spice. Boil for 3 minutes. Let cool. Add the apple wine and stir until mixed. Pour over fish and add the onions. Let stand for 7 days (14 is better.) Thunder Bird (red label) is a good wine for this recipe. Works with other fish, too.

Jerry Roskammer, Conservation Officer

Smoked Salmon Dip

2/3 c. mayonnalse	1 T. Beau Monde seasoning
2 c. sour cream	1 T. chopped onion
1 T. chopped parsley	1 1/2 c. smoked salmon
1 T. dill weed	

Mix all ingredients in order given. Chill for 3 hours to allow seasonings to blend. Serve with a variety of crackers. Makes 2 1/2 cups.

Jim Wallace, Conservation Officer, Lake View

* The fire department got a fire call, and it was from Ole. "How do we get out to your place, Ole?" inquired the fire chief.

"Vell," said Ole, "you might use dat little red truck you got dere at da fire station."

Smoked Salmon

3 lbs. fish
salt

1 lb. brown sugar

Cut fish into chunks about 3 inches x length of side. Marinate in salt water and ice overnight. Wash off with fresh water and place skin down in smoker. Build fire and dry fish for 15 minutes with door of smoker off. Close up smoker and smoke fish for 3 to 5 hours or until fish is cooked and dry. About 1/2 hour before fish is done baste with brown sugar and water which has been mixed into a thick paste.

Jim Wallace, Conservation Officer, Lake View

Canned Carp

1/2 tsp. salt per pt. jar

carp, 3 in. pieces

1/2 T. vinegar per pt. jar

Cut carp into small pieces. Leave bone in. To each pint jar add the salt and vinegar. Use pressure canner. Process at 15 pounds pressure for 75 minutes. The combination of vinegar and high pressure dissolves the bones. Tastes almost like salmon.

George Hemmen, Conservation Officer, Guthrie Center

Canned Carp

1 pt. carp meat

(a little red food coloring or

1 tsp. canning salt

2 T. tomato sauce, opt.)

2 T. white vinegar

Clean carp and soak 8 hours in salt water. Rinse and cut into chunks. Fill pint jars to 1 inch from top with carp and add 1 teaspoon canning salt and 2 tablespoons white vinegar per pint jar. The optional food coloring or tomato sauce may be added now. Tighten lids and pressure cook for 90 minutes at 15 pounds pressure. Allow to cool naturally.

Paul Magnussen, Conservation Officer, Sioux Rapids

Berl's Beer Batter

1 c. Bisquick

1 egg

1/2 tsp. salt & pepper

1/2 c. beer

Dry 1 pound of fish very well. Dip in batter. Fry until golden brown.

*Billie Downing, wife of
Retired Conservation Officer Berl Downing, Decorah*

Canned Fish

fish fillets (carp or buffalo) white vinegar
canning salt Mazola oil

Skin and fillet the fish (do not worry about bones.) Cut fillets into 2-inch strips. Soak fish fillets in salt water for 1 hour. Remove and drain fillets and pat dry with paper towels. Pack into a pint jar. Add to each pint 1 teaspoon canning salt, 1 tablespoon white vinegar and 1 tablespoon Mazola oil. Do not add water. Seal jars and pressure cook for 90 minutes at 12 pounds of pressure. Fish may be added to salads like tuna, or add 2 eggs along with cracker crumbs to each pint, mix, and form patties to desired size; then fry. Can't tell the difference between these patties and salmon patties.

John Will, Illinois Dept. of Conservation, Springfield

Baked Northern Fillets

fish fillets (2 per person) corn flake crumbs
flour salt & pepper
1 egg lemon juice

(First you catch a fish.) Line a cookie sheet with foil and rub generously with butter. Dip each fillet in flour; then beaten egg; then corn flake crumbs. Place on foil. Sprinkle with salt and pepper. Place in 425° oven for 15 minutes. Remove; drizzle melted butter on each fillet. Sprinkle with lemon juice. Reduce heat to 375° and bake for 15-20 minutes more. It is not necessary to turn fillets when baked this way.

Rex Emerson, Retired Conservation Officer, Newton

Baked Salmon Fillets Supreme

2 lb salmon fillets	1/2 tsp. Lawry's seasoned salt
1 c. sour cream	1/4 tsp. minced garlic
1 tsp. celery seed	1 c. Club cracker crumbs
1 tsp. paprika	1/2 c. chopped walnuts or pecans
1 tsp. lemon juice	
1 tsp. Worcestershire sauce	

Blend sour cream and spices. Chill for 30 minutes. Dip fillets in sour cream mixture; then roll in crumb and nut mixture. Bake in a flat, greased pan for 18-20 minutes at 375°.

Jim Wallace, Conservation Officer, Lake View

Butch's Baked Fish

Walleye fillets	paprika
finely minced onion	butter
fresh sage leaves*	dry white wine
Cavender's Greek	1 T. cornstarch
seasoning**	4 T. water

(*If you do not have fresh sage, omit.) (**Thick fillets are best.) Use a 9x13-inch glass pan, oven-proof. Cover bottom of pan with finely minced onion and lay a few fresh sage leaves over onions. Sprinkle walleye fillets with Greek seasoning. Lay fillets in pan, sprinkle top with paprika and dot fillets with butter. Pour a dry white wine approximately 1/2-inch deep into pan. Place in hot oven (475°) and bake until fish flakes. Do not overcook. Drain juices into small saucepan and reduce heat. Thicken it with mixture of cornstarch dissolved in water. Pour over fillets in pan and place under broiler until they just begin to brown.

Earl "Butch" Fullmer, Owner, Red Cedar Inn, McGregor

Baked Trout

3 1/2 lb. trout	1 T. butter
1 lb. can tomatoes	1 egg yolk
1 onion, cut finely	1/2 c. cream or evaporated milk
1 piece celery root	1/2 tsp. Worcestershire sauce
1 T. flour	

Lay the cleaned fish in pan and add tomatoes, onions and celery. Sprinkle with flour and dot with butter. Bake at 350° for 1/2 hour. Strain sauce, heat in double boiler. Thicken with egg yolk mixed with the cream. Add Worcestershire sauce. Pour over the fish and serve immediately.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Beer Batter Fish

1 lb. fish fillets	1/2 tsp. salt
3 - 4 T. Bisquick	1 egg
1 c. Bisquick	1/2 c. beer

Heat vegetable oil (1 1/2 inches) in heavy saucepan or deep fryer to 350°. Lightly coat fish with 3-4 tablespoons Bisquick. Mix 1 cup Bisquick, salt, egg and beer until smooth. Dip fish into batter, letting excess drip into bowl. Fry until golden brown, about 2 minutes on each side; drain. Makes 4 servings.

*Rod Slings, Recreation/Safety Officer,
and wife Pam, Winterset*

Gar Steaks

- | | |
|--|---|
| 5 - 6 lbs. gar backstrap,
cut into 3 in. pieces
crossgrain | 2 c. vinegar from dill
pickles |
| 4 c. cornmeal | 4 T. salt |
| 2 c. flour | 4 T. black pepper |
| 12 oz. beer | 1 tsp. each garlic salt,
onion salt, celery salt |
| 1/4 c. lemon juice | |

Marinate gar in mixture of beer, lemon juice and dill pickle vinegar for 1-2 hours. Mix remaining ingredients together well in a large bowl. Remove gar from marinade after prescribed time and pat dry. Roll in cornmeal mixture and deep fat fry until golden brown. Serve hot. Recipe serves 5-7 people.

Dan Mork, Conservation Officer, Milo

River Gar Balls

- | | |
|---|--------------------|
| 10 lb. cleaned gar | 1 clove garlic |
| 4 eggs | 12 oz. beer |
| 2 c. buttermilk | 4 T. salt |
| 2 lg. onions | 1 T. black pepper |
| 5 lg. potatoes | 2 1/2 c. flour |
| 3 c. cracker crumbs | 1 T. seasoned salt |
| 2 T. crushed red pepper
or hot sauce | 1/4 c. lemon juice |

Place gar in large pot and add water to cover completely. Add lemon juice, beer, 3 tablespoons salt, garlic and red pepper or hot sauce. Bring to a boil, reduce heat and simmer until flesh flakes off bone easily. In another pot, boil potatoes until done. When fish is cooling, remove potatoes, peel and slice into quarters. Peel onion and slice into quarters as well. Once fish is removed from bone, grind fish, sliced potatoes and onions with a meat grinder or food processor. Place mixture in large bowl and add remaining salt, black pepper, 1 egg and enough flour to thicken mixture. Mix until firm. In another bowl, beat buttermilk and eggs together well. Roll gar mixture into 2-inch balls and flatten into patties. Dredge patties in flour and dip in buttermilk/egg batter. Roll patties in cracker crumbs until coated. Fry patties in a large skillet until golden brown. This recipe works equally well with carp.

Dan Mork, Conservation Officer, Milo

* Lena doesn't worry about Ole chasing women. She says, "Da dog chases cars, but he don't know how to drive."

Batter for Fish

- | | |
|--------------------|--|
| 1 c. flour | 2/3 c. cold water |
| 1 T. baking powder | 1/4 c. finely minced green onions (opt.) |
| 1/4 tsp. salt | |
| 3 T. salad oil | |

TARTAR SAUCE:

- | | |
|--|---|
| 1 c. mayonnaisse
(not salad dressing) | 1/4 c. finely minced pickles
or 1/4 c. pickle relish |
| 1 T. Dijon style mustard | 2 T. finely minced onion
(opt.) |
| 1 tsp. lemon juice | |

Stir dry ingredients together; add oil and stir until it forms a ball. Add water gradually, beating until thick batter forms. Stir in minced green onions; dip pieces of fish that have been dried well on toweling. Lower into deep fat; fry until golden brown. Serve with homemade tartar sauce.

Earl "Butch" Fullmer, Owner, Red Cedar Inn, McGregor

Baked Northern Pike

- | | |
|-----------------------|----------------|
| Northern pike fillets | seasoned salt |
| stick of butter | pepper |
| lemon juice | paprika |
| | parsley flakes |

"Y" bones should be removed from fillets. Place cold fillets on aluminum foil with edges turned up. Melt butter in pan and add about 1 tablespoon lemon juice. Generously baste fillets with this mixture. Sprinkle fillets with seasoned salt, pepper, paprika (heavier on the paprika), and dried parsley flakes. Put on cookie sheet or cake pan in 350° oven for 20-30 minutes depending on size of fish thickness. Serve immediately. It's also good cold from the refrigerator.

Bill Fribley, Conservation Officer, Rock Rapids

Fish Cakes

- | | |
|---------------------------|------------------------|
| 2 lbs. fish | 8 tsp. anchovy essence |
| 1 lb. mashed potatoes | 4 eggs |
| 4 T. finely chopped onion | 2 oz. cooking oil |
| 1/4 tsp. sage | salt & pepper |
| 4 tsp. chopped parsley | flour |

Cook fish in a little salted water. Pick out bones. Thoroughly mix fish with above ingredients. Shape into patties. Roll in flour and fry in hot oil until brown.

*Denny Nelson, Conservation Officer,
and wife Vicky, Van Meter*

Fish Boil

15 potatoes
2 c. salt
12 fish steaks,
cut 1 1/2 in. thick

onions
butter
parsley
lemon

This is excellent with salmon and trout, or may be used with any fish. Heat potatoes in 8 quarts of water. Bring to boil. Remove basket. Place potatoes in bottom of kettle. Cover with water and boil. Add 1 cup salt and onions and begin timing when water starts to boil. Boil for 20 minutes. After 20 minutes, place fish in basket and lower into boiling water above potatoes. Add another cup of salt, cover and boil fish with potatoes for 12 minutes more. spear potatoes and fish to test for doneness. Do not overcook. Fish should flake easily. Larger potatoes and fish pieces may take 2-3 minutes longer. Set kettle in sink and remove basket with fish. Drain water from fish and potatoes. Serve with melted butter, parsley and lemon. Pour butter combination over fish and potatoes.

*Randy McPherran, Conservation Officer,
and wife Patty, Unionville*

Salmon Boil

5 qts. water
1 c. salt
12 - 15 sm. onions

12 - 15 sm. potatoes
6 - 8 chunks of trout or
salmon
1 c. melted butter

Bring water and salt to a boil. Add potatoes and boil for 12 minutes. Add onions and continue boiling for another 10 minutes. Last add salmon chunks and boil all for another 10-12 minutes. Drain and serve all with melted butter.

This is a Wisconsin tradition we've transplanted to Iowa. Meal should be completed with French bread, cole slaw and cherry pie.

Jim Wallace, Conservation Officer, Lake View

Bluegill Patties

Bluegills
1 egg

Ritz cracker crumbs
salt & pepper
flour

Grind small bluegills. Large ones must be filleted. Combine egg and cracker crumbs to make the right consistency for patties. Add salt and pepper. Garlic powder may be added, if desired. Make patties and roll in flour, or fry plain in 1 inch of oil.

Mike Ryan, Conservation Officer, New Sharon

Pickled Northern or Walleye

- | | |
|---|----------------------------|
| 4 Northern fillets,
cut in 1 1/2 in. squares | 2 lg. onions, cut in rings |
| 1/2 qt. white vinegar | 1 1/2 oz. pickling spice |
| 1/2 qt. water or white wine | 2 oz. (8 tsp.) salt |
| | 1 1/2 c. sugar |

Mix all together. Stir well several times a day, standing at room temperature for 72 hours. Then refrigerate.

Judy Blank, Iowa State Media, Ames

Boiled Bass

- | | |
|---------------------------------|-----------------------------------|
| 2 lbs. bass fillets | 1 clove garlic, finely
chopped |
| 1 c. parsley, finely
chopped | salt and pepper |
| 1 sm. onion, finely
chopped | |

Cut fish into slices about 1 inch thick and put in a skillet. Barely cover with water. Add remaining ingredients. Cover the fish and simmer for 20 minutes, until cooked. Remove fish to a platter and serve with melted butter or with a fish sauce, Delicious!

*Ben Davis, Conservation Officer Supervisor,
Spencer*

Rare Southern Fish

- | | |
|--------------------|---------------------|
| 2 c. cornmeal | 2 T. flour |
| 1 tsp. soda | 1 T. baking powder |
| 1 tsp. salt | 1 egg |
| 6 T. chopped onion | red pepper to taste |

Mix all dry ingredients, add onion, egg, and enough milk to make ingredients cling. Beat ingredients together. Consistency should be about like thick pan cake batter. Drop small spoonfuls into frying pan into 1/2 inch of hot grease. Brown one side, then the other. So rare there's no fish in it.

*Dave Elledge, Waters Enforcement-DNR,
and wife Connie, Colesburg*

One year a group of five were arrested in the spring for the wanton killing of over eighty Snow and Blue geese. Another year a large commercial operation of deer hunters was apprehended with almost a score of search warrants being executed simultaneously. Still another year a large commercial operation was broken up involving game fish headed for Chicago. WHO SAYS WE DON'T NEED GAME WARDENS?

Garden Baked Fish

fish fillets of your choice
(Walleye works best)
(Amount depends on
number of guests)
1/2 can tomato soup
1/3 c. water (approx.)

1/3 c. chopped fresh bell
pepper
1/4 c. chopped fresh
garden onion
salt and pepper to taste

Place fillets in a 9"x13" cake pan. Pour the combined ingredients over the fish. Bake for 30 minutes at 350°.

*Dave Elledge, Waters Enforcement-DNR,
and wife Connie, Colesburg*

Maggie's Special Carp Bait

1 1/2 c. cornmeal
3/4 c. flour
1 c. water
2 T. sugar

2 T. vanilla
1 pkg. strawberry Jello
5 drops oil of anise

Mix flour and cornmeal in bowl and set aside. In a saucepan boil water, sugar and vanilla for 2 minutes; add Jello. When this mixture foams up, remove from heat. Add the cornmeal and flour mixture. Add drops of anise. Stir the mixture with a heavy spoon. It will seem too dry, but continue to mix until it gets like putty. Place in refrigerator until ready to use. Wrap in waxed paper. Do not freeze. Use with a No. 6 treble hook and light sinker.

Paul Magnussen, Conservation Officer, Sioux Rapids

A smile is a curve that can straighten out a lot of things.

*When you hear that someone has gossiped about you,
kindly reply that he did not know the rest of your faults
or he would not have mentioned only these.*

*Beware of the man who says he has an open mind.
He often has a mouth to match it.*

Laughter is the sunlight of the soul.

*Two confirmed bachelors talked about cooking. "I got a
cookbook once," said one, "but all the recipes began the same
way -- take a clean dish." That settled it for me."*

FROM DEEP
WOODS TO
BACKYARD



River Magic

Your true magic was hidden from me that first day. Winter's velvety white cloak concealed your wild and free natural beauty. Yet even Winter's icy chill could not still the fervent, flowing current within, and seemed to draw me, as if you knew I belonged there.

You have given me a vast new world filled with wonder and beauty to explore. I feel as though my eyes have just been opened and my senses newly awakened. You always give new life to everything around you - to the land with the trees, plants and grasses; to the wildlife, waterfowl, and insects; to the fish that dwell within your waters; to the delicate wildflowers that bloom; and to me - sustaining all of us with your endless bounty.

You have become my peace - my solace. You seem to sense my many moods and know my every need. When I am lonely, you are always there to hear my cries. When I am sad, you take my tears to your heart and tenderly wash them away. When I am filled with turmoil, you drain it out of me and carry it away in your current. When I am restless, your gentle rhythm lulls me and fills me with calm. And when I am happy, your spirit soars with mine in a song of joy.

I'm beginning to learn of your many faces. Some are easy to read, yet others you try to disguise. In early Spring, when your swirling waters burst out of their banks, it would seem as though you are angry at being awakened from a quiet winter's rest. I know you are merely "cleaning house", washing away the debris left by Winter, and making ready to welcome Spring. When Spring finally arrives, you bubble and frolic in the joy of awakening new life. In summer, you appear to be lazy, smugly content in the knowledge that you are giving pleasure to so many. In late Fall, you seem to withdraw and become quiet, as if making ready to sleep. Instead, I know you are saddened by the signs of approaching Winter, the seeming loss of life around you, and you must anticipate the loneliness yet to come.

Although many things around you have completed their life-cycle and to some you might appear to be asleep under Winter's white blanket, I have come to know that you never really sleep, and that you will never really die. Even though your features may alter, and you can deceive some with your changing expressions, your flowing spirit remains constant. Perhaps that is your hold on me.

I am in awe of your beauty and respectful of your power. I rely upon your soothing strength, and I am grateful for all your wonders - they fill my life.

You have cast your spell on me and captured my being - I am part of you as you are part of me. Under your spell, my eyes have new vision, my senses explode, and my spirit soars to new heights - I am free!!

Peggy Burnside, Decorah, Iowa

From Deep Woods To Backyard

Marinated Venison

4 T. olive oil
juice of 1 or 2 limes
8 oz. red wine
1 tsp. salt

1/2 tsp. freshly ground
pepper
2 tsp. curry
2 tsp. ginger
2 tsp. grated onion

Marinate meat at least 2-6 hours before cooking. Meat should be cut in 1 to 1 1/2-inch pieces. (Meat prepared this way is excellent when cooked on the grill or in the skillet.)

Mike Bonser, Conservation Officer, Waterloo

Marinated Venison

2 lb. roast
1 clove garlic or garlic salt
1 T. brown sugar
1/2 tsp. ginger
1/2 tsp. coarse pepper

1 T. oil
2 T. water
1/4 c. soy sauce
1/2 tsp. Accent

Cut roast into 2-inch chunks or strips. Put meat tenderizer on roast for 10-15 minutes, stab meat with fork. Put meat in marinade for 4 hours, turning occasionally. Grill over charcoal-brush with remaining marinade.

Burl Downing, retired Conservation Officer, Decorah

Grilled Chicken

(Pheasant or Quail)

1 c. cider vinegar
1/2 c. water
1/4 c. butter or margarine
1 tsp. salt

pepper to taste
1 fryer chicken, (pheasant
or quail), cut-up

Leave skin on chicken for best results. Cook chicken on grill for 1 hour or until thick pieces are done. Spread mixture on chicken frequently during cooking.

*Tom Campbell, Conservation Officer,
and wife Jane, West Liberty*

Pit Barbecue

Dig a hole three foot deep. Width depends on the amount of meat. Meat should have approximately 12-inches of clearance on each side. Burn hard dry wood for three hours or more. All wood should be burnt to an ash or small pieces. Wood has to be added throughout the process. Don't short yourself on the wood. Remove any large pieces when you finish. Wrap your meat in three layers of cheesecloth. This can be done the night before if you want to marinate the meat in a plastic bag. This takes less sauce if the bag is tightened. After fire is prepared make sure you will have a clearance of ten to twelve inches between top of meat and the top of the pit.

Lay the meat wrapped in the cheesecloth on top of the hot coals. Pour the sauce on top of the meat. Cover the hole of the pit with a piece of tin and put dirt on both sides and on top of the tin. NO SMOKE SHOULD ESCAPE. Large pieces should cook for 5-6 hours (rear deer leg). Meat won't burn if left in too long. Boned meat is best. Halves of chickens can be wrapped together in one bundle. Fowl takes less time. Don't open to check.

John Hoth, Conservation Officer, Salix

Wild Rice Dressing

Wash wild rice in several sets of water. (I knew a gal in Minnesota who washed wild rice in detergent, then rinsed until water was clear.) This is to get rid of the smoke smell that sometimes spoils the good rice flavor. Boil in salted water as you would oatmeal or white rice. Don't mix wild rice with white rice to make it go farther as this spoils both. Use one cup of wild rice. Soak overnight or for several hours until kernels of rice burst apart before boiling. Fry 1 pound of good ground beef and season well. Add soaked dressing bread, chopped onions, celery and sprinkle with parsley flakes. Mix all with the cooked wild rice and put in a casserole dish and bake for approximately 2 hours. Top with butter to moisten and/or if your mixture seems dry you can mix in a can of cream of mushroom soup. Mushrooms can be used in your original mixture if you like.

When I was a state warden in Douglas County, Wisconsin it was interesting to watch the Indians harvest wild rice each fall when there was a crop. Wild rice only seems to do well about every fourth year. One fall I harvested, parched, tramped and made fifty pounds of finished wild rice. We had wild rice for breakfast cereal and lots for dressing with game dinners. It's over forty years ago now and we still love the wild rice dressing.

Wes Newcob, retired Fish & Wildlife Agent, Des Moines

Cowboy Casserole

- | | |
|---|-----------------------|
| 1 lb. hamburger, browned | 1 med. onion, chopped |
| 1 can kidney beans | 10 oz. pkg. bacon |
| 1 can butter beans | 2 T. vinegar |
| 1 can pork & beans | 2 T. mustard |
| 1 can navy beans | 3/4 c. brown sugar |
| (other bean varieties can
be added or substituted) | 1/2 c. ketchup |

Brown the onion with the hamburger and drain. Fry bacon and drain. Drain liquid from all beans except pork & beans. Mix all ingredients together and cook in crock pot for 2-3 hours (will stand longer and is also good reheated). May also be baked for 1-1 1/2 hours in a 350° oven.

Steve Jauron, Conservation Officer, Sergeant Bluff

Marinade for Deer Chops

- | | |
|----------------|--------------------|
| 3 T. honey | 1/3 c. soy sauce |
| 3 T. grenadine | 1/3 c. lemon juice |
| 1 T. sugar | 2 tsp. salt |

Marinate meat overnight and charcoal broil.

*Barbara Rowley, wife of
Conservation Officer Keith Rowley, Fayette*

Fish Kabobs

- | | |
|--------------------------|-----------------------|
| 2 lbs. fish fillet | 2 tsp. salt |
| 1/2 c. lime juice | 1/4 tsp. black pepper |
| 1/2 c. cooking oil | 1/2 tsp. turmeric |
| 1 1/2 c. onion, grated | paprika |
| 4 cloves garlic, crushed | boiled rice |
| 2 red peppers, crushed | |

Combine ingredients except for fish, paprika and rice. Cut fillets into narrow strips, arrange in shallow dish and cover for 3 hours with marinade. Thread fillets onto skewers and sprinkle with paprika. Broil 3 minutes each side or until done, basting often with marinade. Serve on rice.

Bob Mullen, Conservation Officer, Tama

* Lena went into a drug store and asked for talcum powder.

"Yes, ma'am, walk this way," said the druggist, walking briskly down the aisle.

"Uff da," said Lena, "If I could valk dat vay, I vouldn't need da talcum powder."

Game Warden Stew

- | | |
|--|--|
| 3-4 lb. deer meat (elk,
moose, antelope or beef)
cut in 1-inch cubes | 1 tsp. salt |
| 4 potatoes, cut into lg.
chunks | 1/2 tsp. basil |
| 4-5 carrots, 1-inch slices | 1 tsp. paprika |
| 3 onions, cut as desired | 1 1/2 tsp. flour |
| sm. can of mushrooms | 1 tsp. chopped parsley |
| | 2 cans of tomato soup &
two cans of water (more
water if needed) |

Brown meat, add ingredients in roasting pan. Bake in oven at 250° for 4-5 hours.

Note: Both of these recipes were obtained from Wyoming mountain people and modified by myself.

Don Simonson, Conservation Officer, Burlington

Hunter's Stew

- | | |
|-----------------------------|---------------------------|
| 1 1/2 lbs. boneless venison | 3 stalks, celery, chopped |
| 1 qt. water or more | 4 potatoes, cubed |
| 4 beef bouillon cubes | 6 carrots, sliced |
| 1 med. onion | 1 box frozen peas |

Simmer venison in water with bouillon cubes, 2-3 hours until tender. Add vegetables and simmer until tender. Season to taste with Lawry's seasoned salt and pepper.

Note: Corn, green beans, etc. could be added.

Steve Messinger, Conservation Officer, Brighton

Hunter's Stew

- | | |
|---|--|
| 1 1/2 lb. boiling beef or
venison with little suet or
soup bone | 1 rutabaga |
| 1 good sized onion | 1 can mixed vegetables
(peas, corn, celery, any
mixture) |
| 3 potatoes | salt and pepper |
| 3 carrots | rice, barley or a little flour
to thicken |

Cut-up meat in pot over open fire for 30-40 minutes. Cut-up and add vegetables, salt and pepper to taste and cook until done. Vegetables should be a little mushy. Any other kind of meat can be added such as a squirrel, a rabbit, or bird to make it more interesting. Cooking over the open fire makes this an appetizing meal. Venison, elk, moose or any wild meat including porcupine can be added to Hunter's Stew.

*Wes Newcomb,
retired Fish & Wildlife Agent, Des Moines*

Cub Scout Blue & Gold Cobbler

- 1 can blueberry pie filling 1 pkg. white cake mix
1 lg. can sliced peaches

This recipe is for campfire cooking. Preheat #12 Dutch oven for baking. When oven is preheated, pour entire contents of canned pie filling and peaches into oven. Add dry cake mix and stir until mixed. Put on lid, cover with hot coals and bake about 1/2 hour. Serves 4 scouts or 8 adults. (Recipe can be doubled using same size oven. Bake longer.)

John Bauercamper, District Court Judge, Waukon

Old-Fashioned Beef or Venison Stew

- | | |
|--|------------------------------------|
| 3 lb. stewing meat, cut in
1-inch cubes | 4 c. cubed potatoes |
| 1 c. cut-up carrots | salt and pepper to taste |
| 1 c. cut-up celery | 1/2 tsp. garlic powder |
| 1 c. cut-up onions | 1/2 tsp. Mrs. Dash herb
mixture |

Brown the beef in 3 tablespoons hot fat in heavy kettle. Cover with boiling water, simmer 1 1/2 hours. Add the above ingredients, simmer 30 minutes. Thicken the liquid for gravy. Makes 8 servings.

John Horton, retired Conservation Officer, Florida

Turtle Stew

- | | |
|----------------------|----------------------------|
| 3 lbs. turtle | 2 T. chopped celery leaves |
| 1/2 c. pearl barley | 1 T. salt |
| 2 qts. water | 1/8 T. black pepper |
| 8 sm. onions | 4 med. halved potatoes |
| 8 sm. cut-up carrots | 1 can of green beans |

Brown cut-up turtle meat in hot oil, add water, barley, celery leaves, salt and pepper and simmer slowly until meat is tender (about 1 1/2-2 hours). When meat is tender add carrots, potatoes and onions and continue to simmer until done (about 30 minutes). Heat separately and add can of green beans before serving. Works excellently in a Dutch oven on charcoal or open fire.

