

An e-book with a valuable message

RECIPES BY HUNTERS 2020

Everyone understands food, not everyone understands hunting



#VENISONWEDNESDAY E-BOOK 2020

Collected and designed by Mette Karin Petersen

#VENISONWEDNESDAY

A before, during & after

A concept with a valuable message

Year 2019 I got an idea. An idea about creating an online cook book with wild meat and publish a handfull of recipes during December to spread some Christmas joy. Last year a bunch of passionate hunters from all over the world contributed. This year we'll do it again, version 2020.

Many of us don't know where our meat comes from, except from the cooler in the supermarket. For that simple reason, that in a modern world you don't have to hunt your own meat. Thanks for that, because if everyone wants to eat wild meat it would probably no longer be wild. That's why I appreciate and admire the meat from the animals I've hunted much more than buying. I know it's free range, high animal welfare and leaving less carbon footprint compared to commercial meat industry. In addition I have butchered it all by myself, I know exactly how it ended up at my plate. The above is not the only reason why I hunt.

I hunt because of the unique wildlife moments I get when sitting an early morning with my rifle watching the sunrise. I hunt because of the fun times I have with my friends when I'm out hunting pheasants. I hunt for many reasons. I hunt because it completes who I am.

Concept #venisonwednesday had its first post 6th of February 2019 on Instagram. Since then hundreds of photos will be found searching for the hashtag. Hunters from all over the world have contributed for our weekly wild meat inspiration day. Hunting has a before, during and after. #venisonwednesday shows the after process of a hunt, the end of a hunt.

Hunting is not only about pulling the trigger, that's the message of #venisonwednesday.

Mette Karin Petersen // @jaegerinden



THANK YOU

Recipes by hunters for hunters

...and for everyone who loves to get inspired by wild meat recipes. This e-book is not a one-women project. It's a project that amazing people from all over the world has contributed to, two years in a row. Thank you.



Stephanie S. Alemanno



Matt Moss



Nikolaj Juel-Christiansen



Ilka Dorn



René Jantzen



Theis Wichmann-Astow



Nordica Outdoors



Nicklas Frimor



Fabian Grimm



David Carsten Pedersen



Mario Neufitou



Gordon P. Henriksen



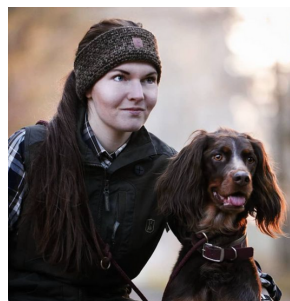
Fiona Hopkins



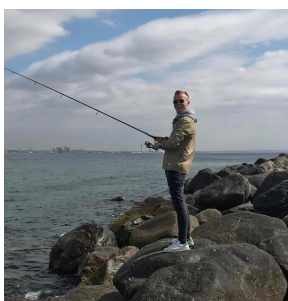
Julie Hey



Theresa Strump



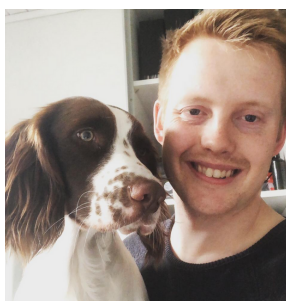
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Alison Brough