Bob Moats, Conservation Officer, Estherville

* You've heard about bad cooks Lena actually keeps Alka Seltzer on tap.

Venison Chops

(Charcoal Broiled)

12 venison chops, approx. 1 c. melted butter
1-inch thick

Brush chops on both sides with melted butter and place on grill. Keep grill high enough from the coals to prevent too rapid cooking. Cook about 8 minutes, turn and baste again generously with melted butter. About 6 minutes on this side should make it medium rare. Salt and pepper to taste.

Note: My wife loves potatoes, so a baked potato with sour cream and chives, a crisp green salad and some warm garlic bread goes good with this. Serves 6.

Richard Johnson, Conservation Officer, Missouri Valley

Grilled Venison Roast

5 lb. venison roast	2/3 c. ketchup
1/4 lb. salt pork, sliced into thin strips	1 c. wine vinegar
3-4 garlic cloves, slivered	1 tsp. dry mustard
1/2 c. honey	1 tsp. paprika
1/2 c. soy sauce	dash Tabasco sauce
1 c. orange juice	salt and pepper to taste

Cut slits in roast and insert strips of salt pork and slivered garlic cloves. Balance roast evenly on rotisserie spit. Insert meat thermometer into thickest part of meat. Brush generously with basting sauce. Cook over low to medium flame for 3-4 hours, or until meat thermometer registers 145° for rare to 175° for well done. Baste frequently with sauce.

Dan Mork, Conservation Officer, Milo

Fish on the Fire

1 lb. fish per person	2 lemons, thinly sliced
2 onions, thinly sliced	parsley flakes

Stuff cleaned fish with onion and lemon slices. Sprinkle with parsley flakes. Brush with lemon butter sauce. Cook over medium flame for 15 minutes, turning once. Baste often with lemon butter sauce.

Dan Mork, Conservation Officer, Milo

* Ole says: "Never tell people your troubles. Half of dem don't care....and da odder half is glad it happened to you."

Sassy Salmon on the Grill

covered barbecue grill	salt
salmon, whole or fillets	pepper
heavy duty aluminum foil	dry mustard
salad oil	sweet basil
lemon butter basting sauce	lemon slices (optional)

BASTING SAUCE:

1 c. melted butter or margarine	1 T. minced parsley
1/3 c. lemon juice	3/4 tsp. grated lemon peel
	1/4 tsp. salt

For the sauce combine all ingredients and set aside. Make an aluminum foil pan large enough to hold the salmon. Brush foil well with oil. Wash fish and pat dry with paper towels. Place fish on pan and brush with basting sauce. If fish is left whole brush sauce in cavity as well. Sprinkle with salt, pepper, mustard and sweet basil. Arrange lemon slices in a row on top of fish. Position fish on grill and cover. Cook about 1 hour 45 minutes or until thickest part of fish flakes easily with fork. Whole fish will take a little longer than fillets. Brush with lemon sauce several times during cooking. This recipe is also good with trout, carp, buffalo or other large fish.

Randy McPherran, Conservation Officer, Unionville

"Big Jim's" Charcoaled Grilled Trout

1/2 c. corn oil	1 tsp. paprika
1/2 c. vinegar (cider vinegar)	1 tsp. dry mustard
1/2 c. ketchup	2 good tsp. horseradish
1 tsp. salt (optional)	1/4 tsp. garlic salt

First catch the trout. Mix all ingredients well and pour over trout. Marinate in the above sauce for at least 4 hours or overnight. Pierce the fish with tines of large fork so the flavor goes through. Heat charcoals until the coals have turned gray but are still hot. The secret to your fish not sticking is to place them on cold grill then put over the coals (can spray with Pam). Cooking time depends on size of trout. Cook fish, marinate with remaining sauce, do not overcook, or they will dry out. For average size trout cook about 7 minutes per side.

Note: This marinade is great for chicken, pork, flat beef roasts, but always marinate for awhile.

James Becker,

Retired Conservation Officer, Independence

Fish on the Spit

3-lb. fish, or larger

Clean and remove head. Using small rail-size skewers and twine, close cavity tightly. Place fish on skewer, making sure it is evenly balanced, and that spit ends are inserted in fish securely. Place aluminum drip pan on briquettes. Baste frequently with lemon butter sauce to retain moisture. Cook 15-20 minutes over low to medium flame depending on size of fish. Fish is done when it flakes with fork.

Dan Mork, Conservation Officer, Milo

Skewered Walleyes

Walleye fillets
stick of butter

Italian dressing

Cut the Walleye fillets in long one-inch strips. Thread each Walleye fillet on a skewer, so it resembles a Walleye accordion. Cook on charcoal grill at low heat, basting with a mixture of butter and Italian dressing.

Note: Grill must be clean and oiled (Pam) so fillet strips won't stick.

*Bill Fribley, Conservation Officer,
and friend Dan Craig, Rock Rapids*

Skillet Bread for Camping

2 c. flour
1/4 c. dry milk
1 T. sugar
1/2 tsp. salt

2 tsp. baking powder
2 T. shortening
1 scant c. water

Put the dry ingredients together in a plastic bag before you leave home. At camp, add the cold water gradually and mix into a stiff dough. Melt the shortening in a skillet until hot. Turn dough into skillet making an over sized biscuit. Brown over the fire. Turn when crusty and brown and brown the other side. May turn and adjust distance from heat to finish cooking. Bake until bread sounds hollow when tapped. Break into pieces and serve with butter or jam. Serves 4-6.

*Ed Lawrence, Conservation Officer,
and wife Kris, Clayton*

"Thanks" is such a small expression to the loyal and dedicated wife of a Conservation Officer. Of all the things she does, she's got to be the busiest unpaid state employee going.....

Grilled Potatoes & Onions

4 lg. potatoes
1 onion

1/2 c. margarine (1 stick)
Crazy Jane's mixed up salt

Peel 4 large potatoes and slice into 1/4-inch slices. Slice onion into 1/4-inch slices. Layer alternately on a heavy sheet of aluminum foil. Place margarine on top and sprinkle with crazy Jane's salt. Seal aluminum foil tightly so melting butter will not leak out. Place onto grill while barbecuing meat. Potatoes and onion will be done in about 1 hour. Turn once or twice depending on heat of grill. This is a very easy and delicious side dish for any barbecued meat.

Craig Roberg, Conservation Officer, Van Wert

Brown Bag Fish

1 fish, cleaned
salt and pepper

lemon juice
1 slice bacon and/or 1 sm.
onion

Place cleaned fish on a double thickness of waxed paper. Season with salt and pepper, lemon juice and/or onion slices. Wrap the fish in the waxed paper and put it in a large, heavy duty, brown paper bag. Saturate the bag with water and place it directly on the fire coals. Watch it closely, sprinkling with water as needed, and turning frequently. Your fish should be ready in 10 minutes. The bag will be storched and charred.

*Ed Lawrence, Conservation Officer,
and wife Kris, Clayton*

Venison & Coffee

3 lbs. venison, cubed
3/4 c. flour
salt and pepper to taste
1/2 c. cooking oil
1 c. dry red wine
2 cloves garlic, minced

2 lg. onions, sliced
1/2 c. strong black coffee
2 c. mushrooms, fresh,
chopped
1 T. Worcestershire sauce
1 pt. sour cream

Put meat, flour, salt and pepper in bag. Shake until coated. Heat some oil in skillet and brown over medium heat. Add oil as needed to brown remaining meat. Place in Dutch oven or casserole. Add remaining ingredients except sour cream. Bake at 350° for 2 hours. Add sour cream and bake 1/2 hour. Serve over noodles (can be made ahead of time).

G.I. Hollien, Conservation Officer, Harpers Ferry

Wardens are one of the oldest law enforcement agencies in the State of Iowa.

Broiled Frog Legs

4 pairs sm. frog legs per person

Mix ingredients for a lemon butter sauce; add frog legs. Marinate for 1 hour. Drain, reserving marinade for basting. Place legs on well greased grill over medium to high flame. Grill 5 minutes on each side or until fork tender. Baste several times.

Dan Mork, Conservation Officer, Milo

Bannock Campfire Bread

4 c. flour	1 tsp. salt
8 tsp. baking powder	1 T. sugar
about 3 c. cold water	

Mix ingredients thoroughly and stir in enough water to make a thick batter that will pour out. Mix rapidly with spoon until smooth. Pour out into large greased fry pan, set on hot coals. Turn when bottom part is brown. Or put greased Dutch oven on coals and rank the coals up around the sides. Pour batter into this and put on lid. Cook until no dough sticks to a sliver of wood stuck into it. This can also be cooked in a greased pan in the oven. Bake at 400° for 45 minutes.

Gary Purtillo, Conservation Officer, Bellevue

Venison Chateau Briand

1 venison tenderloin	potatoes
mushrooms	carrots
cherry tomatoes	green peppers
onion slices, lg.	

MARINADE:

1/2 c. cooking oil	1 garlic clove, crushed
1/4 c. wine vinegar	1 tsp. ginger
1/2 c. soy sauce	

The cut of meat called for in Chateau Briand is the fillet, cut long, depending on the number you intend to feed. Marinate the meat overnight or at least a couple of hours. Grill over charcoal to the desired degree, recommended rare. Vegetables can be cooked on skewers and brushed with marinade. Vegetables include mushrooms, new potatoes and carrots (parboil potatoes and carrots).

Note: A side of wild rice and a watercrest salad will complete your meal and treat your taste buds.

*Julie Hollien, daughter of Conservation Officer,
G.I. Hollien, Ames*

Beer Stew

- | | |
|--|--------------------------------------|
| 4 lbs. stew meat (venison or beef) cut into 1/2-inch cubes | 1/2 c. chopped parsley or watercrest |
| 1/2 c. flour | 2 sm. bay leaves |
| 1/2 c. cooking oil | 2 tsp. powdered thyme |
| 2 lbs. onions, thinly sliced | 1 tsp. salt |
| 6 cloves garlic, minced | black pepper to taste |
| 3 T. dark brown sugar | 2 (10 1/2 oz.) cans beef consomme |
| 1/4 c. red wine vinegar | 2 (12 oz.) cans beer |
| | pkg. of dumpling mix |

Dredge meat in flour a few pieces at a time and brown evenly in large skillet in hot oil. Do not crowd pan as this will prevent browning. As each batch is done, remove meat to a large casserole (about 5 quarts). Add onions and garlic to oil in pan and cook, stirring until onions are limp and transparent. (More oil may be added). Empty onions on top of meat in casserole.

Add next seven ingredients to skillet and stir in enough beef broth to make a sauce. Cook, scraping up all browned bits from bottom and sides of skillet. Pour over onions and meat. Pour remaining beef broth and 2 cans of beer on top. Cover and cook at 350° for 2 hours. Prepare dumpling batter as package directs. Remove casserole from oven to top of stove on medium heat. Drop batter by spoonfuls on hot stew. Cover and simmer 15 minutes.

Note: Good also if served over butter noodles in place of dumplings. Makes 8-10 servings. Works well in Dutch oven with charcoal.

G.I. Hollen, Conservation Officer, Harpers Ferry

Dutch Oven Venison Stew

- | | |
|--|--------------------------------|
| minimum 2 lbs. cubed venison steak (1" cubes) | 1 1/2 tsp. salt |
| 2 c. canned tomatoes | 6 sm. carrots, sliced or cubed |
| 1 diced bell pepper | 3 lg. potatoes, quartered |
| 1 T. sugar | 1/2 c. diced celery (opt.) |
| 3 T. minute tapioca or (you may substitute 2 T. of cornstarch for the tapioca) | 1 med. to lg. onion, diced |
| | 1 slice of bread, chopped |
| | 1 T. brown sugar |

Mix ingredients in Dutch oven, covered. You can either bake this 3 1/2 hours at 325° or 5 hours at 250°.

Dave Elledge, DNR Waters Enforcement, and wife Connie, Deputy Clerk of Court, Delaware County, Colesburg

Raccoon Pie

- | | |
|---------------|-------------------------|
| 1 raccoon | 1 T. brown sugar |
| 1 qt. water | 1/4 oz. pickling spices |
| 1 pt. vinegar | 1 onion, diced |
| 1 T. salt | 4 sm. potatoes |
| 1 tsp. pepper | 4 sm. carrots |

GRAVY:

- | | |
|-------------|--------------------|
| 2 c. broth | 5 T. browned flour |
| 2 T. butter | Bisquick |

Cut raccoon in serving pieces. Mix water, seasonings, sugar and spices together. Put raccoon pieces in this brine about 8 hours or more. Drain; put in Dutch oven and cover with water. Cook until meat is tender. Add onion, potatoes and carrots. When all ingredients are tender, remove from broth. Thicken liquid with browned flour and butter and season to taste. Replace meat and vegetables in Dutch oven and cover with gravy. Mix water with Bisquick until thick dough is formed. Spoon on top of gravy until covered. Place lid on Dutch oven and add coals to the top. Doesn't take much heat underneath from this point on--should be cooking from the top. If oven steams a lot you've got too much heat underneath. You can peek by opening and when brown on top, you can serve.

G.I. Hollien, Conservation Officer, Harpers Ferry

Recipe for Preserving Children

- 1 lg. grassy field
- 6 children
- 3 dogs
- flowers
- 1 hot sun
- 1 deep blue sky
- 1 narrow strip of brook (with pebbles)

Mix children with dogs and empty into field, stirring continuously. Sprinkle the field with flowers; pour the brook gently over the pebbles. Cover all with deep blue sky and bake in hot sun. When children are well-browned, they may be removed. Will be found right for setting away to cool in a bathtub.



SMALL GAME

Preserving Baits

* Bait fish (minnows) can be cured in a dry mixture of salt (Morton's Canning and Pickling) and sugar. In a plastic container place 1/2 inch layer of above. Lay out bait so fish don't touch each other or salt will not penetrate. Add several more layers of salt/sugar and baitfish. Bait will be preserved after 48 hours at room temperature. Refrigerate in plastic bags.

* Freeze baitfish for long-term storage. Separate them on a cookie sheet to keep them from freezing together in a chunk. Once the fish are frozen, package them in freezer bags, each with a day's supply.

* Bottle minnows or other baits in a small jar. Pour isopropyl alcohol to within 1/2 inch of the top. Add 2 drops of anise oil to eliminate the smell of the alcohol. Add more alcohol to top off the jar. Cap tightly.

James Lipton, Ida County Bank, Ida Grove

Sour Clam

1 qt. clam meat, cut in
bite-size chunks

1 pint cornmeal
1/2 c. dried milk

Mix well and place in covered one-gallon container, glass jar, if possible. Set in shade or at room temperature for two or three days, mixing or shaking at least twice a day. Keep in refrigerator until you go fishing. Works best in late summer and fall. Fish with #1 baitholder hook and light sinker below riffles and ground snags and cut banks.

Paul Magnussen, Conservation Officer, Sioux Rapids

Small Game

Sour Braten Rabbits

1/4 c. vinegar
salt (optional)
1/4-1/2 c. oil
1/4 c. flour
1 large onion
paprika

5 bay leaves
12 peppercorns
1 c. red wine
1 rabbit, dressed and cut
up

Soak rabbit overnight in vinegar and salt water to cover. Rinse and drain rabbit and put in a paper sack with flour to shake until well coated. In a large skillet, add oil and heat; fry rabbit until golden brown and sprinkle with paprika. Layer in an oven roaster. Brown the sliced onion and layer over the top of the rabbit. Add 5 bay leaves (do not crush), then you can remove them when done; add the peppercorns. Add water to barely cover the meat, put on the lid, and put in the oven until the meat is tender. Pour red wine over this and simmer 1/2 hour more.

Al Roemig, Conservation Officer, and wife Dee, Osage

Baked Raccoon

1 or 2 raccoons, cleaned
2 strips salt pork for
each animal

1 apple for each
Mrs. Dash seasoning
2 bay leaves

Trim off all fat and remove the kernels which are under the front legs and the fleshy part of the hind legs. Place in a roasting pan, half full of water, and parboil about 30 minutes. Remove and save the broth. Rub Mrs. Dash on the animals. Cut the apples in half and place one in each animal. Pin the salt pork so that the fats will flow over the meat. Place in a 325° oven and baste occasionally with some of the broth and pork fat. The meat should be brown and tender in 1 1/2 hours. Two raccoons will feed four people.

John Mertz, Conservation Officer, Knoxville

Rabbit Patties

2 c. rabbit meat
1/2 c. bacon bits and
pieces

salt, pepper, and oregano
according to your taste
1/4 c. minced onions

Grind both meats through sausage grinder. Mix thoroughly in a large bowl and season to taste. Add onions to meat. Make into patties and fry. **Note:** Good substitute for sausage at breakfast.

Darrell Batterson, Conservation Officer, Laurel

Old-Fashioned Baked Coon

Essay on Coons and 'Possums: Don't suppose you city folks have an awful lot of luck in huntin' coons an' 'possums. I've been passin' by an' seen them strips of timber (thet you'ens call "parks") in yore cities, an' it shore looks to me like th' huntin' wuld be awful sparse. But when you do have sum luck, try th' followin' recipes fer coon an' 'possum.

1 coon, cleaned	1 tsp. sage
5 medium sweet potatoes	salt and pepper
1 c. broth	

Cut up raccoon and boil in water with a little salt until tender. Place in a shallow pan and sprinkle with the sage; add one cup broth. Precook about 5 medium sweet potatoes, cut in half, and place around the raccoon. Bake in a hot oven for 20 minutes (425°-450°).

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Coon & Dressing

1 coon, cleaned	save juice from cooking
salt and pepper to taste	

DRESSING:	2 eggs
8-10 slices bread,	2 T. sage
moistened from juice	1/2 tsp. ground cloves
used to cook coon	1 T. salt

Cut coon into small pieces and salt and pepper to taste. Cook in the inset pan of the pressure cooker for about 1 hour at 15 pounds pressure. Cook longer if it is an old and tough coon. When coon is tender, arrange pieces in a baking dish and cover with the dressing. Bake in oven at 350° until the dressing is browned. This assures a tender, tasty coon without being too fat and greasy. Also good for opossum.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

"The woman who drives from the back seat of a car is no worse than the man who cooks from the dining room table."

Rod Pickens, Conservation Officer, Bloomfield

Oven-Fried Rabbit

2 young rabbits, cleaned and cut up	3/4 c. flour
1/4 c. butter or margarine	1 T. salt
1/4 c. cooking oil	1/2 tsp. pepper

Mix the flour, salt, and pepper; dredge each piece in the mixture. Place the floured pieces in a well-oiled shallow pan. Melt the butter, mix with the cooking oil, and pour over the rabbit, which should be only one layer deep in the pan. Bake in a 375° oven for 1 1/2 hours. After the first 45 minutes, turn each piece to brown on the other side. **Note:** Very good when served with fluffy buttered rice, green peas, and hot baking powder biscuits.

*Richard L. Johnson, Conservation Officer,
Missouri Valley*

Barbecued Rabbit

1 very young rabbit salt and pepper olive oil or butter	1 T. lemon juice
2 T. gravy	1 tsp. French mustard
	fried parsley sprigs
	slices of lemon

Cut off the heads of the cleaned rabbit. Allow the rabbit to lie in salted water for 1 hour; dry it thoroughly. Score the backs and legs, season, and brush with olive oil or melted butter. Heat gravy and add the lemon juice and mustard; correct the seasoning. Grill the rabbit 20-25 minutes, basting and turning it often. Divide into parts and place on a hot dish. Pour the sauce over and garnish with parsley and lemon slices. Makes 3-4 servings.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

* Lena says: "Vimmen spend one-third of their life looking for a husband....den they spend another two-thirds vundering where he is."

Health --

Ole was experiencing fading health so he went to a doctor. "Your hearing is getting terrible," said the doctor, "and you've got to give up smoking, drinking and chasing women."

"Ridiculous!" said Ole. "Give up all dat yust so I can hear a little better?"

Hare Stew

4 hare pieces, approximately 8 oz. each
 1/2 c. flour, seasoned with salt, pepper, and nutmeg
 4 oz. sliced mushrooms
 2 1/2 c. brown stock
 Pinch of dried mixed herbs

Dash of garlic powder
 1 2/3 c. carrots, chopped
 1 2/3 c. turnips, chopped
 salt and pepper
 fresh watercress sprigs
 wedge of lemon
 hot, freshly boiled rice

Coat the hare with the seasoned flour. Melt the butter in a large stew pan and fry the meat until brown on all sides. Add the stock and herbs and bring to a boil. Simmer for 1 hour; add the vegetables, season, and simmer for 1 more hour. Adjust the seasoning, turn onto a hot dish, and garnish with the watercress and lemon. Surround the hare with the rice. Makes 4 servings.

*Lon Lindenberg, Conservation Officer,
 and wife Sandy, Bondurant*

Rabbit Pie

1 rabbit
 1/2 lb. beef steak
 1/2 lb. bacon or pickled pork
 salt and pepper
 1 1/4 c. stock

puff pastry, frozen, or using 2 c. flour, etc.
 egg for glazing
 Trimmings: (if eaten cold)
 forcemeat balls and sliced hard-boiled eggs

Wash, dry, and joint the rabbit; dice the beef and bacon or pork. Place these ingredients in layers in a pie dish; season well. Fill dish 3/4 full with stock. Cover with pastry, slit, and glaze it. Bake for 1 3/4-2 hours in a hot oven (425°-450°) for 15 minutes, and then in a moderate oven at 350° for the remainder of the time. Add the rest of the seasoned stock; serve hot or cold. If eaten cold, garnish with above trimmings. Makes 6-8 servings.

*Lon Lindenberg, Conservation Officer,
 and wife Sandy, Bondurant*

Broiled Rabbit

young rabbits
 salt and pepper

bacon slices or butter

Split young rabbits in half and season with salt and pepper. Wrap in bacon slices or baste liberally with butter while broiling slowly over coals or under broiler. Cut slit in meat to check if done.

Bob Mullen, Conservation Officer, Tama

Squirrel Stew

MARINADE:

1/2 c. vinegar
2 cloves garlic, minced

2 T. salt
cold water to cover game

STEW:

2 or 3 squirrels
1 large onion, diced
1/2 lg. green pepper, diced
2 stalks celery, sliced
2 cloves garlic, chopped
salt and pepper to taste

1/2 tsp. oregano
1 T. dry parsley
3 T. tomato sauce
cayenne pepper to taste
1 c. liquid (wine, cider,
tomato juice, water)

Mix ingredients for marinade and soak squirrels overnight. Cut up squirrels and brown with vegetables in a hot skillet for 5-10 minutes. Place all stew ingredients in a slow cooker (crock pot) and cook 8-10 hours on LOW.

*Jerry Johnson, Decorah News--outdoor writer,
President of Winn. Co. Pheasants Forever*

Baked Squirrel

2 cut-up squirrels
flour
salt and pepper
oil
2 onions, sliced in rings

2 cloves garlic, minced
2 cans cream of mushroom
soup
1/2 c. green onions and
parsley

Coat squirrel pieces with flour seasoned with salt and pepper. Brown in oil and remove from skillet. Line baking dish with foil and place squirrel in dish. Add onion and garlic; sprinkle with salt and pepper. Blend soup with small amount of water and pour over squirrel. Bake at 325° for 2 hours. Open foil and add green onion and parsley. Reseal and cook an additional 10-15 minutes. Serves 2-4.

Bob Mullen, Conservation Officer, Tama

Honey-Smoked Squirrel

3-4 squirrels, cut up
1/2 c. soy sauce
1/4 c. cooking sherry
1/4 c. honey

1 clove garlic, crushed
1/4 tsp. ginger
3 T. margarine or butter

Combine all ingredients, except squirrel, and cook 5 minutes in a saucepan, stirring constantly. Arrange squirrel pieces in a shallow pan. Cover with sauce and marinate at least 1 hour before placing on grill to cook.

Bob Mullen, Conservation Officer, Tama

Squirrel Cakes

2 squirrels
 1 small onion, minced
 1 tsp. parsley flakes
 1/2 c. crushed cornflakes

1 can golden mushroom
 soup, undiluted
 butter

Parboil squirrel until tender, 20-30 minutes. Remove meat from bones and put through a grinder. Mix with onion, parsley, and cornflakes. Moisten with enough soup to shape into small, flat cakes. Fry in hot butter until well browned on both sides. Heat the rest of the soup and serve with soup over each cake. Mmm good!

Bob Mullen, Conservation Officer, Tama

Rabbit Jerky

4 large rabbits
 combination of spices

Bone 4 large rabbits and cut meat into finger-sized pieces, slicing with the grain. Marinate overnight in brine solution with whatever spices you prefer: sage, marjoram, allspice, celery seed, basil, thyme, bell peppers, nutmeg, cinnamon, oregano, lemon juice, garlic, rosemary, Tabasco sauce, A-1 sauce, and Worcestershire sauce in any combination. After marinating, lay meat strips together on a cookie sheet and place in the oven set at a warm temperature. Leave door slightly ajar for moisture to escape. Dry in oven 8 hours, turn, and dry 4 more hours.

Bob Mullen, Conservation Officer, Tama

Rabbit in Lime Butter

1 cut-up rabbit
 1/2 tsp. salt
 1/2 tsp. pepper
 1/3 c. cooking oil
 1 lime, juiced or 2 T. lime juice

8 T. butter
 1/2 tsp. chives, minced
 1/2 tsp. dill weed

Soak cut-up rabbit in salt water overnight in the refrigerator. Wash off salt in fresh water. Sprinkle rabbit on both sides with salt and pepper. Place oil in a large frying pan and heat to medium temperature. Add rabbit and sauté for 4 minutes, or until lightly browned. Turn rabbit over and reduce heat to low. Cook 10 minutes, or until fork is easily inserted into rabbit. Remove rabbit from pan. Discard oil. In the same frying pan, add juice and cook until it starts to bubble. Add butter, stirring until it turns opaque and thickens. Stir in chives and dill weed. Place rabbit back in pan and simmer 30-45 minutes in lime butter sauce.

Bob Mullen, Conservation Officer, Tama

Baked Rabbit

- | | |
|-----------------------------------|--------------------------|
| 1 rabbit, cut into serving pieces | 1/8 tsp. bulk pepper |
| 1/4 c. butter | 1/2 tsp. ground rosemary |
| 1/3 c. fine, dry bread crumbs | 1/2 tsp. dry mustard |
| | 1/2 c. orange juice |
| | 1 T. parsley flakes |

Put butter in a casserole dish to hold rabbit in a single layer. Put in oven and melt butter. Mix bread crumbs, pepper, parsley flakes, rosemary, and dry mustard. Roll rabbit pieces in melted butter, and then coat with the bread crumb mix. Add orange juice to remaining butter in a casserole dish. Arrange rabbit in dish, cover with foil, and bake for 45 minutes. Remove from the oven, turn rabbit over, cover again, and put in the oven for another 45-60 minutes, until meat is fork tender. Place rabbit under broiler for 5 minutes before serving to crisp and brown crust. Serves 3.

Bob Mullen, Conservation Officer, Tama

Barbecued Raccoon

- | | |
|-------------------------------|-----------------------------------|
| 1 young raccoon | 1/4 tsp. ground garlic |
| 5 sliced medium-sized carrots | 1 tsp. salt |
| 2 small onions, sliced | 1/4 tsp. pepper |
| 1/2 tsp. ground sage | 1 bay leaf |
| | 4 c. water |
| | 2 lb. jar Coogle's barbecue sauce |

Clean raccoon thoroughly and remove buttons of fat under legs and all fat. Wash meat in warm water and cut into serving pieces. Bring above ingredients to a boil and simmer gently 2-2 1/2 hours until coon is tender. Drain broth, reserving broth for later use. When meat is tender, remove all meat from bone. Place meat, 1 cup reserved broth, and a 2-pound jar of Cookie's barbecue sauce in a Dutch oven. Simmer meat and sauce for 1 hour. Serve with mashed potatoes and gravy made from the remaining broth.

*Char Franta, wife of
Conservation Officer Doug Franta, Donnelson*

Then there's the old standby story about the Game Warden coming up on two fishermen. One dropped his pole and took off running. After a long chase the Warden caught him and asked for his license. To his surprise the fella produced one. "Why did you run?" the Warden asked. "My partner back there didn't have one!"

Fried Rabbit

- | | |
|-----------------------|----------------|
| 1 cut-up rabbit | 1 onion |
| 2 T. flour | 1 carrot |
| 1/2 c. condensed milk | 1 stalk celery |
| 1/2 box crackers | 1 egg |

Soak rabbit in salt water in the refrigerator overnight. Simmer in water, to cover rabbit, containing onion, carrot, and celery for 30 minutes. Remove rabbit and drain on paper towel. Mix flour, milk, and egg together. With a rolling pin, roll crackers into crumbs. Dip rabbit in egg mixture and roll well in cracker crumbs. Fry until golden brown in shortening or oil.

Bob Mullen, Conservation Officer, Tama

Sweet-Sour Rabbit

- | | |
|--|--|
| 2 wild rabbits or 1 domestic,
cut into serving-size
pieces | 1/2 c. green pepper, cut
into 1/2" chunks |
| 1/2 c. red wine | 1 medium onion, sliced |
| 2 T. salt | 1 (10 oz.) jar sweet sauce |
| 2 garlic cloves, minced | 1 large can pineapple
chunks, drained |
| cold water to cover rabbit | 3 T. cornstarch dissolved
in 3 T. water |
| 3 medium carrots, cut into
1/2" chunks | |

Combine wine, salt, garlic, and water to cover rabbit; marinate overnight. Throw out marinade. Place carrot, pepper, and onion in a slow cooker and top with rabbit. Pour sauce and pineapple on top. Cover and cook 3-4 hours on HIGH or 7-8 hours on LOW. Remove rabbit and take meat off of bones. Thicken juices with cornstarch; mix on high heat. Return meat to cooker. Serve over rice or noodles.

Bob Mullen, Conservation Officer, Tama

Then there's the story about the guy who took his wife out for her first deer hunt, all fixed up with a new gun, coat and boots. He put her on a stand at the bottom of a ravine and headed up the mountain to try and drive a deer down to her. He was about halfway up when he heard her shoot. Rushing back, he was astounded to see a wide-eyed man laying flat on his back with his wife circling him pointing her gun menacingly at him, shouting, "It's my deer. It's my deer. It's my deer." As he approached the cowboy said, "It's okay, lady. You can have it. All I want's my saddle!"

Spicy Rabbit

1/4 c. butter	1/2 c. water
1/2 tsp. nutmeg	1 T. flour
1/2 tsp. cinnamon	2 rabbits, cut into serving-size pieces
1 tsp. powdered horseradish or 2 tsp. fresh horseradish	salt and pepper to taste

Sprinkle rabbit pieces with salt and pepper. Melt butter in a large frying pan and brown meat on both sides. Remove meat from pan and put in a covered baking pan. Add nutmeg, water, cinnamon, and horseradish mustard to butter in the skillet; mix well. Pour sauce over rabbit pieces and bake at 350° for 1 hour. Mix flour with 3 tablespoons cold water until all lumps are gone. Remove rabbit from pan and add flour mixture to the liquid in the pan. Stir well. Boil gently until mix thickens to make gravy. Serve rabbit with gravy and potatoes. Serves 4.

Bob Mullen, Conservation Officer, Tama

Two Norwegians were trying to train their bird dog. Said Nels, "Trow him up yust vunce more, Ole, an' if he don't fly dis time, yust shoot him."

According to National statistics, being a game warden is one of the most hazardous occupations.

In 1985 Conservation Officers were responsible for over \$50,000 in liquidated damages for violations, to say nothing of the fines and costs.

Last year Iowa Conservation Officers ate approximately 25,000 meals while on duty. It is estimated that during at least two of these, no one asked a single question of them on Fish and Game matters. How about that?



**GREENS &
OTHER
GROUND THINGS**

Poisonous Flowers

The following flowers should *not* be eaten under any circumstances. They are known to be toxic. Plants which have been known to cause death are marked with an asterisk (*). The plants on this list are by no means *all* of the poisonous plants that may be found in home gardens. They are simply some of the most common ones. Always be sure of your botanical identifications. If you aren't quite sure of the plant's identification, admire it, but don't eat it!

Amaryllis	Golden chain*
Anemone	Holly
Angel's trumpet*	Horse chestnut
Arnica	Hyacinth
Autumn crocus	Hydrangea
(meadow saffron)*	Jessamine
Azalea*	Lantana*
Belladonna*	Larkspur
Bird-of-paradise	Laurel*
Bittersweet	Lily-of-the-valley*
Bleeding heart	Monkshood*
Cape jasmine	Narcissus
Castor bean*	Oleander*
Cestrum	Prickly poppy
Cherry blossom*	Rhododendron*
Chinaberry*	Rhubarb blossom*
Christmas rose	Snow-on-the- mountain
Clematis	Sweet pea
Crownflower	Tomato blossom
Daphne*	Trumpet flower
Four-o'clock	Wisteria
Foxglove*	
Glory lily	

Greens and Other Ground Things

Squash Creole

1 sm.-med. zucchini
squash, peeled

1 med. onion
1 green pepper
2 fresh tomatoes

Cut the vegetables into bite-size pieces. Sprinkle with garlic salt and toss in a large bowl to cover all. Let stand for a few minutes. Melt 1/2 stick of margarine in a large skillet. Put in vegetables. Fry and stir until squash is tender. Top with shredded Cheddar cheese when serving.

Variation: Fry some bacon crisply and break into small bits. When the vegetables are almost done, add bacon.

Rod Pickens, Conservation Officer, Bloomfield

Real Italian Spaghetti Sauce

1/4 c. olive oil
1/2 c. butter
1 c. finely chopped onion
1 lb. ground beef
4 strips of finely chopped
bacon
3 T. finely chopped parsley
1 T. salt
black pepper, freshly
ground
1 T. dry crushed red pepper

2 oz. red wine
1 c. canned tomatoes
1 c. tomato puree
1 c. tomato paste
1 finely chopped carrot
2 stalks of finely chopped
celery
4 cloves of garlic, chopped
finely

Warm olive oil on low heat. Add butter. Add onions, and sauté until golden brown. Put in the ground beef and bacon. Brown. Add garlic, parsley, salt, black and red pepper. Cook over low heat for at least 10 minutes. Add wine and cover. Steam for a few more minutes. Add tomatoes, puree and paste. Bring to a boil and add carrot and celery. Cook over low heat for at least one hour. Stir occasionally. Good for spaghetti or poured over any wild game or fowl.

Al Roemig, Conservation Officer, and wife Dee, Osage

One of the lessons of history is that nothing is often a good thing to do and always a clever thing to say.

Orange Tapioca Salad

- | | |
|------------------------------------|----------------------------------|
| 2 boxes of vanilla tapioca pudding | 1 sm. ctn. Cool Whip |
| 1 box of orange Jello | 1 can pineapple tidbits, drained |
| 3 c. cold water | 1 can mandarin oranges, drained |

Dissolve Jello and pudding in cold water. Mix and bring to a boil. Set aside to cool. Then add Cool Whip, pineapple tidbits and mandarin oranges. Set in refrigerator. This makes a large salad and keeps better than plain Jello.

*Polly Noble, wife of
Conservation Officer Curt Noble, Muscatine*

Spaghetti Salad

- | | |
|-----------------------|----------------------------|
| chopped onion | shredded Cheddar cheese |
| chopped green peppers | shredded Mozzarella cheese |

DRESSING:

- | | |
|-------------------|--------------------------------|
| 1 c. Miracle Whip | 1/2 c. creamy Italian dressing |
| | 2 tsp. Italian seasoning |

Mix the vegetables and cheese together. Break up and cook spaghetti; drain and add 1 tablespoon of butter. Cool, then add to cheese mixture.

Dressing: Mix with spaghetti and refrigerate for a few hours. You can also add fresh tomatoes.

*David Moore, Conservation Officer,
and wife Janice, Waterville*

Hot Potato Salad

- | | |
|--|----------------------------|
| 1-2 green onions, chopped | 1 can cream of celery soup |
| 6-7 pieces bacon, fried crisply, broken up | 8 oz. sour cream |
| 5 c. cooked, diced potatoes | salt and pepper, to taste |

Mix onions and bacon pieces with potatoes, and salt and pepper, to taste. Save some bacon pieces to garnish the top. Mix celery soup and sour cream in a saucepan. When heated, pour over potatoes. Bake at 350° for 20 minutes, or until bubbling and slightly browned. Top with remaining bacon pieces before serving. Makes 6 servings.

Steve Jauron, Conservation Officer, Sergeant Bluff

Coleslaw Dressing

- | | |
|---------------------|---------------------------|
| 2 c. salad dressing | 4 tsp. mustard |
| 1/2 c. vinegar | 1 grated onion |
| 1 c. sugar | salt and pepper, to taste |

Mix together ingredients and serve. Great with fish.

*Betty Leigh, wife of Conservation Officer
Ralph Leigh, Marengo*

Rice Salad

- | | |
|-------------------------|--------------------------------|
| 2 c. quick rice, cooked | 1 T. clear gelatin |
| 1/2 c. water | 1 sm. can crushed
pineapple |
| 1/2 c. sugar | 1 c. whipped cream |
| 1 c. canned milk | |

Cook water, sugar, milk and gelatin until gelatin is dissolved. Add to the cooked rice, and let stand until partially jelled. Mix in pineapple and whipped cream. Pour into a mold and let set.

*Betty Leigh, wife of Conservation Officer
Ralph Leigh, Marengo*

Hot Dog Relish

- | | |
|---|----------------------|
| 5 c. ground cucumbers | 3/4 c. pickling salt |
| 3 c. ground onions | 1 1/2 qt. water |
| 3 c. chopped celery | 1 qt. white vinegar |
| 2 hot red peppers, ground | 3 c. sugar |
| 2 sweet red or green
peppers, ground | 2 tsp. mustard seed |
| | 2 T. celery seed |

Combine vegetables and add salt and water. Let stand overnight. Drain well. Heat vinegar, sugar, mustard seed and celery seed to boiling. Add vegetables and bring to a boil. Cook slowly for 10 minutes. Seal in hot, sterile jars. Makes about 5 pints.

Note: This recipe was given to me by Mrs. Earl (Billie) Saxton back in the late '40s, and has always been a favorite recipe, especially when the garden has done extremely well. Earl was Conservation Officer & Park Officer at Beed's Lake, Hampton, Iowa.

*Alice Simonson, wife of retired Conservation
Officer Wendell Simonson, Oxford*

In Iowa we have approximately 900,000 anglers, who spend about 25,000,000 days fishing to catch over 100,000,000 fish.

Now if 10% of the fishermen catch 90% of the fish, sounds to me as if somebody's over the limit. Huh?

Raw Vegetable Dip

- | | |
|-----------------------|-----------------------|
| 1 c. mayonnalse | 1 T. parsley flakes |
| 1 c. sour cream | 1 T. dill weed |
| 1 T. dry onion flakes | 1 T. Beau Monde spice |

Mix together well and chill for at least two hours. Use with raw vegetables, chips, etc.

*Alice Simonson, wife of retired
Conservation Officer Wendell Simonson, Oxford*

Curry Dip

- | | |
|----------------------------|----------------------|
| 1 c. mayonnalse | 1 tsp. garlic powder |
| 1 T. onion, chopped finely | 1 tsp. vinegar |
| 1 tsp. curry powder | 1 T. horseradish |

Mix well and let stand in the refrigerator overnight before using. This keeps well for days in the refrigerator, and freezes well. Excellent with raw vegetables.

*Alice Simonson, wife of retired
Conservation Officer Wendell Simonson, Oxford*

Cheese Potatoes

- | | |
|-------------------|-------------------------|
| 9 med. potatoes | 1/2 lb. Cheddar cheese, |
| 1 stick of oleo | grated |
| 1 pt. half & half | paprika |

Boil potatoes in skins. Refrigerate overnight. Peel and grate, and put in a 9x13-inch pan. Heat one stick of oleo and a pint of half & half. Pour over potatoes. Sprinkle salt over. Grate Cheddar cheese and sprinkle over potatoes. Sprinkle with paprika. Bake for 45 to 60 minutes at 350°. Let stand for 5 to 10 minutes before serving.

*Betty Leigh, wife of Conservation Officer
Ralph Leigh, Marengo*

Pepper Relish

- | | |
|---------------------------|---------------------|
| 12 sweet ripe red peppers | 12 egg-sized onions |
| 12 sweet green peppers | |

Put through the food chopper, and cover with boiling water. Let stand for 15 minutes. Drain and cover with vinegar, 2 cups brown sugar, 1 tablespoon white mustard seed and 1 tablespoon of salt. Cook for 15 minutes and seal.

Larry Moore, Conservation Officer, Waterville

Jan and Butch's Sweet Potato Orange Puffs

2 c. mashed boiled sweet potatoes	dash of cinnamon
2 T. butter	dash of nutmeg
2 egg yolks, beaten	1/4 tsp. salt
1/4 c. milk	2 egg whites, well beaten
1 tsp. grated orange rind	3 lg. oranges, halved

Remove the fruit from orange halves, and reserve the rind. Blend all ingredients together except the egg whites. Beat the whites until stiff. Fold half of the beaten egg whites into the sweet potato mixture. Fill the rind halves with the above mixture. Top with remaining egg white, or a marshmallow if desired. Bake at 350° for 25 to 30 minutes. Serves 6 people. Complimentary to game.

Note: Charles "Butch" Olofson retired in 1986, with 37 years in the State Conservation Commission as the state's Hunter Safety Education Coordinator and State Conservation Officer.

*Jan Olofson, wife of retired
Conservation Officer Butch Olofson, Ankeny*

Creamed Milkweed Pods

Pick and wash milkweed. Parboil in 3 changes of water for one minute each time. Drain and boil for 10 minutes or until tender. Set aside. Put 2 tablespoons of butter in a medium-size saucepan and melt over low heat. Stir in 1 1/2 to 2 tablespoons of flour. Stir and cook for 3 minutes. Add 1 cup of milk. Stir in slowly. Simmer and stir until thickened and smooth. Stir in 1/2 cup of grated cheese. Season with 1/2 teaspoon of salt and 1/8 teaspoon of paprika. Stir until cheese melts. Pour over cooked milkweed.

Corn Relish

12 ears of corn	2 c. sugar
2 red and green peppers	1 T. mustard
1 T. salt	6 onions
1 lg. head of cabbage	1 qt. vinegar
1 tsp. turmeric powder	

Cut corn from cob. Put cabbage, onion and peppers through food processor, or cut finely, if preferred. Boil for 30 minutes and seal in jars.

*Larry Moore,
Conservation Officer, Waterville*

Horseradish Sauce

- | | |
|---------------------------|----------------------------|
| 1/2 c. ground horseradish | 1 tsp. sugar |
| 2 T. white vinegar | 1/4 c. sweet or sour cream |

Mix well the first three ingredients. Add cream and whip well.

*Larry Moore,
Conservation Officer, Waterville*

Zuni Relish

- | | |
|-----------------------------|---------------------------------|
| 1 c. ground-cherries | 1 1/2 tsp. chili paste |
| 1/4 c. finely chopped onion | 1/4 tsp. ground coriander seeds |

Put ground cherries in a saucepan and simmer for 15 minutes. Drain. (At this point, old-time Zuni women got out the stone mortar, but today they probably use an electric blender, so you can too.) Combine cooked ground cherries, finely chopped onion, chili paste and ground coriander in a blender. Blend until smooth. Taste and add more chili paste, if you like it spicier. Good as a relish with meats, especially wild game.

Mike Runyan, Conservation Officer, Albia

Hot Dip

- | | |
|--|---------------------------------|
| 1 lb. ground beef, browned and drained | 3 Jalapeño peppers |
| 1/4 c. onion, chopped | 2 tsp. Worcestershire sauce |
| 8 oz. tomato sauce | 1/2 btl. Old El Paso taco sauce |
| 4 oz. can of green chili peppers | 16 oz. Velveeta cheese |

Heat all ingredients until cheese melts. Dip with corn chips or Tostados, etc.

*Terri Simonson, wife of
Conservation Officer Don Simonson, Burlington*

Arlene's Vegetable Dip

- | | |
|-----------------------------|------------------------------|
| 2 (8 oz.) pkg. cream cheese | 1 can cream of mushroom soup |
| 1 pkg. dried beef | |

Have the cream cheese soft and workable. Cut up the dried beef into small pieces. In a mixing bowl, place cream cheese, dried beef and the cream of mushroom soup. Mix with a beater.

Note: The dip goes well with fresh carrots, cauliflower, broccoli and celery.

Randy Schnoebelen, Conservation Officer, Ventura

Cattails

(1) In early spring gather young cattail shoots, which pull easily from roots. Peel to the tender white core. Boil like asparagus or eat raw.

(2) Harvest green immature flower spikes in spring before they shed paper sheaths. Boil for a couple minutes in salted water, then serve with butter. They are eaten like corn on the cob. Or, scrape from inedible core and bake in casserole: 2 cups of buds scraped from flower stock, 1 cup of bread crumbs, 1 beaten egg and 1/2 cup of milk. Season to taste with salt and pepper. Bake for 25 minutes in a medium oven (350°).

(3) Spikes of male flowers erupt into pollen. Gather several pounds of protein-rich golden flour by shaking heads into a paper bag. Carefully sift and dry. Mix in equal amounts with wheat flour. Makes tasty and pretty pancakes.

Bob Mullen, Conservation Officer, Tama

N. E. Iowa Watercress Salad

1 bunch of watercress, with or without a little shrimp	1/4 c. tarragon vinegar 1/4 c. water 1/4 c. sugar
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Mix vinegar, water and sugar together. Pour over individual salads. Can be topped with sunflower seeds, blue cheese crumbles, raisins or bacon bits.

*Julle Hollien, daughter of
Conservation Officer G.I. Hollien, Ames*

Cabin Cole Slaw

1 head cabbage 1/4 red onion 1 lg. carrot 1/2 green pepper 1/2 c. sugar	1/2 c. water 1/4 c. tarragon vinegar 1 1/2 tsp. mustard 1 c. mayonnaise 3/4 c. roasted nuts salt and pepper, to taste
---	--

Grate cabbage, onion, carrots and pepper into a large bowl. Bring sugar, water, vinegar and mustard to a boil. Let cool and add mayonnaise. Pour over cabbage mixture. Add nuts. Chill or eat right away.

*Cathy Hollien, daughter of Conservation Officer
G.I. Hollien, Denver, Colorado*

Rub your hands with green tomatoes to remove black walnut stains.

Spring Salad

broccoli
cauliflower
radishes
carrots
celery
green peppers
olives

onion
tomato (opt.)
1 c. sour cream
1 c. mayonnaise
1 pkg. Ranch dressing
1 T. sugar

Cut up equal amounts of vegetables into small pieces. Mix dressing and add to vegetables. Best if allowed to stand for 5 to 6 hours before eating.

*Dan Cain, Conservation Officer,
and wife Paula, Stanton*

Cauliflower-Broccoli Salad

1 lb. bacon
1 pkg. Hidden Valley Ranch
salad dressing mix

1 head of cauliflower
1 bunch of broccoli
1 c. Hellmann's Real
mayonnaise

Fry and crumble bacon. Cut broccoli and cauliflower into small pieces. Finely chop (or put through a food processor) the cauliflower and broccoli stems. Stir together all ingredients.

*Mrs. Dave Arp, wife of
Conservation Officer Dave Arp, Decorah*

Cauliflower Salad

2 c. cauliflower, cut in
small pieces
1 c. celery

1 bunch of green onions,
chopped
10 oz. frozen peas, thawed

DRESSING:

1 pkg. dry Hidden Valley
Ranch dressing

1 c. mayonnaise

Mix vegetables together. Pour dressing over. Chill.

Jens Bruun, Conservation Officer, Onawa

A couple of fishermen stayed out too late in the wild backwaters of the upper Mississippi River. When they got confused and thoroughly lost, one panicked and said, "What will we do now?" The other calmly picked up his fish pole saying, "Go to fishin' - catch one fish over our limit and the #@!(#! Game Warden shows up every time."

Cinnamon Sweet Pickles

pickles	1 tsp. alum
1 qt. vinegar	5 sticks of cinnamon,
4 c. sugar	broken up
2 T. mustard seed	1/2 c. pickling salt
2 tsp. red food coloring	1 gal. water

I use the pickles that are too large for anything else. Peel; cut in half lengthwise. Using a teaspoon, scrape all seeds out and discard. Cut into about 1-inch square pieces. Place in a large non-corrosive bowl or crock. Cover with brine made in proportions of 1 gallon of water to 1/2 cup of pickling salt. Cover with a plate and weight down with a jar of water. Cover loosely with a clean towel. Let stand for three days, removing debris every day. Drain well; rinse and cover with cold water.

Soak one day. Drain and cover with fresh water. Soak one day. Drain and put in a non-corrosive kettle. Cover with fresh water. Add red food coloring and alum. Bring to a boil; drain and rinse. Place back in bowl or crock. Make syrup in proportions of 1 quart vinegar, 4 cups sugar, 2 tablespoons mustard seed and 5 sticks of cinnamon. Let stand overnight. For ten days, drain syrup daily from pickles, and add 1/2 cup of sugar to the syrup. Bring to a boil and pour over pickles. (You may need to add more red food coloring as you go along to get the bright red color.) On the eleventh day, heat all together to just below a boil. Open kettle can. (Use green coloring and 3 tablespoons whole cloves for the green ones.)

*Earl "Butch" Fullmer,
owner of Red Cedar Inn, McGregor*

Super Easy Fruit Dip

8 oz. pkg. cream cheese	7 oz. jar marshmallow creme
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Mix the cream cheese and marshmallow creme together. Serve with your favorite sliced fruits.

*Ed Lawrence, Conservation Officer
and wife Kris, Clayton*

The Mississippi River bordering Iowa has 190,000 acres. How'd you like to watch that area for poaching? Plus commercial fishing, hunting, fishing, trapping, boating and keeping everyone sunny-side up!?

Chow-Chow

- | | |
|--------------------------------------|----------------------------------|
| 1 head of cabbage
(2 qt. chopped) | 6 c. vinegar |
| 6 onions, chopped | 1 1/2 tsp. turmeric |
| 8 green peppers | 1 tsp. ginger |
| 1 qt. chopped green tomato | 2 T. celery seed |
| 1/4 c. pickling salt | 1 T. whole mixed pickle
spice |
| 2 T. prepared yellow mustard | |

Mix the first five ingredients and let stand overnight. Drain juice in the morning. Set aside. Mix the next six ingredients in a large kettle, and simmer for 20 minutes. Add drained vegetables and bring to a boil. Simmer for 10 minutes. Pack into hot jars one at a time, and seal at once. Yields 6 to 8 pints.

Note: This is a great relish for hamburgers, hot dogs, bratwurst, or meats of all kinds!

Al Baxter, Conservation Officer, Davenport

Green Chilies and Rice Casserole

- | | |
|---|-----------------------------------|
| 1 c. long grain white rice
(not Minute Rice) | 2 sm. cans diced green
chilies |
| 2 c. sour cream | 3-4 T. butter |
| salt, to taste | 1/2 c. grated Parmesan
cheese |
| 8 oz. Monterey Jack
cheese, shredded | |

Cook rice according to directions on bag or box of rice. Let cool and add the sour cream and salt. Grease a 1 1/2-quart casserole dish. Layer half of the rice mixture in a dish, and top with the diced green chilies and Monterey Jack cheese. Top with remaining rice mixture. Cut up butter and pat all over the top of casserole. Sprinkle with grated Parmesan cheese. Bake in a 350° preheated oven, uncovered, for 30 minutes or until top is browned lightly.

Walt Kocal, Fish & Wildlife Agent, West Des Moines

You heard about the less than smart deer hunter who was astounded by the bartender bragging about his young son who had shot a 14-point buck. "Gee, how'd he manage that? I've been hunting Iowa for several years and all I ever get is a license for a forked antler deer!"

Watercress Salad

around 8 c. watercress 1 1/4 c. tarragon vinegar
1 c. sugar 1/2 tsp. salt

Wash watercress thoroughly, drain well. Put it into a plastic bag in refrigerator until you are ready to serve it. In the meantime mix sugar, vinegar and salt well until sugar is dissolved. You can heat this if you wish but be sure it is cool before you use it. When ready to serve, toss lightly, with vinegar solution. Don't worry if you missed some fresh water shrimp in washing the watercress. You may not need all the vinegar solution, so save it for another time.

Vivian Huffman

Connie's Cucumbers in Cream

1 c. dairy sour cream or 2 tsp. salt
1 ctn. plain yogurt 1/4 tsp. pepper
1/2 c. mayonnaiase or salad 4 cucumbers, med. size
dressing 2 garden onions, golf ball
2 tsp. sugar sized
4 T. lemon juice

Combine sour cream, mayonnaise, lemon juice, sugar, salt and pepper. Add cucumbers and onions to sour cream mixture. Toss to coat evenly. Cover and chill 2 hours.

*Connie Elledge, Deputy Clerk of Court,
Delaware County, Colesburg*

A Norwegian went on an elephant hunt, but was forced to turn back because he developed hernia from carrying the decoy.

Last year we sold: 321,490 res. fishing licenses
118,163 res. hunting licenses
90,287 combination licenses
23,000 non-res. hunting licenses
15,000 non-res. fishing licenses
30,000 trapping licenses
65,529 deer licenses
15,000 turkey licenses
Plus the miscellaneous



SOUPS

Sourdough Rolls

(Keep the dough warm at all stages)

Prepare the dough the same as for Sourdough Bread but add 1 tablespoon shortening and 1 tablespoon sugar. Shape into rolls or roll out dough to 3/4-inch thickness, cut in the desired shapes, place a little apart on a lightly greased baking pan. Put in a warm place to rise (proof) to about double in size. Bake for about 20 minutes in a 400° oven.

Sourdough Tinned Bread

- | | |
|--|-------------------------|
| 1 c. Sourdough Starter | 1 T. salt |
| 2 1/2 c. warm water | 2 T. sugar |
| 5 c. unsifted flour | 2 T. baking soda |
| 2 T. cooking oil or
melted shortening | 2 1/2 c. unsifted flour |

Mix the Starter, warm water and 5 cups flour together thoroughly in large bowl. Cover with cloth or plastic and leave overnight or at least 12 hours in warm place before proceeding with next step. Mix the oil, salt, sugar and soda together, combine with first mixture, and stir until well mixed. Add 2 1/2 cups flour to this mixture and mix by hand to bring together. Turn onto bread board or counter top and knead until the dough is smooth. Add more flour if needed but do not have dough stiff. Divide and shape into loaves. Place in warm greased bread tins (suggested size for 1 pound dough 8x4x3-inches deep). Let rise (proof) in warm place until nearly doubled in size, 2 to 4 hours. Brush with melted butter. Bake in preheated oven 5 minutes at 425°; then reduce the heat to 350° and bake for another 25 to 30 minutes.

Sourdough Bread Sticks

Make up dough as for Sourdough Bread; divide into 4 pieces. Roll each ball out between the hands, outwards, on floured board. As you roll dough out it will tend to spring back, so roll out until dough toughens. Let rest for a few minutes; then dough should be relaxed. Continue rolling to make them cylindrical and about 1/2-inch thick; cut to the length required; brush with water and place about 1 inch apart on lightly greased cookie sheet. Set in a warm place to rise, bake in hot oven (400°) for about 15 minutes or until brown and crispy.

Varieties: After washing bread sticks with water, press sticks on coarse salt, poppy seeds, garlic salt, sesame seeds, caraway seeds, onion salt.

Soups

Weight Watcher's Chili or Chop Suey

- | | |
|------------------------------|---------------|
| 1 lb. ground beef or venison | 1 small onion |
| 1 can bean sprouts | salt |
| 1 can French cut beans | pepper |
| 1 lg. can tomato juice | chili powder |
| 1 can mushrooms | |

FOR CHOP SUEY: Eliminate part of the tomato juice and chili powder. Add soya sauce.