Robbin Vreestwijk



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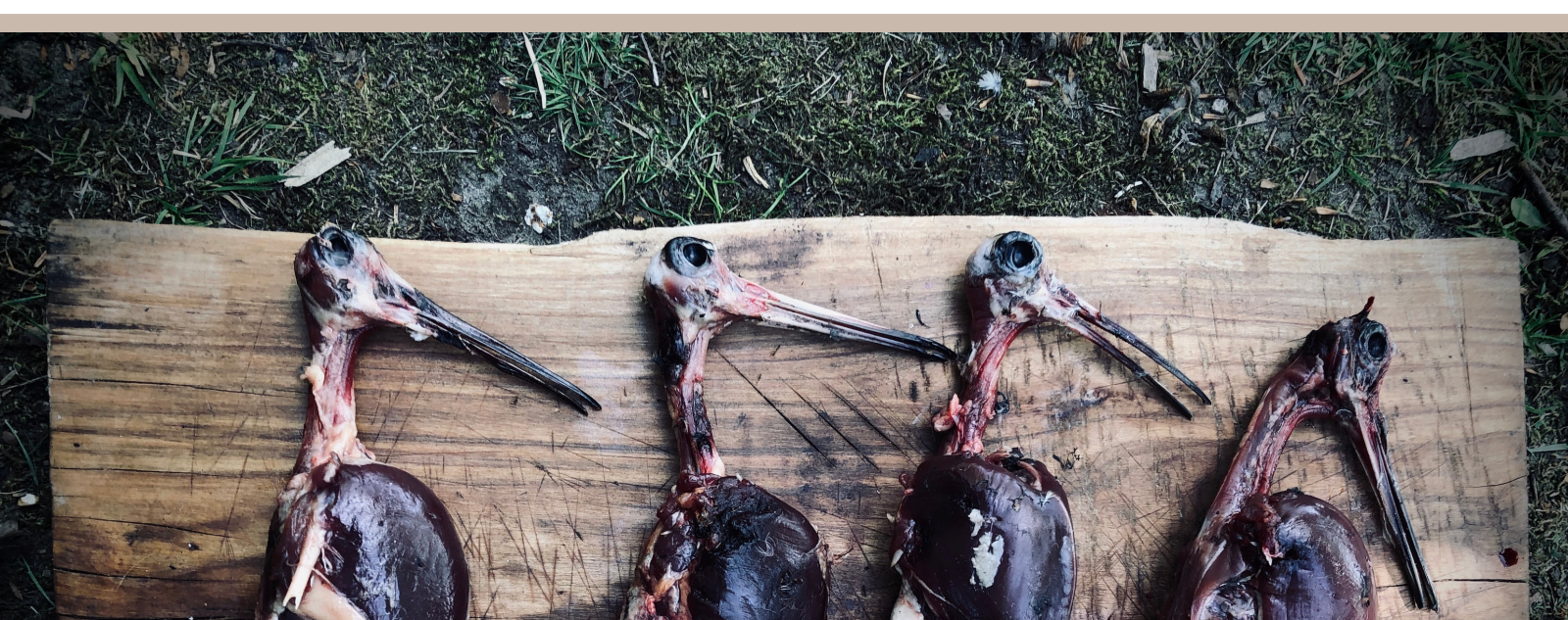
Mette Karin Petersen

Recipes by hunters 2020 ends up with 26 awesome people working together on making a free e-book with a total of 50 wild meat recipes. Thank you.

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WOODCOCK ON BONFIRE

by Michael Hjulmand Madsen

SERVINGS 4

Ingredients

- 4 woodcock
- 4 pieces bacon
- Butter
- 400 g. mushrooms
- 1 onion
- 1 garlic clove
- Fresh parsly
- Fresh thyme
- Toast bread
- Salt and pepper

Directions

1. Field dress the woodcocks, clean and rinse inside. Save liver and heart for later. Season with salt and pepper.
2. Add a piece of bacon on each of the woodcocks breast and use the beak to hold it tight by sticking the beat through the bird. Fry in butter.
3. Clean mushrooms and fry them on a pan with butter, onions, garlic and fresh parsley. Add hear and liver to the mushrooms just before serving.
4. Butter fry the toast bread and serve mushrooms on top and the woodcock on the side. Add fresh thyme on top.