Brown the meat and drain. Combine the ingredients and simmer until thickened. Serve over rice.

Ron Draves, Conservation Officer, Marion

Catfish Soup

- | | |
|----------------------------------|------------------|
| 2-3 lb. catfish, cut up | 2 qt. cold water |
| 1 chopped celery stalk | 1 sliced onion |
| herbs (bay leaf, parsley, thyme) | salt and pepper |
| | 1 c. milk |
| | 2 T. butter |

Place all the ingredients into a stew pan and put on a slow fire. Stir occasionally and cook until the fish readily falls to pieces. Serve hot.

Ron Draves, Conservation Officer, Marion

Fish Chowder

- | | |
|--------------------------|--------------------|
| 1 1/2 lb. fish | 1/2 tsp. pepper |
| 12 sm. white onions | 3 c. boiling water |
| 4 thinly sliced potatoes | 1 qt. scalded milk |
| 1/4 c. butter | 1 c. light cream |
| 3 T. butter | 1 ripe tomato |
| 4 tsp. salt | |

Sauté the onions in 1/4 cup butter for about 20 minutes. Add the potatoes, onions, salt, tomatoes, pepper and boiling water. Arrange the fillets on top, cover, simmer until the vegetables are tender. Add the milk, cream, and butter. Heat and serve. Makes about 4 helpings.

Steve Schutte, Conservation Officer, Clear Lake

Old-Fashioned Tomato Soup

- | | |
|--|------------|
| 1 qt. tomatoes, strained if
seeds are a problem | 4 c. milk |
| 1 tsp. baking soda | 1 T. sugar |

Bring the tomatoes to a near boil and add the baking soda--stir for 1 minute and add the sugar. Stir in the sugar and add the milk. Serves 4.

Larry Moore, Conservation Officer, Waterville

Wild Mushroom Soup

- | | |
|--|--------------------------|
| 3 beef cubes, dissolved in
3 c. hot water, then
cooled | 9 T. flour |
| 6 c. diced mushrooms
(finger-tip size) | 9 c. milk |
| | 12 T. butter |
| | salt and pepper to taste |

Sauté the mushrooms and onions in butter for ten minutes. Stir in the flour, add the mushrooms and broth to the heated milk. Will serve 4 hungry fishermen and 1 cook, unless your local warden stops by, then scratch one fisherman.

Note: Was in *Warden's Diary* in April 1986 by Gary Soper.

*Gary Soper, Retired Iowa Highway Patrol Officer,
Waukon; Friend of Conservation Officer
G.I. Hoilien, Harpers Ferry*

Vegetables for Soup

- | | |
|----------------------------------|---------------------|
| 2 med. heads cabbage,
chopped | 5 qt. water |
| 12 onions | 1/2 c. salt |
| 2 red peppers | 2 qt. diced carrots |
| 2 green peppers | 2 bunches celery |
| 1/2 pkg. (8 lb.) tomatoes | 1/2 c. sugar |

Prepare the carrots and let cook in part of the water while preparing (chopping) the rest of the vegetables. Add the rest of the vegetables and remaining water and salt and sugar. Boil for 1 1/2 hours slowly. Seal in sterile jars. Ready to use or add to boiled meat.

Note: This recipe also came from Billie Saxton. I'm sure that somewhere along the way, someone remembers Earl and Billie.

*Alice Simonson, wife of Retired
Conservation Officer Wendell Simonson, Oxford*

Why does it take two Norwegians to make chocolate chip cookies? One to mix the batter and one to squeeze the rabbit.

Cheese Soup

1/4 lb. butter
 1 c. flour
 1/2 tsp. salt
 1 1/2 pt. milk
 7 oz. pkg. Cheddar cheese
 1/4 c. finely diced celery

1/4 c. finely diced onions
 1/4 c. finely diced peppers
 1/4 c. finely diced carrots
 1 pt. chicken stock
 paprika to color

Melt the butter and blend in the flour, salt, and milk. Cook until thickened. Melt the cheese in a double boiler. Parboil the vegetables in chicken stock and then combine all the ingredients. Bring to a boil, stirring constantly. Serve piping hot. Makes 8 generous servings.

*Mike Sells, Conservation Officer
 Supervisor, Washington*

Turtle Soup

3 lb. turtle meat, cut sm.
 4 T. flour
 1 T. salt
 4 qt. stock and water
 2 bay leaves
 6 cloves
 2 T. lemon juice

4 T. fat
 1 c. tomatoes
 1/2 clove garlic,
 minced fine
 1 lump sugar
 2 sprigs parsley
 1/2 tsp. mace

Parboil the meat for 10 minutes; save the water for stock. Fry the meat in fat. Remove the meat from the pan and brown the flour. Add the tomatoes, salt, and garlic. Add the remaining ingredients and bring to a boil. Add the turtle meat. Cook for 3 hours. Strain if desired.

Ron Draves, Conservation Officer, Marion

Oyster Soup

1 pt. oysters
 1 qt. milk
 1/2 tsp. salt
 1/8 tsp. pepper

3 T. butter
 1 tsp. Worcestershire
 sauce
 dash of hot sauce

Remove any bits of shell from the oysters. Heat slowly in their own liquor, straining off or skimming liquid, until the edges of the oysters begin to ruffle. Add the salt, pepper, butter, Worcestershire sauce, and scalded milk. Add the hot sauce to the individual servings as desired.

Larry Moore, Conservation Officer, Waterville

How can it be proven that Adam was a Norwegian? Who else would stand beside a naked woman and just eat an apple?

Skeeter's Chili Con Carne

My habit is to take the best steaks off a deer and put the rest into chili meat--either coarse ground or chunked (and chunked is better). If your buck isn't carrying much fat, and they usually don't, it is apropos to add a little chopped or ground beef suet from your butcher shop to get a slightly greasy effect that blends the wonderful flavors of good chili con carne. You need the following ingredients for my style of chili con carne:

- | | |
|--|---|
| 5 lb. chunked venison
or antelope (elk or moose
even better) | 6 T. hot, red ground chill
pepper, more to taste |
| 1/4 lb. chopped or ground
beef suet | 6 (or 8) small whole red
"Jap" chill peppers |
| 3 (29 oz.) cans tomato
sauce | 1/2 c. brown sugar |
| 3 crushed garlic cloves or
equivalent garlic powder | 4 lg. sliced onions |
| | 2 tsp. oregano |
| | 1 tsp. cumlin powder
(comlino) |

Salt to taste, You'll be doing a lot of tasting. Mix all the ingredients into a large pot. Add water to cover. Bring to a boil, then lower heat to a simmer. As water cooks down, replenish it. Chili con carne needs to cook a long time, until the meat begins to break up and the other ingredients thicken to a gravy. This takes several hours at sea level and 2 days at altitudes of more than 4000 feet. It serves 5 to 6 hungry men. Don't cook beans in your chili con carne. If you want beans, you can buy the canned refried kind and jazz then up with a little onion, or you can make your own as follows:

- | | |
|-------------------|---|
| 1 lb. pinto beans | 1 lg. chopped onion or
or equivalent dried onion |
| 2 qt. water | 1/2 c. lard or more |
| salt to taste | |

Soak the beans overnight for faster cooking. Add more water to cover, salt, and cook slowly until tender. Mash with a potato masher or mix in blender until a paste is formed. Add the hot lard or bacon drippings, then cook until all the fat is absorbed by the beans. Be sure to stir often to prevent sticking or scorching. Serves six to eight. This makes an excellent side dish to steak, shish kebab, or chili con carne. Remember, most old border rats don't believe chili con carne or frijoles (beans) are fit to eat until they've been reheated three or four times.

*Skeeter Skelton, New Mexico
"Outstanding Handgunner";
writer for Shooting Times, New Mexico*

Why can't we have a no-fault income tax form?

Onion Potato Soup

Put all the ingredients in a crock pot. Cover and cook on low for 10 hours. If using a 2-quart crock pot, reduce this recipe by half.

- | | |
|---|--------------------------|
| 6 potatoes, peeled and cut into bite-size pieces | 4 chicken bouillon cubes |
| several wild onions, washed and cut into pieces (green tops, too) | 1 T. parsley flakes |
| 1 carrot, chopped | 5 c. water |
| 1 stalk celery, chopped | 1 T. salt |
| | pepper |
| | 1/3 c. butter |
| | 1 can evaporated milk |

Mike Runyan, Conservation Officer, New Sharon

Basque Fish Soup

- | | |
|--------------------------|-----------------------|
| 1 lg. onion, chopped | 1/2 c. minced parsley |
| 1/2 c. chopped celery | 1 tsp. salt |
| 1 clove garlic, chopped | 1/4 tsp. pepper |
| 2 T. butter | 1/4 tsp. thyme |
| 2 (16 oz.) cans tomatoes | 1 lb. pkg. fish |
| 1/2 c. dry white wine | |

In a large saucepan, sauté the onion, celery (with leaves), and garlic in the butter until tender. Cut up tomatoes, wine, parsley, salt, pepper, and thyme. Cover and simmer for 30 minutes. This stock may be refrigerated or frozen. When ready to eat, add the fish, cut in 1-inch chunks, and cook until the fish is white and flaky. Water may be added to change the consistency.

John Mertz, Conservation Officer, Knoxville

Turtle Soup

- | | |
|---------------------------------|----------------------------|
| meat of turtle, cut into pieces | 1/2 small onion |
| 4 potatoes, lg. chunks | 1/8 tsp. garlic powder |
| 3 carrots, lg. chunks | 2 pinches of parsley |
| 1 stalk celery, diced | thyme |
| salt and pepper to taste | 1 bay leaf |
| | 1 T. Lawry's seasoned salt |

Parboil the turtle for 20 minutes or so (or pressure for 15 minutes). Reserve the juice. Place all in a large stewing pot, cover with water and juice and boil. Reduce the heat to medium and let the soup cook until the meat and vegetables are tender.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Deer Chili

4 lb. meat, ground	1 1/2 T. comino seeds
5 cloves minced garlic	1 T. salt
5 T. chili powder	1 T. white pepper
2 1/2 T. paprika	2 qt. water

First get your deer. Brown the meat in a small amount of grease in a kettle, add the garlic, chili powder, paprika, comino seeds, salt, and pepper. (This is a man's dish--for ladies with milder tastes, use less pepper.) Stir in 2 quarts of water. Cover and cook slowly, stirring occasionally, for about 3 hours. If more water is needed during cooking, add 1 cup at a time, it may be served as is or with equal parts cooked pink beans or red kidney beans. Makes 3 1/2 quarts.

Don Canney, Mayor of Cedar Rapids

Venison Chili

2 lb. venison	3 1/2 c. whole tomatoes
1/4 c. vegetable oil	1 c. tomato sauce
1 c. chopped onions	1 c. water
2 cloves garlic, minced	1/2 tsp. salt
1 lg. green pepper, cut in strips	1 T. flour mixed with 2 T. water
3 T. chili powder	2 c. cooked kidney beans
2 tsp. sugar	

Coarsely grind the venison and brown in heated oil in a heavy pan. Add the onions, garlic, and green pepper and cook about 5 minutes, stirring constantly. Add the chili powder, sugar, tomatoes, tomato sauce, water, and salt. Let the mixture simmer for about 1 1/2 hours. If a thicker chili is desired, stir in the flour and water paste and cook for 5 minutes or until the mixture thickens. Just before serving, add the red kidney beans and allow to heat an additional few minutes.

Rod Slings, Recreation/Safety Officer, and wife Pam, Winterset

The difference between school and life.....in school, you're taught a lesson and then given a test. In life, you're given a test that teaches you a lesson.

There are 83 wardens in the state and the guy says, "I've fished and hunted all my life - you're the first warden who ever asked for a license - why me?"

Lucky - I guess!

Fish Chowder

- | | |
|-----------------------------------|--|
| 1 c. salt pork or bacon,
diced | 3/4 c. onions |
| 2 c. hot water | 2 c. diced potatoes |
| salt and pepper | 1 1/2 lb. fish fillets, such
as walleye, perch, or
pickereel |
| 2 c. half & half cream | butter |

Fry the salt pork in a skillet until it is nicely browned. Add the onions and sauté them gently. Add the potatoes and hot water and cook them for a few minutes or until the potatoes are partially done, then add the fish fillets and cook until they are easily flaked with a fork. Season to taste with salt and pepper; add cream. Let it all heat thoroughly and serve in bowls, topping with a pat of butter.

Don Canney, Mayor of Cedar Rapids

Turtle Soup

- | | |
|------------------------|--------------------------|
| 4 c. turtle meat | salt and pepper to taste |
| 2 T. butter | dash of pepper sauce |
| 1 sprig thyme, chopped | 1/2 c. sherry |
| 1 qt. milk | 1 tsp. mustard |

Brown and cook the turtle meat at low heat in 1 tablespoon of butter. Stir in the mustard and thyme. Add the milk and remaining butter. Season with salt and pepper and pepper sauce. Heat to boiling. Add the sherry just before serving. Serves 4-6.

Dan L. Mork, Conservation Officer, Milo

Turtle Soup

- | | |
|-------------------|--------------------------|
| 6 c. turtle meat | 2 c. carrots |
| 6 c. potatoes | 2 c. celery |
| 2 cans tomatoes | 2 c. egg noodles |
| 2 c. green beans | 2 green peppers, chopped |
| 2 c. kidney beans | 2 onions, chopped |
| 2 c. corn | 2 bay leaves, chopped |
| 2 c. peas | 1/4-1/2 tsp. red pepper |

Parboil the turtle with 2 teaspoons of baking soda for 10 minutes. Discard the old water, cover the meat with fresh water, bay leaves, and salt. Cook until soft. Remove the meat from the bones. Cook the raw vegetables and noodles in soup stock, then add the canned vegetables, spices, and meats. Simmer until tender.

*Rod Slings, Conservation Officer,
and wife Pam, Winterset*

Cream of Wild Rice Soup

- | | |
|-------------------------------|---------------------------|
| 2 cans cream of potato soup | 2 pt. half & half |
| 2 c. shredded American cheese | 9 slices bacon |
| | 1 med. onion |
| | 1 1/2 c. cooked wild rice |

Cut up the bacon and sauté with onion; drain. Combine with wild rice and half & half; add the soup and cheese. Mix until the cheese melts. Serves 6-8.

Note: One-half cup dry wild rice equals one and one-half cups cooked rice. Soak the rice overnight in water and drain. To cook, mix the soaked rice in 3 cups water, bring to a boil and cook covered for 30 minutes on low.

Mick Anderson, Conservation Officer, Iowa City

Ham And Bean Soup

- | | |
|----------------------------------|---------------------------|
| 1 qt. navy beans (don't precook) | 2 bay leaves |
| 2-3 lb. picnic ham with bone | 3 T. sugar |
| 3 c. canned tomatoes (#303 can) | 1 T. Worcestershire sauce |
| 1/4 c. shredded carrots | 1/2 tsp. whole thyme |
| 1 lg. chopped onion | 1/2 tsp. whole oregano |
| | 1/2 tsp. pepper |
| | 3 tsp. chicken base |

Boil enough water to cover ham by 3-4 inches, then place the ham and beans in and simmer until tender. Stir frequently to avoid sticking. Remove the ham from the pot, chop the ham meat into small pieces (chop skin or ham very fine) and return to soup. This very definitely requires watching to protect from the cook and other snitchers. Serve on blustery days right after a good hunt.

Earl "Butch" Fullmer, owner of Red Cedar Inn, McGregor; Friend of G.I. Hollen, Conservation Officer, Harpers Ferry

Cathy's Watercress Soup

- | | |
|-------------------------|-----------------------|
| 1 c. chopped watercress | 1 T. butter |
| 1 onion, chopped | black pepper to taste |
| 2 cans chicken broth | |

Brown the onion in butter. Add broth, bring to a simmer. Add watercress and simmer until the soup turns a light green color (about 5 minutes). Season with black pepper. Enjoy.

*Cathy Hollen, Denver, Colorado;
Daughter of G.I. Hollen, Conservation Officer,
Harpers Ferry*

Fish Chowder

- | | |
|-----------------------------------|---|
| 1 c. salt pork or bacon,
diced | 3/4 c. onions |
| 2 c. hot water | 2 c. diced potatoes |
| salt and pepper | 1 1/2 lb. fish fillets, such
as walleye, perch, or
pickarel |
| 2 c. half & half cream | butter |

Fry the salt pork in a skillet until it is nicely browned. Add the onions and sauté them gently. Add the potatoes and hot water and cook them for a few minutes or until the potatoes are partially done, then add the fish fillets and cook until they are easily flaked with a fork. Season to taste with salt and pepper; add cream. Let it all heat thoroughly and serve in bowls, topping with a pat of butter.

Don Canney, Mayor of Cedar Rapids

Turtle Soup

- | | |
|------------------------|--------------------------|
| 4 c. turtle meat | salt and pepper to taste |
| 2 T. butter | dash of pepper sauce |
| 1 sprig thyme, chopped | 1/2 c. sherry |
| 1 qt. milk | 1 tsp. mustard |

Brown and cook the turtle meat at low heat in 1 tablespoon of butter. Stir in the mustard and thyme. Add the milk and remaining butter. Season with salt and pepper and pepper sauce. Heat to boiling. Add the sherry just before serving. Serves 4-6.

Dan L. Mork, Conservation Officer, Milo

Turtle Soup

- | | |
|-------------------|--------------------------|
| 6 c. turtle meat | 2 c. carrots |
| 6 c. potatoes | 2 c. celery |
| 2 cans tomatoes | 2 c. egg noodles |
| 2 c. green beans | 2 green peppers, chopped |
| 2 c. kidney beans | 2 onions, chopped |
| 2 c. corn | 2 bay leaves, chopped |
| 2 c. peas | 1/4-1/2 tsp. red pepper |

Parboil the turtle with 2 teaspoons of baking soda for 10 minutes. Discard the old water, cover the meat with fresh water, bay leaves, and salt. Cook until soft. Remove the meat from the bones. Cook the raw vegetables and noodles in soup stock, then add the canned vegetables, spices, and meats. Simmer until tender.

*Rod Slings, Conservation Officer,
and wife Pam, Winterset*

Cream of Wild Rice Soup

- | | |
|-------------------------------|---------------------------|
| 2 cans cream of potato soup | 2 pt. half & half |
| 2 c. shredded American cheese | 9 slices bacon |
| | 1 med. onion |
| | 1 1/2 c. cooked wild rice |

Cut up the bacon and sauté with onion; drain. Combine with wild rice and half & half; add the soup and cheese. Mix until the cheese melts. Serves 6-8.

Note: One-half cup dry wild rice equals one and one-half cups cooked rice. Soak the rice overnight in water and drain. To cook, mix the soaked rice in 3 cups water, bring to a boil and cook covered for 30 minutes on low.

Mick Anderson, Conservation Officer, Iowa City

Ham And Bean Soup

- | | |
|----------------------------------|---------------------------|
| 1 qt. navy beans (don't precook) | 2 bay leaves |
| 2-3 lb. picnic ham with bone | 3 T. sugar |
| 3 c. canned tomatoes (#303 can) | 1 T. Worcestershire sauce |
| 1/4 c. shredded carrots | 1/2 tsp. whole thyme |
| 1 lg. chopped onion | 1/2 tsp. whole oregano |
| | 1/2 tsp. pepper |
| | 3 tsp. chicken base |

Boil enough water to cover ham by 3-4 inches, then place the ham and beans in and simmer until tender. Stir frequently to avoid sticking. Remove the ham from the pot, chop the ham meat into small pieces (chop skin or ham very fine) and return to soup. This very definitely requires watching to protect from the cook and other snitchers. Serve on blustery days right after a good hunt.

Earl "Butch" Fullmer, owner of Red Cedar Inn, McGregor; Friend of G.I. Hollen, Conservation Officer, Harpers Ferry

Cathy's Watercress Soup

- | | |
|-------------------------|-----------------------|
| 1 c. chopped watercress | 1 T. butter |
| 1 onion, chopped | black pepper to taste |
| 2 cans chicken broth | |

Brown the onion in butter. Add broth, bring to a simmer. Add watercress and simmer until the soup turns a light green color (about 5 minutes). Season with black pepper. Enjoy.

Cathy Hollen, Denver, Colorado; Daughter of G.I. Hollen, Conservation Officer, Harpers Ferry

Fish and Cheese Chowder

- | | |
|--------------------------------|----------------------------------|
| 1 lb. Northern or Bass fillets | 1/2 tsp. salt |
| 2 T. butter | dash of paprika |
| 6 T. chopped onion | 2 (10 oz.) cans chicken
broth |
| 1 c. chopped carrots | 3 c. milk |
| 6 T. chopped celery | 1 c. grated processed
cheese |
| 1/4 c. flour | |

Cut the fish into 1-inch cubes, melt the butter in a saucepan, add the onion, carrots, and celery. Cook 20 minutes, blend in the flour, salt, and paprika. Cook for 1 minute, stirring constantly until thickened, add the fish. Cook until they start to flake. Add the cheese and stir until melted.

Al Roemig, Conservation Officer, and wife Dee, Osage

Uncle Walt's Wild Game Chili

- | | |
|--|---------------------------|
| 1 lb. venison., elk, etc. | 1 lg. green pepper, diced |
| 2 cans Campbell's tomato
soup | 1 1/2 soup cans of water |
| 1 lb. 6 oz. can Brook's chili
hot beans | 1/2-1 tsp. chili powder |
| 1 lg. onion, diced | salt and pepper |

Cook the meat until the redness is gone (Pour off any fat.) Add the tomato soup, 1 1/2 cans water, onion, green pepper, and chili powder. Simmer for 45 minutes. Add the chili hot beans. Simmer for 15 additional minutes. Add the salt, pepper, and more chili powder to taste.

Note: Equally tasty with beef in place of venison.

*Walt Kocal, U. S. Fish and Wildlife
Service Agent, Des Moines*

Watercress Soup

- | | |
|--------------------------------------|-------------|
| 2 bouillon cubes or 2 c.
of stock | 2 T. butter |
| 1 c. chopped watercress | 1 onion |

Sauté onion in butter. Add bouillon and two cups of water (any stock will do. I like to boil grouse or pheasant bones to make a stock). Bring to boil. Add the chopped watercress and simmer for only a few minutes. Salt and pepper to taste.

*Katie Holilien, daughter of Conservation
Officer G.I. Holilien*

Fish Chowder

2 c. flaked fish
2 cans cream of mushroom soup
1 can milk
1/2 tsp. salt

Wash and clean any of the kinds of fish; croppie, bluegill, perch, bass. Cover fish with water and add 1 tablespoon salt, 1/2 lemon, and 2 tablespoons cut-up celery. Bring fish to a boil and boil 10-15 minutes. Remove from water and separate fish from bones and flake or cut into small pieces. Heat mushroom soup with milk and onion salt and gently fold in flaked fish. Serve on toast, English muffin, cooked rice or Chinese noodles. Decorate with paprika and shredded Cheddar cheese. Different, a real treat!

*Ben Davis, Conservation Officer Supervisor,
Spencer*

Game Soup

2 grouse, partridges, or rabbits
1/2 lb. ham (lean)
1/2 lb. beef (lean)
2 med. sized onions
fried bread
butter for frying
salt and pepper
2 stalks white celery, cut into 1-inch lengths
3 qts. water

Two grouse or partridges, or if you have neither, use a pair of rabbits. Joint your game neatly; cut the ham and onions into small pieces, and fry all in butter to a light brown. Put into soup pot with the beef, cut into strips, and a little pepper. Pour on the water; heat slowly, and stew gently two hours. Take out the pieces of bird, and cover in a bowl; cook the soup an hour longer; strain and cool. Drop in the celery, and simmer ten minutes. Pour upon fried bread in the tureen.

Jerry Hollien, son of Conservation Officer G.I. Hollien

While I was attending an auction, a man approached the auctioneer and asked him to request that the owner of a white convertible move the car, since it was blocking the exit. When no one moved, even after a second announcement was made, the auctioneer said in a low voice that was transmitted over the microphone, "Well, just how bad did you dent it?" It was then that a woman shrieked, "That's my car!"



White on White

The winter's spell of snow and ice
Has stilled the things I hold as nice,
And to a warmer climate took
The song of birds and babbling brook.

And though I sit by cozy fire,
Few are the things that can inspire,
For I must wait until next summer
To smell a rose when bluebirds flutter.

The calendar must turn to spring,
And pepper frogs begin to sing
And ducks and geese again fly north:
Then buds their tender leaves send forth.

The green has gone from pastoral scene
With leafless trees and snowscaped gleam.
There's a northern wind my face a-stinging,
And an empty oriole's nest a-swinging.

Gerald Burke, lifetime Allamakee resident

Desserts

Peanut Butter Cookies

- | | |
|----------------------|----------------|
| 1 c. oleo | 3 c. flour |
| 1 c. white sugar | 2 tsp. soda |
| 1 c. brown sugar | 1/2 tsp. salt |
| 3/4 c. peanut butter | 1 tsp. vanilla |
| 2 eggs | |

Place all ingredients in bowl and mix with hand. Roll in small balls and press with fork. Bake in hot oven.

*Polly Noble, wife of Conservation Officer
Curt Noble, Muscatine*

Old-Fashioned Sugar Cookies

- | | |
|-----------------------|------------------------|
| 1 c. granulated sugar | 4 1/2 c. sifted flour |
| 1 c. powdered sugar | 1 tsp. cream of tartar |
| 1 c. margarine | 1 tsp. soda |
| 1 c. salad oil | 1 tsp. vanilla |
| 2 eggs | |

Mix first four ingredients. Add eggs, flour, cream of tartar, vanilla and soda. Mix well, and roll into balls the size of a walnut. Roll in granulated sugar and place on a greased cookie sheet. Flatten with the bottom of a glass dipped in sugar. Bake at 350° for 10-12 minutes. Makes 60 cookies.

*Ruth Lee, sister of Conservation Officer
Kurt Noble, Muscatine*

Luscious Butter Coffeecake

- | | |
|-------------------------|--------------------------|
| 1/2 c. butter | 1 c. sugar |
| 2 eggs, slightly beaten | 1 1/2 c. flour |
| 1 c. sour cream | 1 1/2 tsp. baking powder |
| 1/2 tsp. soda | 1 tsp. vanilla |

Add soda to sour cream and let stand 10 minutes before adding to mixture. Cream butter, sugar and eggs, add dry ingredients alternately with sour cream-soda mixture, cream. Add 1 teaspoon vanilla. Mix 4 tablespoons sugar, 1 teaspoon cinnamon and 2 tablespoons butter with fingers and sprinkle on top of cake. Grease and flour pan. Bake at 350° for about 45 minutes.

*Polly Noble, wife of Conservation Officer
Curt Noble, Muscatine*

Impossible Pie

(Custard)

- | | |
|-----------------|--------------------------|
| 4 eggs | 2 tsp. vanilla |
| 1 c. sugar | 3 T. butter or margarine |
| 1/2 c. Bisquick | 2 c. milk |

Beat eggs, add sugar, Bisquick and vanilla, set aside. Then in a pan melt butter or margarine, add milk and heat until just lukewarm, add to above mixture. Mix until sugar is dissolved. Pour in 9-inch pie tin, greased or sprayed with Pam. Sprinkle top with a little cinnamon and nutmeg. Bake at 375° for about 30-35 minutes. Test like custard. Be careful when you put pie in oven as tin will be full and will spill easily. Use deep pie tin. This makes its own crust.

*Polly Noble, wife of Conservation Officer
Curt Noble, Muscatine*

Hickory Nut Pie

- | | |
|--------------------|----------------|
| 1 c. brown sugar | 3 eggs, beaten |
| 1 c. corn syrup | 1 tsp. vanilla |
| 1/4 c. soft butter | 1 c. nuts |
| 1/4 tsp. salt | |

Cream butter and sugar; add eggs and syrup, vanilla and salt. Mix well. Add nuts. Pour into unbaked pie crust. Bake in hot oven at 450° for 10 minutes. Reduce heat to 325° for about 30 minutes or until filling is firm.

*Stacie Runyan, Daughter of Conservation
Officer Mike Runyan, Albia*

Peanut Clusters

- | | |
|---|-----------------------|
| 2 1/4 lbs. white bark | 3 lbs. salted peanuts |
| 2 (12 oz.) pkgs. choc. chips
(1 milk choc., 1 semi-sweet
choc.) | |

Melt the bark and chocolate chips over hot water or in microwave, add the salted peanuts and drop by teaspoon on waxed paper. Makes 95-100 clusters.

*Betty Leigh, wife of Conservation Officer
Ralph Leigh, Marengo*

* Lena, a new bride, brought a dish for approval of her new husband. Said she, "Da two tings I prepare best are meat balls and peach pie...." Ole said, "Hummm, and vchich vun is dis?"

Apple Slices

DOUGH:

2 1/2 c. flour	2/3 c. crushed corn flakes
1 T. sugar	5 c. sliced apples
1 tsp. salt	1 1/2 c. sugar
1 c. lard	1 tsp. cinnamon
1 egg, separated	

Sift together flour, sugar and salt. Cut lard in with pastry blender. Put egg yolk in measuring cup and fill 2/3 with water. Add to lard and flour and mix just enough to shape dough into a ball. Roll 1/2 of dough into 15x11-inch rectangle. Transfer to baking sheet by rolling it onto rolling pin and unrolling on pan. Cover with corn flakes and then sliced apples. Mix sugar and cinnamon and sprinkle over apples. Roll out other half of dough for top crust. Place over apples and pinch edges together. Beat egg white until stiff and spread on top crust with pastry brush. Bake at 400° for 40 minutes. While hot drizzle glaze over top by mixing 1 cup powdered sugar with 1 tablespoon lemon juice and 1 tablespoon water. Cut into squares, and try to eat just one.

Alice Simonson, wife of retired Conservation Officer Wendell Simonson, Oxford

Never-Fail Meringue

1 T. cornstarch	3 egg whites
8 T. sugar	pinch salt
1/2 c. water	

Combine cornstarch, 2 tablespoons sugar and water. Cook until clear. Set aside to cool. Beat egg whites and salt until it stands in peaks. Add cooled mixture to egg whites, little at a time. Then add remaining sugar (6 tablespoons) a little at a time. Can use yolks for noodles.

Polly Noble, wife of Conservation Officer Curt Noble, Muscatine

We've got: 190,000 acres on Mississippi River
 13,500 acres on Missouri River
 33,000 acres in natural lakes
 23,000 acres in man-made lakes
 2,000 acres in oxbow lakes
 30,200 acres in reservoir lakes
 19,000 miles of inland streams
 87,000 farm ponds

Now I've got an answer to the angler's question --
 "Where the H..... have you been?"

Pumpkin Bars

4 eggs	2 c. flour
2 c. sugar	2 tsp. baking powder
2 c. pumpkin	1 tsp. soda
3/4 c. (1 1/2 sticks) butter (melted)	1/2 tsp. cinnamon
	1 c. nuts

FROSTING:

3 oz. pkg. cream cheese, softened	1 tsp. vanilla
6 T. (3/4 stick) butter, softened	1 T. cream or half & half
	3 c. powdered sugar

Mix eggs, sugar, pumpkin and butter. Sift together dry ingredients. Add to batter. Stir in nuts (if desired). Bake at 325° for 25 minutes in a greased and floured jelly roll pan. For frosting combine and beat all ingredients until smooth.

*Ruth Lee, sister of Conservation Officer
Curt Noble, Muscatine*

Throw-Together Cake

3 c. flour	2 eggs
2 c. sugar	1 c. warm water
3/4-1 c. cocoa	1 1/2 c. salad oil
2 tsp. salt	1 c. sour milk (I use buttermilk)
2 tsp. soda	

Put all dry ingredients into mixer bowl and add the rest of ingredients and beat it together. Can also be done by hand. Put into regular sized cake pan for a big moist thick cake, or put into jelly roll pan and frost for brownies. Bake at 325° for 45 minutes for the cake pan and if it is for brownies it will not need that long, but watch it and remove from oven when ready. This beats any box cake I've ever used!

*Alice Simonson, wife of retired Conservation
Officer Wendell Simonson, Oxford*

Timber Gooseberry Pie

3 c. gooseberries	2 T. flour
1 c. sugar	dash of salt
1/4 c. water	1/2 tsp. each of cinnamon, cloves and nutmeg
1/2 c. sugar	

Cook first 3 ingredients until berries are tender. Combine and add remaining ingredients. Pour into 9-inch pie crust, dot with butter, add top crust and bake at 450° for 10 minutes, reduce heat to 350° and bake for 20-25 minutes.

*Joan Runyan, wife of Conservation Officer
Mike Runyan, Albia*

Cream Puffs

1/2 c. butter	1/4 tsp. salt
1 c. boiling water	4 eggs
1 c. flour	

Melt butter in water. Add flour and salt all at once and stir vigorously; cook, stirring constantly, until mixture forms ball that doesn't separate. Remove from heat and cool slightly. Add eggs, one at a time, beating vigorously after each addition until mixture is smooth. Drop by tablespoon 2-inches apart onto greased baking sheet. Bake at 450° for 15 minutes; then at 325° for 25 minutes. Remove from pan and cool on rack. When thoroughly cool, cut side of each puff and fill with custard pudding. Can also drizzle a thin chocolate icing over top, or sprinkle with powdered sugar. Makes 1 dozen cream puffs. One of Wendell's obsessions.

Alice Simonson, wife of retired Conservation Officer Wendell Simonson, Oxford

Cherry Cobbler

3/4 stick margarine	3/4 c. flour
2 T. baking powder	3/4 c. milk
3/4 c. sugar	

Melt margarine and pour it in a square or oblong baking dish or pan. Mix baking powder, sugar, flour and milk. (Can beat this with hand beater). Pour this over the melted butter but do not stir or smooth out. Spoon pie filling on top of dough but do not stir, put in 350° oven for about 50 minutes. Cake will come to top. You can use any pie filling. I have tried it with pudding and it was good too.

Polly Noble, wife of Conservation Officer Curt Noble, Muscatine

White Buttermilk Cake

2 c. sugar	1 3/4 c. buttermilk
1/2 c. butter	1 tsp. soda
2 unbeaten egg whites	1 tsp. vanilla
1/2 tsp. salt	2 3/4 c. cake flour

Cream sugar, butter, unbeaten egg whites and salt. Combine buttermilk, soda and vanilla, add alternately with cake flour to creamed mixture. This cake is very moist and good. Makes a large cake. Makes good cupcakes too. Use egg yolks for noodles.

Polly Noble, wife of Conservation Officer Curt Noble, Muscatine

Rhubarb Cake

- | | |
|------------------------------|--------------------|
| 1 1/2 c. brown sugar | 1 tsp. salt |
| 1/2 c. butter | 1 tsp. soda |
| 1 egg | 1 tsp. vanilla |
| 1 c. buttermilk or sour milk | 2 c. cubed rhubarb |
| 2 c. flour | |

Mix together brown sugar, butter, egg and buttermilk or sour milk. Sift and add flour, salt, soda and vanilla. Fold in rhubarb. Top with 1/3 cup sugar mixed with 1 teaspoon cinnamon. Bake at 350° in 9x13-inch pan.

Ruth Lee, sister of Conservation Officer

Layer Dessert

- | | |
|---------------------|---------------------------------|
| 1 c. flour | 1 c. Cool Whip |
| 1/2 c. nuts | 8 oz. pkg. cream cheese |
| 1 stick margarine | 2 pkg. instant lemon
pudding |
| 1 c. powdered sugar | 3 c. milk |

Mix and pat first 3 ingredients into bottom of 8x11-inch pan. Bake at 375° for 15 minutes. Cool. Mix and spread powdered sugar, Cool Whip and cream cheese on top of chilled crust. Mix lemon pudding with milk (chocolate, butterscotch flavors can also be substituted). Spread over top of second layer. Spread remainder of large container Cool Whip on top of pudding mixture. Refrigerate or freeze.

*Steve Jauron, Conservation Officer, Sergeant Bluff &
Karen Lee, IA Dept. Natural Resources, Des Moines*

Raspberry Pudding

- | | |
|------------------|---------------|
| 3 c. raspberries | cornstarch |
| 1 1/2 c. sugar | whipped cream |
| 1 cinnamon stick | |

Bring raspberries, sugar, cinnamon stick to boil. Stir 3 minutes. Remove from stove and strain through sieve into a pot. Do not mash berries through sieve. Place pot with berry juice on stove and boil. Thicken with cornstarch and pour into pudding dish. Top with whipped cream.

Bob Mullen, Conservation Officer, Tama

Nothing in this world can replace the modern swimsuit, and it practically has.

Hickory Nut Brittle

- | | |
|-----------------------|-------------------|
| 2 c. sugar | 2 c. hickory nuts |
| 1 c. light corn syrup | 2 T. baking soda |
| 1 c. water | 2 tsp. vanilla |
| 1 T. margarine | |

In 3 quart saucepan combine sugar, corn syrup and water. Cook and stir over medium heat until sugar dissolves. Continue cooking until mixture boils, stir in margarine. Clip candy thermometer to side of pan. Continue cooking, without stirring to 230°. Then cook and stir to 280°. Stir in hickory nuts. Cook, stirring constantly, to 300°. Remove pan from heat. Quickly stir in baking soda and vanilla. Mix well and pour onto two buttered 15x10-inch baking pans. Spread candy to an even thickness. As candy cools stretch it thinner. Break candy into pieces when cool.

Mike Runyan, Conservation Officer, Albion

Dutch Honey

- | | |
|---------------------------|------------------|
| 1 c. sugar | 1 c. sweet cream |
| 1 c. syrup, light or dark | 1/2 tsp. vanilla |

Boil first 3 ingredients until thick as syrup. Add vanilla. Serve on cakes or waffles.

Larry Moore, Conservation Officer, Waterville

Salted Almonds

- 1 lb. shelled almonds

Cover almonds with boiling water and let stand until you can remove skins with the fingers. Heat 1 or 2 inches of cooking oil in a small pan. When hot put in the blanched almonds and stir often; do not cook too fast. Cook until thoroughly done and a delicate brown. Drain on paper and salt to taste.

Larry Moore, Conservation Officer, Waterville

NEVER SERVE MEALS ON TIME; the starving eat anything.....

The doctor was feeling really good that morning, and when the young boy came in for an examination, the doctor jokingly asked, "Is this your nose?" touching his ear. The child immediately turned to his mother and said, "I think we better find a new doctor."

Monster Cookies

- | | |
|----------------------|---------------------------|
| 1 doz. eggs | 8 tsp. soda |
| 1 lb. butter | 18 c. oatmeal |
| 2 lbs. brown sugar | 1 lb. chocolate chips and |
| 4 c. white sugar | M & M's |
| 1 T. vanilla | 1 T. salt |
| 3 lbs. peanut butter | 1 lb. chopped nuts |

Bake on greased cookie sheet in big globs at 350° for about 20 minutes. Watch them as they will brown quickly.

*Terri Simonson, wife of Conservation Officer
Don Simonson, Burlington*

Wild Angel Cake

Wild strawberries, raspberries or blackberries. Purchase your favorite angel food box cake, a carton of Cool Whip and one container of yogurt the same flavor as the wild berries. Prepare the cake as directions say. Mix together the Cool Whip and yogurt and spread like frosting on the cooled cake. Garnish with the wildberries. Keep the frosted cake refrigerated. It takes just a short time in the kitchen to prepare this box cake mix and the topping so you can have more time to spend in the woods picking the berries.

*Joan Runyan, wife of Conservation Officer
Mike Runyan, Albia*

Rum Cake

- | | |
|--|--|
| 1 c. chopped pecans or
walnuts | 4 eggs |
| 18 1/2 oz. pkg. yellow cake
mix | 1/2 c. cold water |
| 3 3/4 oz. Jello vanilla
instant pudding/ple filling | 1/2 c. Wesson oil |
| | 1/2 c. dark rum (80 proof)
or light if you prefer |

GLAZE:

- | | |
|----------------|------------------|
| 1 stick butter | 1 c. white sugar |
| 2 oz. water | |

Beat all ingredients together. Grease and flour angel food cake pan. Line bottom of pan with chopped nuts. Bake at 350° for 1 hour. Glaze while hot.

Glaze: Boil all ingredients 1 minute. Remove from heat, and add 2 ounces rum, spoon over cake after pricking cake with a fork.

*Terri Simonson, wife of Conservation Officer
Don Simonson, Burlington*

Apple Honey Cake

- | | |
|------------------------|----------------------------|
| 1 c. white flour | 2 tsp. cinnamon |
| 1 c. whole wheat flour | 1/4 c. honey |
| 2 tsp. baking soda | 2 eggs |
| 1 1/4 c. sugar | 1 tsp. vanilla |
| 1 tsp. salt | 5 c. peeled, sliced apples |
| 2 tsp. cinnamon | 1 c. nuts |
| 1/2 c. vegetable oil | |

Put all ingredients except nuts in large bowl. Beat 3 minutes to blend well. Stir in nuts. Pour into greased 9x9-inch pan. Bake at 350° for about 40 minutes. Frost with cream cheese frosting.

*Char Franta, wife of Conservation Officer
Doug Franta, Donnelson*

Apple/Raspberry Pie

- | | |
|--------------------------|------------------------------|
| pastry for 2-crust pie | 2 lbs. or 7 c. sliced apples |
| 2/3 c. sugar | 1 T. butter |
| 2 T. all purpose flour | 1 tsp. milk |
| 1/2 tsp. ground cinnamon | 1/4 c. red raspberries or |
| 1/4 tsp. ground nutmeg | 1/8 c. red raspberry juice |
| 1-2 tsp. lemon juice | |

In a small bowl combine sugar, flour, cinnamon, nutmeg and lemon juice (depending upon tartness desired). Mix together and pour over apples. Allow this to stand for 2 hours. Line 9-inch pie plate with pastry.

Crust: Place apple mixture in crust. I take apples out by hand to eliminate too much liquid. Place red raspberries over top, or sprinkle juice over mixture. (Juice mixture eliminates troublesome seeds.) Dot this with the butter. Place other pastry crust over top and trim edges. Brush or rub top crust with milk and sprinkle sugar/cinnamon over top. Cut 4 slits in top crust. Bake pie for 40-50 minutes or until golden brown.

Larry Moore, Conservation Officer, Waterville

A Wild Strawberry Recipe

Go out into the woods when the wild strawberries are ripe. Pick a handful. Find a nice stump to sit on. Eat the strawberries. They are also very good with cream. But, if you take them home, you will have to divide. This is not recommended. This recipe is good for the nerves, high blood pressure and sore feet. As told to Rex Emerson by "The Old Man Down by the River."

*Rex Emerson, retired Conservation
Officer Supervisor, Newton*

Chocolate Chip Oatmeal Cookies

1 c. butter or margarine	2 c. flour
1 c. brown sugar	1 tsp. baking soda
1 c. sugar	1/2 tsp. salt
2 eggs	1/2 tsp. baking powder
1 tsp. vanilla	2 c. quick oatmeal
1 sm. pkg. chocolate chips	1/2 c. nuts (optional)

Preheat oven to 350°. Cream butter, sugar, brown sugar and vanilla until light and fluffy. Add eggs; beat well. Combine flour, baking soda, salt and baking powder; gradually beat into creamed mixture. Add oatmeal and nuts. Stir in chocolate chips. Drop by teaspoonfuls onto ungreased cookie sheets. Bake at 350° for 10-12 minutes. Makes 5-6 dozen cookies.

*Jane Campbell, wife of Conservation Officer
Tom Campbell, West Liberty*

Oatmeal Drop Cookies

1 c. flour	1/2 c. brown sugar
1/2 tsp. soda	1/4 c. white sugar
1/2 tsp. salt	1 egg
1/2 c. butter or oleo	2 T. milk
1 tsp. vanilla	1/2 c. raisins
2 c. oatmeal	

Mix all ingredients in a large bowl. Drop by spoonfuls on cookie sheet. Bake at 350-375° for 10-15 minutes or until lightly browned.

Note: Recipe may be doubled as a trip to the duck blind or out fishing requires a large supply.

Richard Johnson, Conservation Officer, Missouri Valley

Quick Rhubarb Cake for Two

2 good c. cut-fine rhubarb	1/2 c. real whipping cream
1/2 c. of sugar	(I use 1/4 c. oleo, melted and 1/4 c. canned skim milk)
1 yellow Jiffy cake mix	

Put raw rhubarb in bottom of 6x9-inch cake pan. Shake over dry cake mix evenly. Pour the cream over this and bake at 350° for 45 minutes. Serve hot or cold.

Jim Becker, retired Conservation Officer, Independence

What's black and blue and lies on the sidewalk? The guy who tells too many Norwegian stories.

Chocolate Cherry Bars

BAR:

- | | |
|---------------------------------|-----------------------|
| 1 pkg. devil's food cake mix | 1 tsp. almond extract |
| 21 oz. can cherry fruit filling | 2 eggs, beaten |

FROSTING:

- | | |
|---|--------------------------|
| 1 c. sugar | 5 T. butter or margarine |
| 6 oz pkg. (1 c.) semi-sweet chocolate chips | 1/3 c. milk |

Heat oven to 350°. Grease and flour a 15x10-inch jelly roll pan or 13x9-inch cake pan. In a large bowl combine all bar ingredients. Stir all ingredients by hand until well mixed. Pour into pan. For the 15x10-inch jelly roll pan bake for 20-30 minutes. For the 13x9-inch cake pan bake 25-35 minutes. To make the frosting, combine sugar, margarine and milk in a small saucepan. Boil one minute, stirring constantly. Remove from heat, stir in chocolate chips until smooth. Pour over warm bars. These bars are easy to make and a quick snack idea when time is short.

*Randy McPherron, Conservation Officer,
and wife Patty, Unionville*

Coffeecake

- | | |
|----------------------|----------------------|
| 1 c. sugar | 1 c. milk |
| 1 c. butter | 1 1/2 c. brown sugar |
| 2 eggs | 2 tsp. cinnamon |
| 3 c. flour | 1 c. walnuts |
| 3 tsp. baking powder | 1/2 c. melted butter |

FROSTING:

- | | |
|-----------------------|---------------------|
| 1 T. butter | 1/2 tsp. cornstarch |
| 1/2 c. powdered sugar | 1 T. hot water |

Cream sugar and butter. Add eggs. Sift together flour and baking powder. Add alternately with milk. Butter a 9x13-inch pan and pour in half the batter. Mix the brown sugar, cinnamon and walnuts. Spread half the crumb mixture on the batter, then rest of the batter, then rest of the crumb mixture. Over the top dribble 1/2 cup melted butter. Bake at 375° for 30 minutes. Mix frosting and pour on top immediately after removing from oven.

*Dan Cain, Conservation Officer,
and wife Paula, Stanton*

It's hard for a 5-foot, 10-inch Dad to lecture a 6-foot, 4-inch teenager about the lack of nutrition in junk food.

Golden Bubble Ring

2 pkg. active dry yeast	4-4 1/2 c. sifted
1/2 c. warm water	all-purpose flour
1/2 c. milk, scalded	2 beaten eggs
1/2 c. shortening	3 T. butter or margarine,
1/2 c. sugar	melted
1 tsp. salt	3/4 c. sugar
	1 tsp. ground cinnamon

Soften yeast in warm water (110°). Combine milk, shortening, 1/2 cup sugar and salt. Cool to lukewarm. Add 1 cup flour; beat well. Add yeast mixture and eggs. Beat smooth. Mix in remaining flour, or enough to make a soft dough. Knead on lightly floured surface 8-10 minutes. Place in greased bowl, turning once to grease surface. Cover; let rise until double (1-1 1/4 hours). Punch down. Cover; let rest 10 minutes. Shape into about 28 balls, golf-ball size. Roll each in melted butter, thin mixture of 3/4 cup sugar and cinnamon. Arrange in well-greased 10-inch tube pan. Sprinkle with any remaining sugar mixture. Let rise in warm place until double (about 1 hour). Bake in moderate oven (350°) for 35-40 minutes. Cool in pan 15-20 minutes. Invert on rack; remove pan.

*Dave Moore, Conservation Officer,
and wife Janice, Bedford*

Sugar Cookies

1 c. butter	1 tsp. lemon extract
2 c. sugar	1 tsp. vanilla
1 c. vegetable oil	2 tsp. baking soda
2 whole eggs	2 tsp. cream of tartar
pinch of salt	5 c. unsifted flour

Blend butter and sugar well. Add eggs, oil, salt, vanilla and lemon extract and blend. Sift flour, soda and cream of tartar together. Mix ingredients together well and roll into balls between palms of hands. Roll in sugar and press down with fork dipped in sugar. Bake at 325-350° for 10 minutes or until lightly browned on edges.

Larry Ford, Conservation Officer

One day after bemoaning her lack of success at dieting, she asked her husband, "Which would you rather have? A skinny, grouchy wife, or a fat jolly one?" He replied, "Just how fat do you have to get before you become jolly?"

Randy's Chocolate Pie

3/4 c. butter	3 sqs. Baker's semi-sweet
1 c. sugar	choc. melted
1 tsp. vanilla	3 eggs

Cream together butter and sugar. Add vanilla and chocolate. Add eggs one at a time and beat well. Beat for 2 minutes after adding the first egg and again after the second egg. Beat for 5 minutes after the last egg. Put mixture in a 9-inch pie pan on a graham cracker crust. Refrigerate. Serves 6-8.

Randy Schnoebelen, Conservation Officer, Ventura

Mom's Chocolate Refrigerator Pie

(Doubled, of course)

1 c. butter	1 c. walnuts, chopped
3 c. powdered sugar	6 egg whites
4 sqs. semi-sweet choc.	4 c. graham crackers,
6 egg yolks	crushed
2 T. vanilla	1 cont. Cool Whip

Cream butter and sugar well. Add egg yolks, one at a time. Add chocolate, vanilla and nuts. Fold beaten egg whites into mixture. Cover the bottom of 9x13-inch pan with 1 cup graham crackers. Pour mixture over graham crackers, then cover with the whipped cream. Sprinkle the rest of graham crackers over top. Let set overnight in refrigerator (if possible). Beware of the "snitchers".

Julie Hollen, daughter of Conservation Officer G.I. Hollen, Ames

Dick's Hot Fudge Sauce

3/4 c. sugar	1/3 c. light corn syrup
1/2 c. Hershey's cocoa	1/3 c. Blue Bonnet
5 oz. can evaporated milk	margarine
	1 tsp. vanilla

Use small saucepan, combine sugar and cocoa, blend in evaporated milk and corn syrup. Cook over medium heat, stirring constantly, until mixture boils. Boil and stir 1 minute. Remove from heat, stir in margarine and vanilla. Serve warm on a big bowl of vanilla ice cream. Makes 2 cups of sauce.

Richard Johnson, Conservation Officer, Missouri Valley

How come the number of people watching you is directly proportional to the stupidity of your actions?

Mom's Caramel Corn

2 c. brown sugar	1/16 tsp. cream of tartar
1/2 c. white Karo	1/2 tsp. baking soda
1 c. oleo or butter	10-12 c. popped popcorn
1 tsp. salt	

Preheat oven to 225°. Heat brown sugar, Karo, butter and salt in saucepan on stove top until boiling. Boil and stir for 3 minutes. Add the cream of tartar and baking soda. Stir well. Place popcorn in shallow roasting pan. Pour above ingredients over popcorn. Bake for 1 hour, stir every 15 minutes. Remove from oven, let stand and cool. Stir caramel corn a few times while it is cooling.

*Caroline Schnoebelen, wife of Conservation Officer
Randy Schnoebelen, Ventura*

Microwave Caramel Corn

16-18 c. popped corn	1/4 c. light syrup
1 c. brown sugar	1/4 tsp. salt
1 stick oleo	1/2 tsp. baking soda

Put popped corn in a large brown paper sack. In a 2 1/2 quart bowl combine brown sugar, margarine, syrup and salt. Bring to a boil on full power (takes 2-3 minutes, stir every minute). Once boiling, boil mixture for 3 minutes, stopping to stir each minute. Remove from microwave and stir in soda well. Pour foamy syrup over corn and coat as well as possible. Put in microwave on full power, 1 minute and 15 seconds. Remove and shake sack hard. Put back in for 1 minute and 15 seconds. Shake again and put in 30 seconds more. Shake bag vigorously 2-3 minutes to cool. Remove from bag and stir occasionally as it cools to break apart.

*Dan Cain, Conservation Officer,
and wife Paula, Stanton*

Hot Fruit

1 can peaches	1 med. jar applesauce
1 can pears	1/3 c. red-hot cinnamon candies
1 can fruit cocktail	1/2 c. brown sugar
1 can pineapple chunks	
1/3 c. Minute Tapioca	

Layer in a 9x13-inch baking dish: the peaches, pears, fruit cocktail and pineapple. Sprinkle with tapioca. Heat the can of applesauce with the red-hot candies. Pour over fruit. Dot with brown sugar, butter and cherries. Heat at 350° for 20-30 minutes. Good with meat dishes in winter.

Jens Brunn, Conservation Officer, Onawa

Delicious Rum Bread Pudding

3/4 c. dark raisins	2 egg yolks
1/4 c. dark rum	1/2 c. white sugar
10-12 slices white bread	1 tsp. vanilla
3 c. milk	cinnamon to taste
4 eggs	

Combine raisins and rum in small saucepan. Place over low heat for 5 minutes. Preheat oven to 400°. Butter 2-quart dish. Cut bread slices in half and arrange in dish, alternating raisins between each layer of bread. Lightly beat all remaining ingredients and pour over bread in dish. Set dish in larger pan, fill pan with enough water so it comes halfway up on bread dish. Bake until firm, about 45 minutes.

SAUCE:

1 c. water	4 T. dark rum
2/3 c. sugar	1 T. cornstarch
1 stick butter	cinnamon to taste

Combine all ingredients in saucepan and whisk until mixture comes to boil. Serve warm.

*Bob Allen, Sportswear Mfg. Co.,
and wife Ruth, Des Moines*

Banana Split Dessert

12 graham crackers	bananas
4 T. butter, melted	1/2 gal. Neapolitan ice cream

SAUCE:

1 c. chocolate chips	2 c. powdered sugar
1/2 c. butter	1 1/2 c. evaporated milk
1 tsp. vanilla	

Crush the graham crackers and mix with melted butter. Press in the bottom of a 9x13-inch pan. Slice bananas and layer over graham cracker crust. Slice the Neapolitan ice cream and put over the bananas, try to fill all cracks with ice cream. Place this in the freezer while making the sauce.

Sauce: Place all sauce ingredients in a heavy pan and cook for 8 minutes, stirring constantly. Remove from heat and let the sauce cool completely. Pour over the ice cream and freeze.

Note: This makes a great summer cooler or a rich dessert all year around.

*Randy McPherran, Conservation Officer,
and wife Patty, Unionville*

Banana Split Dessert

CRUST:

1/4 c. margarine or butter 2 c. graham cracker crumbs

FILLING:

10 T. margarine or butter (1 stick + 2 T.)	2 sm. cans crushed pineapple (drained)
3 c. confectioner's sugar	3 c. whipped topping
2 eggs	1/2 c. chopped walnuts
1 tsp. vanilla	1/4 c. chopped maraschino cherries
2 sm. bananas, (dipped in lemon juice)	

Crust: Combine shortening and crumbs and pat into a 9x13-inch pan. Bake at 350° for 12 minutes. Cool and add filling.

Filling: In a bowl, mix margarine, sugar, eggs and vanilla with an electric mixer for 20 minutes at medium speed. Spread mixture on cooled crust. Slice bananas lengthwise into three pieces. Brush with lemon juice and place on crust. Spread over this an even layer of drained pineapple, then a layer of whipped topping. Sprinkle with chopped nuts and cherries. Chill several hours or overnight.

Terry Branstad, Governor, State of Iowa, Des Moines

Cherry Cheesecake

CRUST:

1 1/2 c. crushed graham crackers (about 20)	3 T. sugar
	1/3 c. melted margarine

FILLING:

8 oz. pkg. cream cheese	1 tsp. vanilla
1 c. powdered sugar	1 sm. ctn. whipped non- dairy topping

TOP:

21 oz. can cherry pie filling

Crust: Press into 9-inch pie plate. Bake at 350° for 10 minutes.

Filling: Cream filling ingredients: cream cheese, powdered sugar, vanilla and topping. Spoon into cooled graham cracker crust. Top with cherry pie filling.

*Candice Arp, wife of Conservation
Officer Dave Arp, Decorah*

How come that whatever the person at the next table orders, it always looks better than yours?

Karen's Cheesecake

FILLING:

8 oz. cream cheese	1/4 c. sugar (or to taste)
18 or 20 graham crackers	1 T. vanilla
3 eggs	1 stick butter
1 c. crushed pineapple	

TOPPING:

8 oz. sour cream	1 tsp. vanilla
2-3 T. sugar (to taste)	

Roll out graham cracker crumbs; melt butter; in bowl combine butter and crumbs, then press into pie pan. Bake in oven for 5 minutes. Next combine eggs, sugar, pineapple, cream cheese and vanilla. Then pour into bowl. **IMPORTANT!** Make sure the filling is very smooth, no lumps; to do this, I usually soften up the cream cheese, (by putting cream cheese into double boiler or bowl--metal, and a pot that is big enough to hold both water and the bowl, heating for a while, then whipping). This makes for better eating and swallowing. Pour the filling into the crust, making sure the filling is even on all the crust. Bake for 15 minutes or until the filling is solid, not hard! Just solid, like pudding. Then cool for about 5-10 minutes.

Topping: Combine sour cream, sugar and vanilla after you have let the filling cool, then pour the topping over the filling. Remember, wait until the filling is cool because there is nothing worse than melted topping. Sprinkle remaining crumbs over topping then refrigerate about 6 hours. For best results refrigerate for 24 hours. This dish can be eaten warm, if you like, but take my advice and cool it!

Karen Lee, IA Dept. Natural Resources, Des Moines

Aunt Amanda's Pumpkin Pie

1 1/2 c. pumpkin	1 tsp. cinnamon
1 1/2 c. milk (rich with cream)	1/2 tsp. ginger
1 c. sugar	1/2 tsp. nutmeg
1 tsp. salt	2 eggs

Mix all ingredients together. Bake in the oven at 425° for 15 minutes, then reset to 350° and bake for 45 minutes. Let cool! Serve with whipped cream topping.

*Richard L. Johnson, Conservation Officer,
Missouri Valley*

How do you get down from an elephant? You don't--you get down from a duck! (Get it? Duck down!)

Banana Bread

- | | |
|---|--|
| 2 very ripe med. bananas,
peeled & cut in 1-inch
pieces | 1/4 c. milk |
| 1/2 c. butter or margarine,
chilled & cut in 6 pieces | 2 tsp. lemon juice or
vinegar |
| 1 1/2 c. all-purpose flour | 1 tsp. baking soda |
| 3/4 c. sugar | 1/2 tsp. salt |
| 2 eggs | 1/2 c. chopped walnuts or
pecans (optional) |

Preheat oven to 350°. Position knife blade in bowl of food processor. Add bananas and butter; process until finely chopped, about 20 seconds. Add remaining ingredients. Process 10 seconds. Turn off and scrape down sides of bowl with rubber spatula. Add nuts, if desired. Process 2 or 3 seconds longer. Do not overprocess--this will make bread coarse. Turn into greased 9x5-inch loaf pan. Bake about 55-60 minutes, or until bread springs back when touched lightly in center. Cool before removing from pan.

Terrace Hill, Iowa Governor's Residence

Peaches & Cream Pie

- | | |
|-----------------------------|---|
| 18 lg. marshmallows | 1 c. whipping cream |
| 1/4 c. milk | 9-inch baked pastry shell
or a crumb crust |
| 6 or 8 sliced fresh peaches | |

Melt marshmallows in milk over low heat. Cool and add sliced peaches. Whip the cream and fold in. Pour into shell and chill 2 or more hours. Serves 6-8.

Jens Bruun, Conservation Officer, Onawa

Supreme Brownies

- | | |
|-------------------|------------------------------------|
| 1 stick margarine | 1 can Hershey's chocolate
syrup |
| 1 c. sugar | 1 c. flour |
| 4 eggs | |

Cream together margarine and sugar well. Beat eggs and syrup and flour. Mix all together and pour into greased and floured jelly roll pan. Bake at 350° for 25 minutes. Cool.

*Kathy Schlutz, wife of Conservation Officer,
Rick Schlutz, Clear Lake*

How come that people know a lot more when you try to *tell* them something, than when you *ask* them something?

Old-Fashioned Apple Dumplings

SYRUP:

2 c. sugar	1/4 tsp. nutmeg
2 c. water	1/4 c. margarine
1/4 tsp. cinnamon	

DOUGH:

2 c. flour	3/4 c. shortening
1 tsp. salt	1/2 c. milk
2 tsp. baking powder	

Heat all syrup ingredients to dissolve sugar. Use wooden spoon and work dough until it leaves sides of bowl. Roll 1/4-inch thick. Makes 8 squares, add apples in each square. Dot with butter, nutmeg and cinnamon. Pull up corners and pinch together. Grease baking pan, put 1-inch apart. Pour syrup over all. Bake at 375° for 35 minutes.

*Pauline H. Novotny, President of IA Div.
Izaak Walton League, Swisher*

Pineapple Cookies

1 1/2 c. sugar	3 1/2 c. flour
1 c. drained crushed pineapple	1 tsp. baking powder
1 c. shortening	1 tsp. baking soda
2 eggs	1/2 tsp. salt
	1 tsp. lemon extract

FROSTING:

1/2 stick melted margarine	1 1/4 c. powdered sugar
2 T. milk	1/4 tsp. lemon extract

Cream sugar and shortening. Add eggs, one at a time. Sift flour, baking powder, baking soda and salt together. Add 1/3 at a time. Add pineapple and lemon extract. Drop on greased cookie sheet. Bake at 375° for 10 minutes. When cool, frost.

*Gernie L. Speer, wife of Conservation Officer
Myron Speer, Davenport*

Thank God for dirty dishes,
They have a tale to tell.

While others may go hungry,
We are eating very well.

With home, health and happiness,
We shouldn't want to fuss.

By this stack of evidence,
God's been very good to us.

Pecan Log Roll

1 lb. powdered sugar	1 1/2 c. sugar
1/2 c. dry milk	1/2 c. dry milk
1/2 c. granulated sugar	1/3 c. dark syrup
1/2 c. white syrup	1/2 c. oleo
1/3 c. oleo	1/4 c. cold water
1 tsp. vanilla	1 c. pecan pieces

Mix in large bowl powdered sugar and 1/2 cup dry milk. Take granulated sugar, white syrup and oleo, mix in heavy pan and bring to high boil. Take off stove and add vanilla. Add mixture to powdered sugar-dry milk mixture slowly, cool to handle in 8x8-inch greased pan. Cook remaining sugar, dry milk, dark syrup, oleo and cold water to firm ball stage not hard ball stage. Put pecan pieces in another 8x8-inch greased pan. Pour caramel over nuts. Cut fondant in half and make a roll with greased hands, cut caramel in half as soon as it is cool enough to handle. Put 1 roll fondant over 1/2 section of caramel and bring caramel up over fondant roll, spreading it evenly over fondant roll. Repeat with second half of each. Makes 2 rolls.

*Shirley Beebe, wife of Conservation Officer,
Bill Beebe, Anamosa*

Chocolate Cake

1 c. egg whites (7 or 8)	1 1/2 tsp. baking soda
1/2 c. sifted unsweetened cocoa	1 tsp. salt
3/4 c. boiling water	1/2 c. salad oil
1 3/4 c. sifted cake flour	7 egg yolks
1 3/4 c. sugar	2 tsp. vanilla
	1/2 tsp. cream of tartar

In large electric mixer bowl let whites warm to room temperature--1 hour. Into cocoa in small bowl stir boiling water, until smooth; let cool 1/2 hour. Preheat oven to 325°. Sift flour with sugar, soda and salt in large bowl. Make a well in center. Pour in oil, yolks, vanilla and cocoa. With wooden spoon beat just until smooth. Sprinkle cream of tartar over whites. With mixer at high speed beat until very stiff peaks form, when beater is slowly raised. Do not underbeat. Pour batter over whites. With whisk and an under-and-over motion gently fold to combine. Turn into ungreased 10-inch tube pan. Bake 60-65 minutes until top springs back when pressed with finger. Invert over neck of bottle, cool 1 1/2 hours.

*Bill Beebe, Conservation Officer,
and wife Shirley, Anamosa*

How would you feel if you were a little duckling and you found your first pants were down? Oh, my.....

Easy Apple Cake

4 c. diced raw apples
2 c. sugar
1/2-1 c. nuts, chopped
2 c. flour

2 eggs beaten
2 tsp. baking soda
1/2 c. oil
2 tsp. vanilla

Mix apples, sugar and nuts together. Sift soda, flour together and mix with apples. Combine eggs, oil and vanilla. Add to apple-flour mixture. Bake at 350° for 40 minutes in 9x13-inch pan. Serve with whipped cream.

*Mrs. Rod Pickens, wife of Conservation Officer
Rod Pickens, Bloomfield*

There were the two city fellas who took up hunting. They'd read all about it in books, etc. and thought they were ready for the real thing. Motoring out in the "toolers" they stopped at a farmer's to get permission. He told them the best hunting would be back in his big woods, but cautioned them about getting lost. They assured him they know all about it and were off.

Towards the later part of the day, one became concerned and asked the other if he knew the way back. "I've been lost for hours. Let's sit down and send up a lost signal - you know - three shots in the air!"

So they did. No one came. They did it again. It was starting to get dark - three more in the air. Now the one was real worried. "What are we going to do?" Try three more," said the other. "I can't. I'm all out of arrows!"

Ole always says, "Ve might as vell eat and enjoy life....ve will never get out dis vorld alive anyway."

Lars asked Ole what he was going to have for supper. "Same ol' thing," said Ole. "Cold shoulder and hot tongue!"

Two Norwegians were talking in the park when a bird splattered one of them on the head. Eyeing the mess, the victim's companion offered to go get some toilet paper. "Von't do no good," said the messed up one, "by the time you get back, dat bird will be four miles away."

Easy Fresh Strawberry Pie

- | | |
|----------------------------|-------------------------|
| 1 qt. fresh strawberries | 9-inch pie crust, baked |
| 3 oz. box vanilla pudding | 1 box Dream Whip or 1/2 |
| 3 oz. box strawberry Jello | pint whipping cream |

Make pudding according to directions on the box. Add strawberry gelatin to cooked pudding; stir until completely dissolved and cooled. Add strawberries and mix. Pour into baked pastry shell. Refrigerate until firm. Frost with whipped cream, Dream Whip, or Cool Whip. Low calorie and great taste!

*Dave Elledge, Waters Enforcement-DNR,
and wife Connie, Colesburg*

Raspberry Cream Pie

- | | |
|---|--------------|
| 3 c. raspberries (fresh or
unsweetened frozen) | 1 c. sugar |
| 1 c. cream | 1/4 c. flour |

Line pie plate with crust. Mix sugar and flour, add cream, and mix again. Add raspberries. Place in a pie shell and cover with upper crust. Bake for 45 minutes in a 375° oven.

Deloris "Dee" Fee, Lansing

Black Walnut or Butternut Pie

- | | |
|------------------------|---------------------|
| 4 eggs, lightly beaten | 1 tsp. vanilla |
| 1 c. syrup | 1/4 tsp. salt |
| 3/4 c. sugar | 1 c. nutmeats |
| 2 T. melted butter | 1 unbaked pie shell |

PIE CRUST:

- | | |
|-----------------------------------|---------------------------------|
| 2 c. flour | 5 or more T. cold water |
| 1 c. shortening (I use
Crisco) | (Just enough to handle
well) |
| 1 tsp. salt | |

Beat eggs lightly, stir in sugar, then fold in syrup, melted butter, salt, and vanilla. Last add black walnuts or butternuts. Pour into unbaked pie shell. Bake for 1 hour in 325° oven. Delicious. When serving, top with Cool Whip.

Vivian Huffman, Rossville

Each time you turn the pages
looking for something to cook,
Fondly remember each person
who makes possible this book.

Black Walnut Chocolate Chip Cookies

1 c. shortening, part butter	1/4 tsp. salt
1/2 c. white sugar	1 tsp. vanilla
1/2 c. brown sugar	1 c. black walnut meats
1 egg	2 c. semi-sweet chocolate chips
2 c. flour	
1/4 tsp. soda	

Cream well the first four ingredients, gradually adding dry ingredients, then vanilla. Fold in 2 cups of semi-sweet chocolate chips and nutmeats. Drop by teaspoon on ungreased cookie sheets. Bake at 350° for 10-12 minutes. If you are not sure they are baked, press a cookie lightly with your finger to see if it is set and leaves no indentation.

Vivian Huffman, Rossville

Real Easy Raspberry Jam

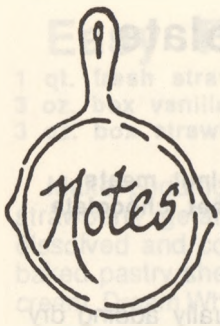
4 c. fresh picked raspberries, blackberries, strawberries, etc.	4 c. sugar
---	------------

Put all the berries in a saucepan. Put 2 cups sugar in with them and bring to a boil. Boil for 3 minutes, stirring occasionally. Add last two cups of sugar and boil for 4-5 minutes. Pour into a cake pan and let cool down, stirring it occasionally. Ladle into clean jars. Put lids on and put in the freezer. Put those jars way back in the freezer so the kids fish them all out before winter!

*Mary Henningsen, Daughter of Conservation Officer,
Gl Hoilien, Marne*

Planning to serve duck for dinner, a woman wrote a note to herself to take the duck out of the freezer and tacked the note to the refrigerator. It said, "Thaw duck." Later she returned to find a note from her husband scribbled below hers, "Thaw one, too."

Two Norwegians went with a pair of young ladies for a ride in the country. An hour later as Lars and Ole were trudging back to town on foot, Lars remarked, "Next time ve tell some girls to either cooperate or get out an walk, ve better make sure ve got our own car."



Black Walnut Chocolate Chip Cookies

1 c. shortening
 1/2 c. white sugar
 1/2 c. brown sugar
 1 egg
 1/2 c. flour
 1/4 c. cocoa
 1/4 c. salt
 1/4 c. vanilla
 1/4 c. egg whites

Cream with the first four ingredients, gradually
 ingredients, 1/2 c. vanilla. Fold in 2 cups of semi-sweet chocolate
 chips and nuts. Drop by teaspoon on ungreased cookie
 sheets. Bake at 350° for 10-12 minutes. If you are not sure they
 are baked, press a cookie lightly with your finger. If it is set
 and leaves no indentation, it is done.

1/2 c. flour
 1/4 c. salt
 1/4 c. vanilla
 1/4 c. egg whites

Real Easy Raspberry Jam

4 c. fresh picked raspberries
 4 c. sugar

Put all the berries in a saucepan. Put 2 cups sugar in with
 them and bring to a boil. Boil for 5 minutes, stirring occasionally.
 Add last two cups of sugar and boil for 4-5 minutes. Pour into
 clean jars. Put lids on and put in the freezer. Put those jars away
 back in the freezer. The jars will firm all over when frozen.

Mary Henningsen, Daughter of Conservation Officer
 GI Hoffman, 1000
 1000

Black Walnut or

Planning to serve duck for dinner, a woman wrote a
 note to herself to take the duck out of the freezer and
 tacked the note to the refrigerator. It said, "Throw
 duck." Later she returned to find a note from her
 husband scolded below the note: "The woman forgot to
 thaw." She was 250° in such a hot state. She pie baking into your
 Delicious Whip Cool with top.

Vivian Huffman, Reseville

Two Norwegians went with a pair of young ladies for
 a ride in the country. A dog followed them and
 tugging back to them. "I am remarked," Next
 time we tell some girls to their copartners get out an
 walk, vs better make sure we go out own car.

UPLAND
GAME BIRDS



The Ruffed Grouse

There is a feathered resident,
 We share the same environment.
He springs to flight at my approach,
 His territory I encroach.

And though he treats me with disdain,
 I'd rather have him wild than tame.
If I have my dog with me,
 He often lands in nearby tree.

That whirring flight gives me a thrill,
 He lands on other side of hill.
And many times I've been provoked,
 Between gun sight and him's a mighty oak.

My tractor pulling heavy load
 I've often stopped on woodland road
And watched them cross in single file -
 Then felt that stop was well worthwhile.

I've heard his drumming in the Spring;
 On fallen log his beating wings,
And in that sound some sonic factor
 Like antiquated John Deere tractor.

I know that drumming sound relates
 To his searching for a mate.
A nest is built in woodland glade
 And eighteen eggs are often laid.

We in northeast Iowa share
 Many things not found elsewhere,
And life for the sportsman's very pleasant
 With deer and trout and "timber pheasant".

Gerald Burke, lifetime Allamakee resident

Upland Game Birds

Dove Casserole

8 dove breasts	1 c. white wine
2/3 onion, minced	1 c. water
2 T. butter	2 c. whipping cream
garlic	1/2 tsp. salt
bay leaf	dash of black pepper
rosemary	2 tsp. bell pepper, minced

Cook butter, onion, garlic, bay leaf, rosemary and bell pepper in skillet until onion is clear. Add doves and sauté until brown. Add wine and water. Cover and simmer for 30 minutes. Remove dove and bay leaf. Strain pan juices into a 2-quart casserole dish. Add cream slowly while stirring. Add salt. Put doves in casserole dish; cover and heat to boiling. Serves 4.

Bob Mullen, Conservation Officer, Tama

Rotisserie Pheasant

1 pheasant	2 T. cooking oil
1 c. white wine	1 garlic clove, slivered
2 T. soy sauce	

Marinate pheasant in wine, soy sauce, cooking oil and garlic mixture for 8 hours. Turn bird often. Secure wings and legs to body with a heavy cord. Place on an electric rotisserie. Broil for one hour and 45 minutes. Serves 2.

Bob Mullen, Conservation Officer, Tama

Fried Pheasant or Quail

Debone pheasant or quail breast. For quail, flatten breast with a meat hammer and tenderize. Dip in beaten egg and roll in cracker crumbs. Fry in an iron skillet with oil. Quail is done when fork is inserted easily. For pheasant, cut breast into strips 3/8 to 1/2-inch thick before using a meat hammer. Cook same as for quail. Uncut pheasant breasts take longer to cook. Make sure you have plenty, as it's out of this world.

Bob Mullen, Conservation Officer, Tama

What did the little grape say when the elephant stepped on it? Nothing, it just let out a little whine.

Tender Quail

Cube quail breast. Flour and salt and pepper, to taste. Sauté onions and mushrooms in butter. Add quail and sauté for about 10 minutes or until done. Serve as an hors d'oeuvre, or on a bed of rice.

*Mike Boddicker, Iowa native,
pitcher for Baltimore Orioles*

Pheasant Breast

Remove two pheasant breasts from bone. Dip and cover with Bisquick. Place in a casserole dish. Cover with a mixture of 1 can cream of chicken soup and 1/2 cup of milk. Cover; bake in a 350° oven for about 1 1/2 hours. Serve over rice.

*Mike Boddicker, Iowa native,
pitcher for Baltimore Orioles*

Iowa Popcorn Turkey Dressing

2 c. bread crumbs	1/2 tsp. salt
2 tsp. butter	1 tsp. poultry seasoning
2 c. unpopped corn	1/2 c. chopped celery
1/2 tsp. pepper	2 c. milk

Mix all ingredients together and stuff a 12-pound turkey. Sew up the bird, and bake for approximately 5 hours at 350° or until the popcorn pops and blows the back end out of the turkey.

Anonymous

Golden Pheasant Nuggets

2 whole pheasant breasts, cut in 1" square pieces	1 c. water
2 eggs, beaten	1 1/2 tsp. salt
	4 tsp. sesame seeds
	1 c. flour

Mix together all ingredients but the pheasant breasts. Dip in batter. Deep-fat fry the pheasant at 375° for 3 to 5 minutes.

*Connie Purtilo, wife of Gary Purtilo,
Conservation Officer, Bellevue*

In a grocery store a cashier held up a small dairy carton and yelled to a co-worker, "How much is half and half?" Without a moment's hesitation the other cashier replied, "Whole."

Oven-Baked Pheasant

- | | |
|--------------------|--------------------------------------|
| 1 pheasant, cut up | 10 1/2 oz. can cream of chicken soup |
| 2 c. Rice Krispies | 1 1/2 cans of condensed milk |
| seasoned salt | |

Heat oven to 350°. Spray a 9x13-inch pan with Pam. Place pheasant in pan. Crush Rice Krispies over pheasant. Sprinkle with seasoned salt. Combine milk and soup. Pour over pheasant. Bake for at least one hour.

Note: Cream of mushroom soup can be substituted for cream of chicken soup, if desired.

Galen Heinkel, Conservation Officer, Hampton

Skillet Pheasant

- | | |
|---|---------------------------------------|
| 1 or 2 pheasants, cut up
(2 1/2-3 lb.) | 4 med. potatoes, peeled and quartered |
| flour | 4 carrots, scraped and cut in strips |
| 1 tsp. paprika | 4 sm. onions, quartered |
| 1/2 tsp. pepper | 10 1/2 oz. can cream of chicken soup |
| 1 tsp. salt | 1 c. chive sour cream soup |
| 1/2 stick of butter | |

Combine flour and seasoning in a bag. Add pheasant pieces one at a time, and shake to coat. Heat butter in a large skillet and brown bird. Add vegetables. Mix soup and sour cream dressing, and pour into skillet. Simmer approximately one hour, until pheasant and vegetables are done.

*Barb Rowley, wife of Conservation Officer
Keith Rowley, Fayette*

Broiled Quail

- | | |
|---------------------|-------------------|
| 8 quail, with skins | pepper |
| olive oil | 8 pieces of toast |
| seasoned salt | parsley sprigs |

Split quail in two. Place on a piece of oiled aluminum foil in the broiler. Brush with oil. Sprinkle on salt and pepper. Broil in a preheated broiler 4 inches from heat for 8 to 10 minutes. Serve on hot buttered toast. Add parsley sprigs.

Bob Mullen, Conservation Officer, Tama

Trying to keep an affair secret is like trying to sneak dawn past a rooster.

Barbecued Quail

8 quail	1/2 tsp. dry mustard
1/4 c. butter	Worcestershire sauce,
1/4 c. onion, chopped	to taste
1/4 c. green pepper, chopped	salt and pepper
1/4 c. water	softened butter
1/4 c. ketchup	hot rice, buttered
	parsley sprigs or greens

Split quail. To make sauce, fry onion and green pepper in butter in a frying pan over medium heat for 5 minutes. Add the rest of the ingredients and simmer for 10 minutes. Preheat oven to 450°. Butter a large baking dish. Arrange quail skin-side up. Brush butter on quail and spread some barbecue sauce on each quail piece. Place in oven for 25 minutes, basting the quail occasionally. Serve on hot buttered rice. Ladle pan juices over rice, and add parsley.

Bob Mullen, Conservation Officer, Tama

Garlic Quail

9 quail breasts	garlic powder
1 stick butter or margarine	

Melt butter in a skillet. Keeping butter on low to medium heat, add quail. Sprinkle liberally with garlic powder. Cook until desired tenderness is achieved. Average cooking time is 45 minutes. Quail may be served on a bed of rice. Serves 3 to 4.

*Vicky Nelson, wife of Dennis Nelson,
Conservation Officer, Van Meter*

Easy Dove

12 dove breasts	1 tsp. salt
1/3-1/2 c. water	1 tsp. pepper, or to taste
1 pkg. chicken gravy mix	1-2 T. margarine

Place dove breasts in a foil-lined 8-inch square pan. Sprinkle 1/3 to 1/2 cup of water over breasts. Sprinkle with gravy mix, salt and pepper. Dot with margarine. Seal foil tightly over pan. Bake at 350° for one hour. Serves 3 to 4.

Tom Kollings, Des Moines Register--outdoor writer

Demi-Glaze

Use clear stock suitable for consomme. Reduce it until slightly thick and "tacky".

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Quail with Mushrooms

Pick, draw and singe the birds. Wipe carefully, inside and out. Then bind each bird with a slice of bacon. Put birds into a buttered pan and baste occasionally while they are roasting. If they are large birds, they will require about half an hour to cook. When they are done, put them into the warmer for two minutes while you add a tablespoonful of butter, a little hot water, and the juice of half a lemon to the fat in the pan, stirring meanwhile to make a gravy. Serve the birds on toast with the gravy poured over them. Garnish with a wedge of lemon, currant or grape jelly, and on the same plate, serve mushrooms as follows:

Peel fresh mushrooms and cut the stems free. Put them in a dish with enough melted butter to make them all thoroughly shiny. Add salt and pepper rather generously. Leave for an hour and then broil on a grill in time to serve hot with the quail.

Duane Wilson, retired Conservation Officer, Eldora

Dove

8 dove breasts	1 tsp. salt
1/2 c. all-purpose flour	1/4 tsp. black pepper
2 chicken bouillon cubes	1/4 c. whole milk or canned cream
1 med. onion, sliced	

Salt and pepper dove. Flour and place in an oiled skillet at medium temperature. Turn to brown evenly. Remove dove and place on a paper towel. Pour excess oil from skillet. Add flour to remaining skillet drippings to make gravy, and stir. After paste begins to brown, add water to make desired thickness. Add chicken bouillon cubes to gravy. Put doves back in pan with gravy, and top with onion. Add milk and stir. Cover and cook over low heat for one hour. Serves 4.

Note: Unfortunately, you must shoot the doves in another state in season.

Bob Mullen, Conservation Officer, Tama

Gravy Brownings

1/2 c. sugar	5/8 c. water (approx.)
1 T. water	

Dissolve sugar slowly in 1 tablespoon of water. Boil quickly until it is a dark brown. Add a little water, and warm the mixture until caramel dissolves. Add enough water to make a thin syrup. Bring to a boil. Cool and bottle.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Cider Sauce

1 1/4 c. brown sauce
5/8 c. cider

1/2 bay leaf
1/2 clove
salt and pepper

Mix all and simmer the sauce to reduce size to the required thickness. Strain and serve the sauce with duck.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Demi-Glacé

1 1/4 c. Espagnole sauce
5/8 c. meat juices or stock

1 tsp. beef extract or meat
glaze

Boil the sauce and meat juices together until well-reduced. Skim off any fat before serving the sauce. Serve with poultry or game.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Basic Brown Sauce

1 sm. carrot, sliced
very thinly
1 onion, sliced very thinly
2 T. drippings

1/4 c. flour
2 1/2 c. brown stock
salt and pepper

Melt drippings and slowly fry onion and carrot until golden brown. Stir in the flour and cook slowly until brown. Stir in stock; simmer. Season and simmer again for half an hour. Cooking time: 40 minutes to 1 hour. You may add a little meat or gravy brownings to this, as it cooks.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Glaze for Meat Dishes or Meat Glaze

Strictly, you should reduce about 5 quarts of clear stock to about 5/8 cup by continued boiling, uncovered. It is cheaper and quicker to add enough gelatin to strong stock to set it, until almost firm.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Imagination is something that sits up with Dad and Mom the first time their teenager stays out late.

Port Wine Sauce

- | | |
|------------------------|--|
| 1 T. red currant jelly | 5/8 c. good mutton or
venison gravy |
| | 5 T. port wine |

Heat all the ingredients together until the jelly is melted. Serve with roast venison.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Madeira Sauce

- | | |
|---------------------------|---|
| 1 1/4 c. Demi-Glaze sauce | 1 tsp. meat glaze or
beef extract (opt.) |
| 5 T. madeira wine | salt and pepper |

Simmer the sauce and wine. Reduce quantity. Season to taste. Add the meat glaze (if used). Stir until dissolved. Strain and use as needed. Serve with meat, poultry and game.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Lon's Fried Quail

- | | |
|----------------------|-----------------|
| 3 or 4 cleaned quail | salt and pepper |
| 1 c. vinegar | 2 1/2 c. flour |
| 2 gal. cold water | |

Place cleaned quail in a solution of cold water and vinegar, in proportion directed. Let stand for several hours. Wash in cold water several times and dry thoroughly. Season with salt and pepper. Roll in the flour. Fry in deep, hot fat until well-browned on all sides. Add 1 cup of hot water slowly. Cover and simmer over low heat or until pan is "dry". Increase heat; cook until quail is crisp. Serves 2.

Lon Lindenberg, Conservation Officer, Bondurant

A friend of mine was giving an important dinner party for her husband's business associates. She put guest towels and soap in the bathroom, and not wanting her teenagers to use them first, attached warning notes that read: "Use these and I'll kill you." When the guests left after a successful evening, she went into the bathroom and found the towels and soap untouched--with her warning notes still on them.

Butter-Baked Pheasant

- | | |
|-----------------------------------|-----------------------|
| 1 stick of butter or
margarine | 1 c. water |
| 1 med. onion | salt and pepper |
| pheasant, cut up or
deboned | 1 c. flour (approx.) |
| | Lawry's seasoned salt |

In 9x9-inch baking dish, slice 1/2 stick of butter on the bottom of the pan. Slice and place a layer of onions over the butter. Season flour with salt and pepper, and flour the pheasant pieces. Arrange the pheasant pieces in the baking dish over the onions. I then season the meat with more salt and pepper, but feel free to try your own favorite seasonings. On top of the meat, place another layer of sliced onions and finish off the top with a layer of sliced butter. Pour 1 cup of water into a dish to partially cover the meat. Cook in a 250° to 275° oven for 4 to 5 hours.

Note: This recipe is also great with quail, squirrel or rabbit as well, and the liquid thickens with the onions to make a good gravy.

*Randy McPherron, Conservation Officer,
and wife Patty, Unionville*

Turkey Gobble-Ups

- | | |
|-----------------------------------|-----------------------------|
| 2 lg. avocados | 2 lg. tomatoes, sliced |
| 1/2 c. mayonnaise | 3 c. sliced or diced turkey |
| 1/2 med. onion, diced finely | butter |
| 6 English muffins | salt |
| 12 slices Monterey Jack
cheese | pepper |

Split muffins and butter them. Place on cookie sheet under a broiler to toast. Mash both avocados in a mixing bowl. Add mayonnaise and onion, salt and pepper, to taste. Spread avocado paste on each muffin half. Add a slice of tomato and diced or sliced turkey. Top with Monterey Jack cheese. Return to oven; set at 400° for 5 to 10 minutes. Turn to broil until cheese bubbles. Serve piping hot.

Variation: Add crisp, crumbled bacon on top of cheese.

Dan Mork, Conservation Officer, Milo

Children go through some fascinating stages. First they call you "Da Da". Then they call you "Daddy". Then they call you "Dad". Then they call you "collect".

Chestnut Stuffing

2 lb. chestnuts
5/8-1 1/4 c. stock
pinch of powdered
cinnamon

4 T. butter
1/2 tsp. sugar
salt and pepper, to taste

Slit the chestnuts and bake or boil them for 20 minutes. Remove shells and skins. Stew the chestnuts until tender in sufficient stock, enough to cover. Rub them through a fine wire sieve. Add the butter, cinnamon, sugar, salt and pepper, and sufficient stock to make a soft dough. Use for roast turkey; also good with chicken.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Mushroom Stuffing

4 oz. mushrooms
1 oz. bacon
1 T. butter

salt and pepper
2 1/2 c. bread crumbs
pinch of nutmeg
1 egg

Skin and chop the mushrooms (including stalks). Chop the bacon. Fry the bacon for a few minutes, then add the mushrooms and fry them very slowly for 5 minutes. Mix all ingredients together and season to taste. Use for pigeons and other small birds.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Apple and Walnut Stuffing

1 onion
1 T. butter
1 lg. sour apple
12 walnuts
3/8 c. pork sausage

1 1/4 c. bread crumbs
1/2 tsp. powdered herbs,
mixed
salt and pepper
milk, if needed

Finely chop the onion. Fry it in butter until soft and golden brown. Peel, core and chop the apple; peel and chop the walnuts. Mix all ingredients together and add a beaten egg, and as much milk as needed for moistness. Use for stuffing roast duck or goose.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

I read a T-shirt on an older gentleman that said, "I finally got it all together and now I forgot where I put it."

Liver Stuffing

- | | |
|--------------------------------|------------------------------|
| 1/2 lb. calf or chicken livers | 1/2 egg, beaten |
| 1/4 lb. bacon or pork sausage | 1/2 tsp. chopped fresh herbs |
| 1 very sm. onion | 1 tsp. chopped parsley |
| 2 T. butter | salt and pepper |
| | 1/4 tsp. garlic salt |

Cut the livers and bacon into 1/4-inch pieces. Chop the onion. Melt the butter. Cook the bacon, liver and onion in butter gently for 10 minutes. Chop them even more finely and add other ingredients. Use for poultry or game.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Nut Stuffing for Game Birds

- | | |
|---|-----------------------------|
| 5 c. toasted bread cubes or stale bread | 1 egg, beaten |
| 2/3 c. chopped onion | 2 c. chopped nuts, to toast |
| 2/3 c. celery, chopped with leaves | 1 c. chicken broth |
| 1/2 tsp. sage | 1/4 c. margarine |
| 1/2 tsp. thyme | 1 tsp. salt |
| | 1 tsp. chopped chives |

Sauté onions, celery and nuts until onions and celery are tender but not browned. Add remaining ingredients. Moisten with stock. Stuff fowl loosely and truss (bind tightly). Brush with butter and bake.

*G.I. Hoilien, Conservation Officer,
Harpers Ferry*

Pheasant, Wild Turkey or Chicken Spread

- | | |
|--|--------------------|
| 1 c. finely chopped, cooked meat | 1/2 c. mayonnaise |
| 8 3/4 oz. can crushed, drained pineapple | 1/4 tsp. salt |
| 1/3 c. finely chopped walnuts | 12 slices of bread |
| | lettuce |

Combine the first five ingredients. Spread mixture on 6 slices of bread. Cover with lettuce. Top with remaining bread. Makes 6 sandwiches.

*Betty Leigh, wife of Conservation Officer
Ralph Leigh, Marengo*

Apple and Rice Stuffing For Turkey

- | | |
|----------------------------------|--|
| 1 chicken stock cube | 1-1 1/4 c. mild cheese,
grated |
| 1 pt. water | 1 lb. cooking apples,
finely grated |
| 1 c. long grain rice | 2 c. fresh white bread
bread crumbs |
| 2 med. onions, finely
chopped | 1 egg |
| 6 oz. frozen peas | butter or margarine |
| salt and pepper | |

Dissolve the stock cube in 1 pint of water, and bring to a boil. Add the rice and onions. Simmer gently for 10 minutes, until all the stock has been absorbed. Stir in the peas and allow the mixture to cool. Season carefully. Mix the cheese and grated apple together. Add carefully to the rice. Sprinkle on the bread crumbs, and stir in. Add the egg to bind the mixture. (This quantity is enough mixture to make 7 or 9 forcemeat balls.) Bake the forcemeat balls separately in foil with butter or margarine to taste, for 20 minutes at 325°.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Pheasant Breasts with Grapes

- | | |
|--------------------|-----------------------------------|
| 4 pheasant breasts | 1 can cream of mushroom
soup |
| salt and pepper | 1 c. milk |
| 3 T. butter | 1 pt. sour cream |
| 3 T. olive oil | 1 1/2 c. green seedless
grapes |
| 1 onion, diced | ground pepper |

Season breasts lightly with salt and pepper. Roll lightly in flour. Brown well in butter and olive oil. Remove to a heavy baking dish. Sauté onion. Remove excess oil. Stir in soup and milk. Mix thoroughly and pour over pheasant in baking dish. Cover and bake at 250° for two hours. One-half hour before serving, turn oven to 200°. Mix some gravy with the sour cream. Spoon mixture over breasts. Rinse grapes and put over the gravy. Add ground pepper, to taste. Return to oven for the last half hour, uncovered. Serve with wild rice.

Bob Allen, Bob Allen Sportswear Mfg. Co., Des Moines

Rain was trouble enough when it contained only water.

Roast Partridge

Pick, draw and wash the birds. Wrap them with thin slices of bacon. Roast in a pan for 15 minutes in a 400° oven. Remove bacon; salt lightly. Place in oven to brown. Serve with pan gravy, or pour 1 cup of cream over the top. Sprinkle with bread crumbs, browned in butter.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Lazy Man's Pheasant

- | | |
|--------------------|------------------------------|
| 2 pheasant breasts | 1 pkg. Lipton onion soup mix |
| | 1 c. water |

Fillet the meat from pheasant breasts, and pound meat with a tenderizing hammer until fairly flat. Empty one package of Lipton Onion Soup in a skillet. Add one cup of water and bring to a boil. Reduce heat and simmer for two minutes. Place meat in liquid and bring to a boil. Cook approximately 2 to 3 minutes. Salt and pepper, to taste. Makes 4 servings.

Ron Sharr, Conservation Officer, Columbia

Pheasant -- All Drunk and Spunky

- | | |
|---------------------------|----------------------------------|
| 2 lg. pheasants | 1 c. apricot-pineapple preserves |
| salt and pepper, to taste | |
| 1 med. orange, quartered | 1/2 c. apricot brandy |
| 2 celery stalks, halved | 4 strips of bacon |

Stuff two pieces of orange and two pieces of celery into the cavity of birds. Tie legs to body with kitchen thread. Place in a large roasting pan. Heat broiler to 400°. Heat mixture carefully in saucepan until preserves are melted. Spoon some of the mixture over the pheasants to glaze. Place pan with birds in broiler for 7 to 10 minutes, until birds are beautifully browned. Remove and spoon additional sauce over the birds. Place two strips of bacon over each bird, and roast at 400° for half an hour. Reduce heat to 350° for 45 minutes, basting every 10 minutes with glaze. Remove and discard orange and celery, and serve.

Note: Five minutes before serving, you may pour one-third cup of brandy over birds.

Dan Mork, Conservation Officer, Milo

Birds of a feather flock to a newly washed car.

Pheasant en Crème

1 pheasant, quartered
 1 can condensed cream of
 chicken soup
 1/2 c. white cooking wine
 or apple cider

1 T. + 1 tsp.
 Worcestershire sauce
 1/3 c. chopped onion
 1 clove of garlic, minced
 3 oz. can sliced
 mushrooms, reserving
 liquid

Heat oven to 350°. Place pheasant in an ungreased baking pan, 9x9x2 inches. Mix all ingredients except paprika. Pour over pheasant. Bake uncovered for one hour, spooning off any excess fat, basting once with sauce in pan. Continue baking for another half hour. Add liquid from mushrooms if you wish to increase the amount of sauce.

J.A. Mertz, Conservation Officer, Knoxville

Cornbread Pheasant

2 whole, dressed pheasants
 2 1/2 c. crumbled cornbread
 1/2 c. cooked wild rice
 2 T. butter
 2 T. chopped onion
 1/3 c. sliced mushrooms
 2 T. chopped green pepper

1/2 tsp. salt
 dash of pepper
 dash of sage
 2 T. milk
 1 egg
 bacon strips

Place cornbread crumbs and wild rice in a mixing bowl. Melt butter; add onion, mushrooms and green pepper. Brown lightly. Add to cornbread mixture. Add salt, pepper, sage, milk and egg. Toss lightly until just combined. Stuff dressing lightly into body cavity of each pheasant. Place pheasants in a Dutch oven with two strips of bacon under each bird and two strips across the breast of each bird. Roast in a 325° oven for about 1 1/2 hours.

*Jerry Johnson, Decorah News--outdoor writer
 President of Winneshiek County Pheasants Forever*

Chestnut Hors d'oeuvre

chicken liver, halved
 bacon strips, halved

water chestnuts, halved
 4 T. brown sugar
 1/2 c. soy sauce

Wrap bacon around chicken liver and chestnut. Secure with a toothpick. Place in a shallow pan. Mix soy sauce and brown sugar together. Pour over liver, and marinate for at least four hours, turning every hour. Broil until done. Serve hot.

*Al Roemig, Conservation Officer,
 and wife Dee, Osage*

Flash Fried Pheasant

2 eggs	flour
2 c. milk	paprika
1 tsp. salt	Jane's Krazy salt
1 tsp. sugar	2-3 c. oil

Fillet the pheasant breast into 1/4-inch slices. Save the legs and thighs for soup, etc. Mix the eggs, milk, salt, sugar and 1 tablespoon of flour in a bowl, and soak the fillets for 10 minutes. Add paprika to 2 or 3 cups of flour until you get an orangish mixture. Then add Krazy salt in the mixture to taste. Press or flatten the fillets to 1/8 inch or less in the flour mixture. Flash fry in oil. (A Fry Baby works good.)

Note: One pheasant breast goes a long way using this recipe. A good recipe for northern Iowa.

Bill Fribley, Conservation Officer, Rock Rapids

Pheasant and Dressing

2 pheasants, deboned	12 oz. pkg. stuffing mix
1 lb. hamburger	2 cans of beef broth
1 med. onion, chopped	1/4 c. melted butter

Lightly brown hamburger and onion; drain. Add to the dry dressing mix. Also add the two cans of beef broth and melted butter. Mix this well in a roaster pan. Place pheasants into the roaster, covering the meat with dressing mixture. Preheat oven to 250°. Place roaster in oven for 2 1/2 hours. This will feed 4 to 6 people, depending on their appetite.

Note: I prefer to take the top off the roaster for the last 15 minutes. The dressing will brown a bit more that way.

Les Nieland, Conservation Officer, Mount Pleasant

Supreme Pheasant or Quail

pheasant or quail	4 oz. can of mushrooms or
flour	cream of mushroom soup
whole cream of Carnation	
milk	

Brown meat after flouring. Salt and pepper. Cover with whole cream or Carnation milk. Add mushrooms (if desired). Bake for 1 1/2 hours at 350°. Jens Bruun uses 1 can of cream of mushroom soup, diluted with 1/2 cup of water. Harold Carter insists on one can of undiluted cream of mushroom soup. Try 'em all!

*Rod Sllngs, Conservation/Recreation & Safety Officer,
and wife Pam, Winterset*

Jens Bruun, Conservation Officer, Onawa

Harold Carter, retired Conservation Officer, Humboldt

Old John Horton's Bird "per loo" or Southern Style Chicken and Rice

1 lg. chicken, pheasant or quail uncooked rice
2 or 3 hard-boiled eggs

Cut fowl in pieces as for frying. Cover well with water and cook slowly until meat is tender. Separate meat from bone. Add salt and pepper to taste. Add washed, uncooked rice. There should be 3 cups of liquid to every cup of uncooked rice. Cover; stir once and cook over low heat until rice is tender and has absorbed the liquid (20 to 25 minutes). Hard-boiled eggs may be cut into "per loo" when done.

Note: One cup of per loo is a serving.

John Horton, retired Conservation Officer, Florida

City Light Chicken or Pheasant Pilaf with Wild Rice

4 T. butter or margarine	1 lb. boneless chicken breast, cut in 1" cubes
1/2 c. chopped celery	4 T. butter
1/4 c. chopped onion	1 c. carrots, julienned
3 c. chicken broth, fresh or canned	1 c. celery, julienned
1 c. brown rice	1 c. leeks, julienned
1/2 c. wild rice, washed	4 T. raisins, soaked in water or white wine
1/4 c. fresh parsley	4 T. walnuts, chopped
1 T. (or less) thyme	3 oz. honey
1 tsp. sage	3 oz. soy sauce
3 c. pilaf (from preceding ingredients)	

Sauté celery and onion in butter until soft. Add rice and cook until rice is well-coated, about 2 minutes. Add broth, parsley, thyme and sage. Cover and simmer for 25 to 40 minutes until liquid is absorbed. Sauté chicken breast in butter until no longer pink. Add carrots, celery and leeks. Cook until tender but crisp, about 2 to 4 minutes. Add raisins, walnuts, rice pilaf, honey and soy sauce. Cook until hot and liquid is absorbed, about 2 to 4 minutes. Serve with a colorful fruit salad and hearty corn muffins.

Norma Refsal, Decorah

A bird in the hand is bad table manners.

Scalloped Wild Turkey or Pheasant

- | | |
|--------------------------------|---|
| 2 c. cooked turkey or pheasant | 4 hard-boiled eggs |
| 1/2 lb. Velveeta cheese | 1 can cream of mushroom soup |
| 1 pt. broth or milk | 1 can cream of celery soup |
| 1 sm. onion, chopped | 8 oz. can sliced water chestnuts (opt.) |
| 2 c. uncooked macaroni | salt and pepper |

Mix all ingredients together and refrigerate overnight in a 9x13-inch pan. Bake at 325° for 1 1/2 hours.

Note: This is an excellent way to use white meat which is otherwise dry.

Connie Robertson, Fairfield

Wild Turkey Paprika

- | | |
|---|--------------------------|
| 1-2 c. turkey meat or pheasant | salt and pepper to taste |
| 1-2 c. broth | 1-2 T. flour |
| 1/2 tsp. oregano | 5 carrots |
| 1 tsp. paprika, garlic (as you like it) | 1/2 green pepper |
| | 1 T. paprika |
| | 1/2 c. sour cream |

Coat the turkey in the flour and spice mixture. Brown in butter. Add broth (use bird carcass and bouillon cube to make a strong broth), carrots and another tablespoon paprika. Cook in a crock pot for 4-6 hours until tender. Add sour cream and green pepper. Simmer a few minutes, don't boil. Snatch a taste and add your favorite seasoning that I forgot. Serve over rice, noodles or dumplings.

Katie Hollien, daughter of Conservation Officer G.I. Hollen

Pheasant Deluxe

(Also Quail)

- | | |
|---------------------|-----------------|
| 1 c. chopped celery | 1/2 c. water |
| 1 c. chopped onion | 1 can mushrooms |
| 1 bay leaf | salt and pepper |
| 1 sliced orange | 1 pheasant |
| 1 c. Claret wine | |

Disjoint and bone 1 or 2 pheasants. Dredge in flour and brown in butter. Place in casserole, adding drippings. Combine above ingredients and pour over pheasants. Bake 1 1/2-2 hours at 350°. Serve over wild rice.

Deloris "Dee" Fee, Lansing

Pheasant & Rice

(Makes Pheasant Special!)

4 halves of pheasant breast	2.8 oz. can Durkee French
1/3 c. bottled Italian salad	fried onions
dressing	1 3/4 c. chicken bouillon
2/3 c. uncooked regular rice	1/2 tsp. Durkee Italian
16 oz. bag of frozen	seasoning
broccoll, carrots, water	
chestnuts & red pepper	
(comblination)	

Place pheasant breasts in 8x12-inch baking dish. Pour salad dressing over pheasant. Bake, uncovered, at 400° for 20 minutes. Then, place your rice, vegetables and 1/2 can of your French fried onions around and under your pheasant. Combine bouillon and Italian seasoning. Pour over the pheasant and vegetables. Bake uncovered 20 more minutes. Top with remaining onions; bake 5 minutes longer, covered this time. Let stand 5 minutes before serving.

*Dave Elledge, DNR Waters Enforcement and wife Connie,
Deputy Clerk of Court, Delaware County, Colesburg*

Then there was the time the Game Warden got several complaints about the ol' man who lived out in the marsh, shooting ducks before legal hours. Deciding he should finally catch the old boy, he got up way before dawn and drove out to the marsh. After hiding his car, he got on his hip boots, long eyes (binoculars) and his parka, as it had started to rain, and started wading out across the marsh. Stepping in a couple of muskrat runs and taking a little water over the top didn't improve his disposition as he arrived near the ol' man's cabin. But as he slid in behind a beaver hut he noted a light in the window. "Good. Looks like he's going out this morning."

Soon the door opened and the light shined out on the dark water as the ol' man stepped out. Looking out into the darkness he said, in a loud clear voice, "Warden, you just as well come in for a cup of coffee!" "Darn," thought the Warden as he stomped up on the porch and walked in. After the second cup, he couldn't take it anymore. "Tell me. How the #@!*(# did you know I was out there this morning?"

The ol' man looked at him, with a twinkle in his eye. "I didn't. I've been doin' that for 15 years. That's the first time I got an answer!"



VENISON

Maturing of a Hunter

I've observed lots of hunters over the past twenty some years. Some mature and some do not.

In the beginning it starts with a toy gun, with the sound effects furnished by the shooter. Bang-bang, ping, wham, cush, kew, or whatever sounds good to their ears and imagination. Sometimes a pointed stick or even a finger will prove amazingly accurate. Seldom is a shot missed, even from the back of a running stick horse.

Then comes the B-B gun and all its wonders, and with it comes learning to aim, sight, load, trigger pull, and the ability to hit something. The target can be a pail, a post, a tin can, or an actual bullseye paper target. But now they can **hit** something, maybe even **get** something - a frog or a sparrow?

As our gunner advances, it's a .22 single shot or .410, and his range and power have expanded along with (hopefully) his skills. Now he **can** get something, and it may not make any difference **what** it is, as long as he can get it and show off the proof of his skills. Someone has injected caution at this point. **Be sure of your target; watch your backstop; never point at anything you don't intend to shoot.** Now they're talking about different kinds of birds, seasons, limits, hours, kinds of guns and shells. Boy, there's a lot more to this thing than he thought. What about those birds?

Suddenly a strange thing is taking place...now our hunter is studying game, learning to identify it, where it lives, how it lives, all about its ways. Learning all sorts of things like: calling ducks, putting out decoys. There's a whole new world out there and he or she can't wait to get at it.

They have had some success and experience now and another strange thing is happening. Now the hunter wants to share. Making a good shot is much more fun if there's a friend with you to enjoy the thrill of the hunt, watching the birds, seeing the dogs work well, or just being outside in the fresh air.

As our individual matures he or she has to share or even teach another about this wondrous thing they have found and come to love. There's no greater thrill than watching the eyes of youngsters as the world of hunting unfolds before them.

Now the thrill of the kill has become secondary to the preparation and anticipation. Calling the ducks and seeing them swing your decoys and chatter back to you: it stands the hair up on the back of your neck even thinking about it. The thrill of the sound of a booming Tom Turkey in the spring thunders in our ears even in the dead of winter as we dream of past experiences. The whirring wings of a ring-necked pheasant or distant drumming of a ruffed grouse is a sound to hold **dearly** in the confines of your heart, as we anticipate times to come.

By this time, the kill is not important at all. Watching a son or daughter take their first bird is almost more than a heart can stand. The look and understanding surpasses any words I could write.

Now our hunter has matured. He or she has grown to the point that they care (to say the least) for wildlife, which has become a part of them. They will spend time, money, effort, and sometimes a lifetime making sure this thing they've found is not lost, but is there for future generations.

There's no magic formula for teaching this maturing business. I don't have a shot I can give you, or even a book for you to read. I'm not sure I'd give it to you anyway. After all, isn't this a part of life? Do you think the Good Lord gave us all the fish and wildlife just to eat? Think about it! It's part of life --- the good life.

I'm much more patient with the violators now because I know they are growing up.....maturing. That's a great thrill to me as I watch people mature. Perhaps I've helped in some small way.

Oh, yes, incidently....this business of maturing doesn't always match with age. I've seen mature hunters at 16 and juvenile hunters at 61.

Good hunting!

from Warden's Diary, Jerry Hoilien

Venison

Roast Venison

- | | |
|--|----------------|
| preferably a neck roast
or rump roast | garlic powder |
| 1 pkg. Lipton's onion soup | parsley flakes |
| salt and pepper to taste | sweet basil |

Wash and clean the meat. After seasoning the meat with all the ingredients, wrap tightly with heavy foil. Roast in a heavy pan for 2-3 hours in a 325° oven.

Galen Heinkel, Conservation Officer, Hampton

Great Venison Steaks

- | | |
|-----------------|--------------------|
| 1 1/2 lb. steak | 1 c. sliced onions |
| 1 T. mustard | 1 diced carrot |
| 1 T. cornstarch | 1 1/2 c. tomatoes |
| 1/2 tsp. salt | 1/4 tsp. pepper |

Nick edges of steak so it will not curl. Mix dry ingredients. Pound into both sides of the steak. Sear steak, cover with onions, carrots, tomatoes, and bake, covered, for 1 1/2 hours at 375°.

Galen Heinkel, Conservation Officer, Hampton

West Texas Fried Venison

- | | |
|---------------------------------|------------------------------------|
| 2 lbs. venison | 1 celery stalk, diced |
| 1/4 c. flour | 3 medium onions, sliced |
| 1 tsp. salt | 1 T. Worcestershire sauce |
| 1/2 tsp. fresh ground
pepper | 2 c. tomatoes (canned or
fresh) |
| 3 T. bacon fat | |

Cut venison into serving-size pieces. Mix flour, salt, and pepper; coat venison with mixture. Heat bacon fat in skillet and brown venison on both sides. Add celery and onions. Brown. Add Worcestershire sauce and tomatoes and cook in skillet, covered, for 1-2 hours, or until tender. Small quantities of basil, thyme, oregano, parsley, and cayenne may be added while cooking, if desired. Serve on a bed of boiled noodles. Makes about 4 servings.

Steve Schutte, Conservation Officer, Clear Lake

Breaded Venison Steaks in Wine

4-8 venison round steaks	4 T. cooking oil
1 egg, beaten	1 onion, chopped
1 c. cracker crumbs	1 can mushrooms, drained
1/2 c. flour	1 c. red wine
salt and pepper	

Dip steaks in egg and roll in mixture of cracker crumbs, flour, salt, and pepper. Brown steaks in oil and place in a baking dish. Cover with onion, mushrooms, and wine. Bake, covered, at 350° for 1 hour and 30 minutes.

Ron Draves, Conservation Officer, Marion

Barbecued Venison Meat Balls

1 1/2 lb. ground venison	1 tsp. salt
1 egg, slightly beaten	pepper to taste
1/2 c. bread crumbs	

SAUCE:

1 c. ketchup	2 T. vinegar
1 T. Worcestershire sauce	1/4 tsp. salt
2 T. brown sugar	Dash of pepper

Mix venison, egg, bread crumbs, salt, and pepper. Shape into 1-inch meat balls and place in a shallow baking dish. Mix sauce ingredients together and pour over meat balls. Refrigerate until ready to bake, even overnight. Bake at 350° for 1 hour and 15 minutes. Baste once or twice.

Bob Mullen, Conservation Officer, Tama

Venison Supreme

2 c. red cooking wine	1 onion, cut into 1/2-inch rings
6-8 (1/2-inch) sliced deer loins	

In a deep skillet or electric fry pan, begin simmering wine. Add meat and onion slices. Simmer until done, about an hour. If more tenderness is desired, simmer longer. Serve meat garnished with onion slices. Serves 2-3 people.

*Vicky Nelson, wife of
Conservation Officer Dennis Nelson, Van Meter*

Roast of Venison

The most important thing to remember when cooking venison is the temperature. Do not cook at a temperature above 300°. Takes a little longer, but preserves the flavor and juice.

Select the roast (a whole ham is ideal). Insert split garlic cloves at intervals on the top side. Place in roaster pan which can be covered tightly. Pour over approximately 1/2 cup vinegar followed by 1 cup Wesson oil. Sprinkle with celery seed, black pepper, and savory salt. Cover top of meat with slices of onion and place in oven. After the first hour of cooking, baste with a mixture of 1/2 cup Worcestershire sauce and 1/2 pound of oleo or butter, heated with about 1/2 cup juice from roaster pan. Recover and continue to cook to desired doneness. Venison is best cooked well done. A whole ham takes about 4 1/2 hours at 300°. About 40 minutes before done, place potatoes and carrots, if desired, around roast and continue cooking. A little basting with mixture of 1 tablespoon Kitchen Bouquet in some juice from the pan is also good at this time. If you prefer a brown, crisp outside, uncover for the last 15 or 20 minutes.

Small cuts, such as chopped ribs, odd pieces, etc. can be prepared this way, except sprinkle with garlic juice instead of inserting garlic cloves. These smaller pieces do not require as long to cook, but still should be cooked slowly to keep from drying. Tougher portions can be prepared with meat tenderizer prior to cooking. We will bet you will have something that will make you think twice before you give away all your kill next season.

Harold Carter, Retired Conservation Officer, Humboldt

Deer Loin

Tenderize with meat hammer. Cut in pieces about 1/2 inch thick. Tenderloin is plenty tender anyway, but this makes it almost melt in your mouth. Dredge pieces in flour and fry in skillet with butter; don't overcook or meat dries out. Serve over toast and have plenty; it is great. Brown meat in a pan prior to going into oven. Cut loin same as above. Preheat oven to 350° and place meat in a baking dish. Cover with mushroom soup, cover, and cook for 30-45 minutes. Place meat on toast and cover with mushroom soup from baking dish. Finger licking good!

Bob Mullen, Conservation Officer, Tama

A note left on the refrigerator after Thanksgiving from a weary Mom, "Pick on the turkey!", to which the recently retired father wrote, "Instead of me!"

Venison

- | | |
|---------------------|----------------------------|
| 1 c. rice | 1/4 tsp. garlic powder |
| 1 lb. venison steak | 1/8 tsp. salt |
| 2 T. soy sauce | 1 lb. med. fresh mushrooms |
| 2 T. sweet red wine | 4 green or 1 lg. onion |
| 2 tsp. cornstarch | 1 c. frozen peas, thawed |
| 1/4 tsp. ginger | |

Cut venison into 1/2-inch cubes. In a mixing bowl, mix venison, soy sauce, wine, cornstarch, ginger, salt, and garlic powder; set aside. Thinly slice mushrooms and onions. Cook in a 12-inch skillet over medium-high heat, stirring until mushrooms are tender, about 2 minutes. Remove mix to bowl. In the same skillet over high heat, cook venison mixture in 3 or more tablespoons of butter. Stir gently and frequently. Return mushroom mix to skillet, add peas, and heat. Prepare rice 30 minutes before serving. Serve with rice. Makes 4 servings.

Bob Mullen, Conservation Officer, Tama

Barbecued Deer Chops

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|------------------------|---------------------------|
| 2 lbs. deer chops | 2 T. brown sugar |
| 1 med. onion, chopped | 2 T. vinegar |
| 1/2 c. celery, chopped | 3 T. Worcestershire sauce |
| 2 T. butter | 1/4 c. lemon juice |
| 1 c. ketchup | salt and pepper |
| 1 c. water | |

Brown chops in skillet. Remove and put in a baking dish. Brown onions and celery in butter. Add remaining ingredients and cook slowly until flavors are well blended, about 15 minutes. Pour sauce over chops and bake at 350° for 1 1/2 hours.

Bob Mullen, Conservation Officer, Tama

Deer Chops

- | | |
|---------------------------|------------------------|
| 4-6 deer chops | juice of 1/2 lemon |
| 4 T. soy sauce | 4 T. wine vinegar |
| 2 T. vegetable oil | 1 crushed garlic clove |
| 2 T. Worcestershire sauce | |

Mix all seasonings together to form marinade for chops. Marinate chops overnight in the refrigerator, turning occasionally. Remove from the refrigerator an hour before cooking. Pan broil slowly in an electric skillet at 275°. Twice during broiling process, pour remaining marinade over chops.

*Betty Leigh, wife of
Conservation Officer Ralph Leigh, Marengo*

Marinated Iowa Chops

10 oz. bottle soy sauce 1 c. water
 1/2 c. brown sugar 1 T. dark molasses
 1 tsp. salt

RED SAUCE:

1/3 c. water 1/2 c. brown sugar
 14 oz. bottle ketchup 1 T. dry mustard
 12 oz. bottle chili sauce

Mix and bring to a boil; cool. Marinate chops in a covered container overnight (or longer if necessary). Drain chops and reboil the sauce. Put into containers and store in the refrigerator. It will keep for several weeks so that you might use it again. Bake chops in a covered pan or roaster for 2 hours at 325°-350°. Recipe should do 10-15 chops, depending on thickness of chops and type of container. After the two hours, remove chops from baking pan and dip into the red sauce. Put them back into the baking pan and bake for 30 more minutes in a 250° oven, or put on the grill for a few minutes.

Sauce: Combine ingredients and bring to a boil before dipping the chops.

Alice Simonson, wife of Retired Conservation Officer Wendell Simonson, Oxford

Wild Game Sausage

(Lean)

10 lbs. wild game meat (deer, antelope, moose, elk)	4 tsp. garlic powder
3 lbs. bacon ends (purchased from market)	2 tsp. sugar
10 tsp. salt	2 tsp. thyme
4 tsp. black pepper	5-7 tsp. red pepper (depends on how tough you are)
4 tsp. paprika	4 tsp. sage
	4 tsp. whole mustard seeds

Grind meat and bacon ends. Blend ingredients and make into patties and freeze for use.

Don Simonson, Conservation Officer, Burlington

My minister told me that at my age I should be giving some thought to what he called "the hereafter". I told him that I think about it many times a day. "That's very wise," he said. I explained that it's not a matter of wisdom. It's when I open a drawer or a closet and ask myself, "What am I here after?"

Jerky

- | | |
|--------------------------------|------------------------------|
| 1 bottle Wright's liquid smoke | 2 tsp. Lawry's seasoned salt |
| 1 tsp. Tabasco sauce | garlic to taste |
| 1 tsp. black pepper | |

Dip meat in sauce and lay slices out on a cookie sheet. Salt and let stand overnight. In the morning, bake in a slow oven at 200° for 2 hours. Turn after the first hour. Sprinkle with Lawry's seasoned salt when done.

*Mike Sells, Conservation Officer Supervisor,
Washington*

Jerky

(Beef or Venison)

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|---|--|
| 2-3 lbs. beef brisket
(or venison steak) | 1/2 tsp. garlic salt (or use
juice of 1 clove garlic,
mashed, plus 1/8 tsp.
salt) |
| 1/3 c. soy sauce | |
| 1/3 c. liquid smoke | 1/8 tsp. pepper |

Freeze meat until firm, but not solid to make slicing easier. Use a meat slicer (electric or hand cranked) or a sharp knife (my preference) to slice the meat with the grain as thinly as possible. Place strips in a shallow pan and marinate 1-2 hours in mixture of remaining ingredients. Drain. Place strips on racks over foil or cookie sheets in 150° oven and let bake 8-12 hours. The long time insures a dryer product that will keep longer. Let cool and store in plastic bags or airtight container in the refrigerator. May be kept without refrigeration at least 2 weeks. **Note:** May want to leave oven door slightly open to help drying process.

Steve Schutte, Conservation Officer, Clear Lake

Log Roll

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|-----------------------------------|----------------------------------|
| 1 large cream cheese,
softened | 2 T. diced onion |
| 1 pkg. dried beef,
cut fine | 1/2 tsp. Worcestershire
sauce |
| | 2 T. mayonnaisse |
| | 2-3 sprinkles garlic salt |

Mix all but 1/4 of the dried beef together and refrigerate for 1 hour. When making the log or ball, roll it in remaining 1/4 of the dried beef.

*Terri L. Simonson, wife of Conservation Officer
Don Simonson, Burlington*

Those who can, do.....Those who can't, write instructions.

Dried Beef or Deer

Brown salt like coffee and while hot, roll each piece of meat in it thoroughly. Pack in a crock and let it remain 5 days. Take out, wash well, and hang up to dry.

Larry Moore, Conservation Officer, Waterville

Swedish Meat Balls

2 lbs. ground beef (or venison)	1 egg
1 lb. ground pork	2 c. crushed rusks
2 c. milk	2 onions, finely chopped
	salt and pepper, as desired

Mix all ingredients together; fry and brown in skillet. Cook in a crock pot for 3 hours on low heat.

*Terri Simonson, wife of Conservation Officer
Don Simonson, Burlington*

Barbecued Spareribs

2 sheets lean spareribs	1/2 c. tomato purée
1 tsp. salt	3 pieces celery
1 tsp. black pepper	1 c. water
1 tsp. sugar	1 lg. onion, chopped fine
1/2 tsp. cayenne	2 cloves garlic
1 T. chili powder	1/2 green pepper
1 c. ketchup	juice of 1 lemon

Cut ribs into serving portions and place in a baking dish. Blend other ingredients and pour over ribs. Bake in a moderate oven for 1 hour, turning and basting often. **Note:** Came from singer Roy Acuff's Dunbar Cave Hotel, Clarksville, Tennessee.

*Mike Sells, Conservation Officer Supervisor,
Washington*

Ground Venison Steaks

3 lbs. ground deer	pepper (optional)
onion salt	

Shape 4 equal patties. Place on cookie sheet and flatten to desired thickness. Sprinkle on onion salt and pepper if desired. You may also wish to pour A-1 sauce or Worcestershire sauce on each steak. Bake in a 425° oven until done. Serves 4.

*Vicky Nelson, wife of Conservation Officer
Dennis Nelson, Van Meter*

A word to the wise is often enough to start an argument.

Barbecued Beef

(For Sandwiches)

4 lb. pot roast	2 T. brown sugar
1 can tomato soup	1/2 tsp. dry mustard
1 bottle ketchup	1 med. onion, chopped
1 c. water	1/2 c. chopped celery
2 T. lemon juice	4 bay leaves
2 T. Worcestershire sauce	salt and pepper, if desired

Cook meat long and slow until tender. Cool, remove fat and bone, and shred the meat. Skim fat from drippings and return meat to drippings in pan. Combine the ingredients and simmer for 1/2 hour. Add ingredients to meat and simmer for 1 hour. Eat on hamburger buns.

*Terri Simonson, wife of Conservation Officer
Don Simonson, Burlington*

Venison Patties

1 lb. venison	1/8 tsp. thyme
1/2 lb. chopped bacon	1/8 tsp. marjoram
1 sm. minced onion	1 egg
salt and pepper	bread crumbs
1/2 tsp. grated lemon peel	

Grind the venison and bacon. Add the remaining ingredients and mix together. Form into roll that is 3 inches in diameter. Cut into slices and fry.

Bob Mullen, Conservation Officer, Tama

Venison Burgers

2-3 lbs. venison (ground)	1/4 tsp. salt
1 lg. onion, chopped	1/4 tsp. pepper
1 T. Worcestershire sauce	2 T. brown sugar
16 oz. bottle barbecue sauce	

Brown the venison and add the rest of the ingredients. Simmer on low.

*Ed Lawrence, Conservation Officer,
and wife Kris, Clayton*

Cats have it all -- admiration and an endless sleep and company only when they want it.

Poor Man's Pot Roast

- | | |
|-----------------------|-------------------------|
| 1 pkg. of deer steaks | 1/2 onion |
| Approximately: | 1 can sliced mushrooms |
| 6 carrots | 1 can cream of mushroom |
| 3 potatoes | soup |
| 1 green pepper | |

Preheat oven to 375°. Place deer steaks along the bottom of a 2-quart casserole dish. Cut up carrots, potatoes, green pepper, and onion. Place on top of the meat. Cover with mushrooms and spread cream of mushroom soup (straight from the can) over the top. Cover dish and place in oven for 1-1 1/2 hours, or until meat is brown and vegetables are tender. Serves 2-4 people.

Randy Schnoebelen, Conservation Officer, Ventura

Venison Swiss Steak

- | | |
|-----------------------|--------------------------|
| 2 lbs. venison round | salt |
| steak, cut 3/4" thick | pepper |
| 1 med. onion, chopped | garlic salt |
| 1 sm. green pepper, | flour |
| chopped | bacon fat or cooking oil |
| 1 tsp. Worcestershire | |
| sauce | |

Salt, pepper, and dredge the steak in flour. If meat is tough, pound it with a meat mallet. Using bacon fat or cooking oil, sear meat well on both sides until the skillet is well coated with browned flour. You can add more flour to the meat if needed. When flour is well browned, add Worcestershire sauce and sprinkle with garlic salt, salt, and pepper. Add onion and green pepper with enough water to cover the meat. Simmer until the meat is tender, adding water if necessary to keep the gravy from drying out. Serve with mashed potatoes, broccoli, and hot biscuits.

*Richard L. Johnson, Conservation Officer,
Missouri Valley*

An old timer is a man who can remember way back when a union suit was something you wore, instead of something you filed against your employer.

*Our fortune is like muddy water.
Be patient, don't stir it, and it will clear.*

Venison Jerky

2 lb. venison	1 tsp. Accent
1 tsp. seasoned salt	1 tsp. onion powder
1/3 tsp. garlic powder	1/4 c. Worcestershire sauce
1/3 tsp. black pepper	1/4 c. soy sauce
1 tsp. liquid smoke	

Semi-freeze venison. Cut with the grain into 1/8"-1/4" thick slices. Combine seasonings and sauces. Place venison in sauce and marinate overnight in a tightly covered container in the refrigerator. Lay strips on oven racks with cookie sheet or foil beneath. Dry in a 150°-175° oven for about 4-5 hours, less for softer, or more for a drier jerky. Should be refrigerated.

Jim Wallace, Conservation Officer, Lake View

Wild Rice and Venison

1 lb. ground venison	1 c. sliced celery
1 1/2 c. cooked wild rice	1 c. sliced mushrooms
1 can cream of mushroom soup	1 c. water
1 can cream of celery soup	1 chopped onion
	3 T. soy sauce

Brown venison in skillet. Add the rest of the ingredients and mix well. Pour into a 2-quart casserole dish, cover, and bake in a 350° oven for 30 minutes. Uncover and bake for 30 more minutes.

Richard Bowman, Conservation Officer, Lake Mills

Deer Loin Diane

2 T. margarine	1/2 tsp. parsley flakes
1/2 c. thinly sliced mushrooms	2 T. margarine
1/2 tsp. garlic salt	1/2 lb. deer loin, whole or cut to 1/2" slices
1 tsp. lemon juice	1/3 c. chopped onion
1 tsp. Worcestershire sauce	

Melt 2 tablespoons margarine in a 1-quart saucepan; cook and stir mushrooms, onion, garlic salt, lemon juice, and Worcestershire sauce until the mushrooms are tender. Stir in parsley and keep sauce warm. You can adjust the amount of the sauce to your tastes. Melt 2 tablespoons margarine in a skillet and cook meat over medium-high heat. To serve, spoon mushroom sauce over the meat.

John A. Mertz, Conservation Officer, Knoxville

Corned Venison

- | | |
|---|--------------------------------------|
| 1 boned-rolled shoulder
of venison, rolled with a
piece of beef fat in it | 1/2 c. brown sugar |
| pickling salt, as needed | 1/4 c. Morton's Tender
Quick cure |
| 1 egg, in its shell (to test brine) | |

Find a non-corrosive bowl or kettle that will hold meat and brine at least 2 inches above meat (glass, stainless enamel, or crockery). Make sure container will fit in the refrigerator (the crisper drawer works well). To determine the quantity of the brine needed, enclose meat in a plastic bag, put in a container, and fill container with cold water. Remove bag with meat and stir salt into water, dissolving each addition before adding more, until an egg will float in the solution. Remove egg once it has served its purpose. Stir in brown sugar and Tender Quick. Pour into the pot and simmer for 15 minutes. Let cool completely and pour back into the container. Lower meat, minus the bag, into the brine and weight down with a plate (add more weight if necessary to keep the meat submerged). Set in the refrigerator and let cure for 2 weeks, turning every day or two. If you like spiced corned venison, after meat is cured, remove from brine and press 4 tablespoons mixed pickling spices into the outside of meat enclosed in the plastic bag and refrigerate for 3 days.

To Cook: Rinse the corned beef and place it in a roomy pot. Add water to cover by 2 inches. Cook the meat at a barely perceptible simmer, partly covered, until it is very tender when tested with a long fork, count on at least 3 hours. Turn the meat occasionally and add boiling water if needed to keep the meat covered. Let meat cool partially, uncovered, in the broth. Serve it warm or cool, drain, and refrigerate.

*Earl "Butch" Fullmer, Owner of
Red Cedar Inn, McGregor*

Venison Meat Loaf

- | | |
|-------------------------|--------------------------------|
| 1 lb. ground venison | 2/3 c. bread crumbs |
| 1/2 lb. pork sausage | 1 mashed garlic clove |
| 1 chopped onion | 2 T. chopped parsley |
| 1 chopped carrot | 2 tsp. Worcestershire
sauce |
| 2 chopped celery stalks | 1/2 chopped green pepper |
| salt and pepper | |
| 1 egg | |

Mix all ingredients. Mix 1/2 cup water and 1 1/2 cup tomatoes. Pour over meat loaf in roaster, cover, and cook about 3 hours at 325°.

Mike Ryan, Conservation Officer, New Sharon

Venison Patties in Milk Gravy

- | | |
|---------------------------|--------------------------|
| 1 1/2 lbs. ground venison | 1/8 tsp. ground nutmeg |
| 1/2 lb. ground pork | salt and pepper to taste |
| 1 T. poultry seasoning | |

Mix well and form into thick patties. Flour the outside and brown well in fat; remove to a plate. Reserve 3 tablespoons of fat in the skillet; add 3 tablespoons of flour and mix well, scraping up all the browned bits from the bottom of the skillet. Slowly add 1 1/2 cups cold water and 1 1/2 cups cold milk, stirring with a wire whisk or fork. Bring to a boil, stir until it thickens, and salt and pepper to taste. Place patties in gravy, turn heat down, and simmer, covered, for about 25 minutes. Serve with mashed potatoes.

*Earl "Butch" Fullmer, Owner of
Red Cedar Inn, McGregor*

Venison Spaghetti Sauce

- | | |
|--|-----------------------------------|
| 1 1/2 lbs. ground venison | 2 (12 oz.) cans tomato paste |
| 1/2 lb. ground pork | 2 T. dried basil, or 4 T. fresh |
| 3 cloves garlic, minced | 1 T. dried oregano, or 4 T. fresh |
| 2 T. olive oil | 2 T. dried parsley, or 4 T. fresh |
| 2 c. chopped onions | 2 T. sugar |
| 1 c. chopped pepper | salt and pepper to taste |
| 2 qts. home-canned tomatoes, 8 fresh tomatoes, peeled, seeded, and chopped, or 2 lg. cans tomatoes | |

In a 4-quart kettle, heat olive oil and add onion and pepper; sauté gently. Add minced garlic and meats; stir and brown meat until no red shows and it is crumbly. Add tomatoes, tomato paste, and 1 1/2 cups water. Add seasonings, turn down heat, and simmer for 3-4 hours, partially covered until quite thick. Serve over cooked spaghetti.

*Earl "Butch" Fullmer, Owner of
Red Cedar Inn, McGregor*

The only time it's not bad manners for a man to talk with his mouth full is when he's praising his wife's cooking.

Marinade Sauce for Venison, Elk, & Antelope

2 c. Worcestershire sauce	1 tsp. onion powder
2 c. soya	2 T. salt
1 tsp. garlic powder	2 T. pepper

Mix all ingredients thoroughly. Place meat in a cake pan and cover with marinade sauce. Refrigerate for 8-10 hours. Remove, drain, and cook over charcoal or oven broil. Game meat can also be sliced thin, marinated for 8-10 hours, placed on broiler pan in oven at 200° for 4 hours or until dry. Makes an excellent and quick jerky.

Larry J. Wilson, Director of IA DNR, Des Moines

Venison Salami

5 lbs. ground venison	7 tsp. Morton Tender Quick
3 tsp. garlic salt	4 tsp. coarse black pepper
4 tsp. mustard	2 tsp. liquid smoke

Mix all ingredients in a large pan. Divide into 3 equal parts and place in a double plastic bag. Seal tight, refrigerate for 3 days, and then form and roll by hand into size sticks you want. Place on broiler tray in the oven for eight hours at 150°.

Larry J. Wilson, Director of IA DNR, Des Moines

Mincemeat

4 lbs. cooked meat (beef or venison), ground	4 lbs. sugar
10 lbs. raw apples, chopped	3 pt. molasses
1 1/2 lbs. suet, ground	1 pt. cider or vinegar
2 lbs. currants, cooked (save juice)	1 qt. red cherries
4 lbs. raisins, cooked (save juice)	1 qt. meat liquor
	3 tsp. cloves
	3 tsp. nutmeg
	10 tsp. cinnamon
	1 T. salt and pepper

2 cups chopped meat= 1 pound
10 pounds apples= 1 gallon (approximately)
2 cups sugar= 1 pound

Mix well and add any kind of fruit juice as desired. This will keep for months in the refrigerator.

*Billie Downing, wife of Retired
Conservation Officer Burl Downing, Decorah*

There aren't enough crutches in the world for all the lame excuses.

Mincemeat

3 lbs. venison or beef, chopped	grated rind of 1/2 orange
1 1/2 lbs. beef suet, chopped	2 T. ground cinnamon
6 lbs. apples, chopped	1 T. ground cloves
3 lbs. seedless raisins	1 nutmeg, grated, or 1 T. ground
2 lbs. currants	3 lbs. brown sugar
1 lb. citron, chopped fine	1 qt. boiled cider
grated rind of 1/2 lemon	1 qt. molasses
	salt to taste

Cook all together slowly for 2 hours and seal in sterilized glass jars.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Potted Game

2 lbs. venison or other game	1/2 c. butter
1/4 c. port or a little stock or gravy	salt and pepper
	melted butter

Put the meat into a stewing jar with a close-fitting lid. Add the wine, if used, or a little stock, 1/2 cup butter, salt, and pepper. Cover jar with 2 or 3 layers of waxed paper or foil, press the lid down tightly, and cook in a cool oven (150°-170° or 300°-325°) for 2 hours. Drain well, mince very fine, and sieve, moistening gradually with gravy or process in an electric blender. Season to taste. Press into small pots and cover with butter.

*Lon Lindenberg, Conservation Officer,
and wife Sandy, Bondurant*

Venison Roast

(Oven)

slab venison (2" thick)	1 tsp. garlic
4 T. bacon fat	other spices, if desired
1/4 tsp. pepper	1 c. vinegar
1 T. celery, chopped	1 gallon water
1/2 c. flour	3-4 thick slices pork
1/2 tsp. salt	
1 T. onion, chopped	

Use vinegar water to wash meat very well, more than once. Flour and salt well and spice with spices above. Brown roast on top of stove in bacon grease. Place in roasting pan and pour about 1-1 1/2 cups water in the bottom. Place some thick slices of pork on top. Add onions and bake 3 hours at 325°.

*Sandy Lindenberg, wife of
Conservation Officer Lon Lindenberg, Bondurant*

Venison Roast

(Fried)

Yore man been havin' purty good luck a huntin' an' got sum deer meat a hangin' in th' smoke house? In this here recipe an' th' one followin' is sum mighty fine ways of fixin' deer meat.

slab of venison (2" thick)	1/2 c. flour
4 tsp. bacon fat	1/2 tsp. salt
1/4 tsp. pepper	1 T. onion, chopped
1 T. celery, chopped	2 c. boiling water

Lay venison on board and pound flour into it. Melt fat in a very large frying pan and brown roast on it. Add all of the seasoning and 1/2 of the water. Cover and let simmer for 55 minutes. Pour in the rest of the water and simmer until done to taste.

*Sandy Lindenberg, wife of
Conservation Officer, Lon Lindenberg, Bondurant*

Canned Deer Meat

Cube deer meat and put in quart jars. When jar is half full, add 1/2 teaspoon salt and some beef tallow. Finish filling jars and put 1/2 teaspoon salt on top and a few more pieces of beef tallow. If using a regular steamer, steam for 3 hours. If using a pressure cooker, cook for 90 minutes at 10 pounds of pressure. **Note:** Deer meat is great in stews, with noodles, or right out of the jar on toast. Cubed meat can be frozen for some time before canning. An average Iowa corn-fed deer will yield 2 quarts (actually 20 quarts is more like it.)

Bill Fribley, Conservation Officer, Rock Rapids

Canned Venison

deer meat

canning salt

Remove all fat and other membranes from deer meat. Cut into chunks and fill pint jars to within 1 inch of the top. Add 1/2 teaspoon of canning salt and fill jars to within 1 inch of the top with water. Tighten lids on the jars and pressure can at 10 pounds pressure for 90 minutes.

Lon Lindenberg, Conservation Officer, Bondurant

*We don't stop playing because we grow old.
We grow old because we stop playing.*

Canned Venison

(Or Other Big Game)

venison (or other big game) water
table salt

Trim all fat from meat and cut into 1 1/2-2-inch cubes. Pack into canning jars, leaving 1 inch of space at the top of the jar. Add 1/2 teaspoon table salt for pints, or 1 teaspoon for quarts. Add enough water to cover meat at least 1/2 inch. Pressure cook at 10 pounds for 1 1/4 hours for pints, or 1 1/2 hours for quarts.

Larry Ford, Conservation Officer

Stir-Fry Steak

(Lean Beef or Venison)

Cut steak into thin strips. Melt 2 tablespoons margarine in a non-stick skillet. Add steak and stir-fry until just beginning to brown. Sprinkle with soy sauce and continue to stir-fry just until the meat looks glazed. Serve immediately. **Note:** It's easier to cut steaks when slightly frozen.

Special Soy Sauce: Add 1 chopped Jalapeño pepper and 1 small clove of garlic to Kikkiman's soy sauce. Prepare 24 hours before using for best flavor.

Rod Pickens, Conservation Officer, Bloomfield

Meat 'n Cheese Crescents

1 lb. ground deer	2 (8 oz.) cans refrigerated
1/4 c. chopped onion	quick crescent rolls
3/4 c. barbecue sauce	2 tsp. toasted sesame
6 slices American cheese	seeds

Heat the oven to 375°. Brown ground deer and onion; drain. Stir in barbecue sauce; set aside. Unroll dough into 4 long rectangles on an ungreased cookie sheet. Overlap long sides and firmly press perforations and edges to seal. Pat to form a 15"x13" rectangle. Spread meat mixture, lengthwise, in a 4-inch wide strip down center of dough to within 1 inch of ends. Top meat mixture with cheese slices. Fold shorter sides of dough 1 inch over filling. Bring long sides of dough over filling, overlapping edges. Pinch edges to seal. Sprinkle with sesame seeds. Bake at 375° for 20-25 minutes, or until golden brown. Let stand 5 minutes before serving. Makes 6 servings.

Randy Edwards, Conservation Officer, Palo

Never let a difficulty stop you...

it may be the only sand on your track to prevent you from skidding.

Venison Roast

1 venison roast	1/2 c. red dinner wine or
1 lemon	1/2 c. cranberry juice
salt	cocktail
pepper	3 or 4 slices bacon
3/4 c. bouillon or consomme	

Wipe roast with a damp cloth. Squeeze out lemon over surface of roast. Sprinkle with salt and pepper. Combine bouillon and wine or juice. Place roast in a roasting pan. Heat in 500° oven for 5-10 minutes. Arrange bacon over meat. Roast, uncovered, for 30-40 minutes, basting frequently with bouillon mixture. Remove bacon when browned. Cover roast loosely with foil. Continue roasting until tender, allowing about 20 minutes per pound for medium done.

Rod Pickens, Conservation Officer, Bloomfield

Deer Chops

deer chops	cream of mushroom
lemon juice	soup
butter	

Brown the deer chops in butter and lemon juice (kills the game taste). Pour on a can of cream of mushroom soup. Let it simmer for 15-20 minutes. Serve! **Note:** Can do the same with pheasant or duck.

Aric Sloterdijk, Conservation Officer, Shellsburg

Venison Chateaubriand

This is the choicest most tender cut of deer and is often cut as filets. Ask your butcher to save your venison filet whole and try this for a treat. Marinate the meat overnight in a half a cup of soy sauce and lemon juice (mixed in equal parts). Grill over charcoal to desired degree. Brush with reserved marinade and season with black pepper and a little garlic. The soy sauce is salty enough, you won't need to salt. Serve with mushrooms that have been cooked on the grill on kebob sticks. Add a side of new potatoes or wild rice and you have a meal you won't forget.

*Katie Hollien, Daughter of Conservation Officer,
Gl Hollien, Denver, CO*

Anger is only one letter short of danger.

*People seldom improve when they have no model
but themselves to copy.*

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