CREAMY PHEASANT WITH BLUE CHEESE

by Lasse Gregersen

SERVINGS 4

Ingredients

- 4 pheasant breasts
- 1 onion
- 2 garlic cloves
- 1 lemon
- 250 g. mushrooms
- 300 ml. cream
- 50 g. blue cheese
- 400 g. fresh pasta
- Salt and pepper

Topping:

- 200 g. parma ham
- Fresh basil

Directions

1. Fry parma ham or bake in the oven until crispy. Set aside.
2. Chop onions and crush garlic. Heat a frying pan with oil and fry onions until golden and soften.
3. Cut pheasant breasts into strips, season with salt, pepper and lemon zest and fry together with the onions.
4. Clean and cut mushrooms and add to the pan. Add cream and cheese and bring it to boil, just shortly.
5. Serve with fresh pasta and top with crushed parma ham, fresh basil and a bit of lemon.
6. Cheers in a cold glass of Riesling.



PHEASANT TERRINE *by Nikolaj Fjel*

SERVINGS 4-6

Ingredients

- 1 pheasant
- 500 g. minced pork
- 75 ml. cognac
- 1 handful unsalted pistachios, roughly chopped
- 1 tbsp fresh sage
- 1 tbsp fresh thyme
- 1 glove garlic, finely chopped
- 20 finely sliced pancetta or bacon

Directions

1. Cut the legs of the pheasant. Debone the legs and remove the tendons. Chop the meat with a knife, as fine as possible. Transfer to a bowl with minced pork. Add half of the cognac and all of the garlic, sage, thyme and pistachios. Season with salt and pepper, mix.

2. Cut each pheasant breast into 3 strips, cut lengthwise. Season with salt and pepper, and fry on a heated frying pan in a bit of olive oil. When it's golden brown on all sides add rest of the cognac and set fire to it. Flambé the meat a couple of minutes until the flames has run out. set aside.

3. Take a terrine or a bread form and lay a big piece of clingfilm in the form, pressing it on to all sides. Make sure to have enough to close it in the end. Put pancetta in the form, side by side. Half of the pancetta slices should hang over the edges, to cover rest of the terrine for later. Turn oven on 160 degrees.

4. Add 1/3 of the meat mixture to the form and press it together with a fork, so all air holes disappears. Add 3 breast pieces lengthwise on top and add 1/3 more meat mixture on top. Press again and place last 3 breasts on top and add rest of the meat mix and press. Now fold the pancetta slices and close with clingfilm. Add the form to a baking tray with 3 cm. water and place in the oven for about 1 hour. Temperature should be 70 degrees.

5. Cut a piece of cardboard so it fits the terrine form. Cover it in foil. Place it on top of the terrine and add something heavy on top, so it gets pressured. Use e.g. some tomato cans. Set aside in the fridge for at least 24 hours before serving. Serve with a salad of fresh parsley, thinly sliced gherkins and pickled red onions, grilled bread and dijon mustard.



ROASTED STAG FILLET & KARL JOHAN SAUCE

by Jan-Åke Hansson

SERVINGS 4

Ingredients

- 1 stag fillet (500 g.)
- 4 garlic cloves
- A handful of fresh thyme
- Butter
- Rapseed oil
- Salt and freshly ground pepper
- 500 g. Karl Johan
- 2 shallots
- 2 tbsp butter
- 1,5 dl. beef stock
- 3 dl cream (40%)
- Maize flour
- Squeeze cognac and soya

Directions

1. Turn on the oven 175°C
2. Season the fillet all over with salt and freshly ground pepper
3. Crush the garlic cloves, but keep the skin on
4. On a high heat frying pan add butter and rapseed oil. When the pan is hot add the stag fillet and crushed garlic cloves to the pan. Add fresh thyme and fry until golden brown on all sides.
5. With a spoon make sure to once in a while pour some of the frying butter over the meat.
6. Transfer the fillet with garlic and thyme to a baking tray and set in the oven until it reach 56–58°C.
7. Let the meat rest before slicing and serving.

For the sauce, cut Karl Johan and shallots. Add to a put with butter and fry until softened. Add a squeeze of cognac and the beef stock. Add cream and keep whisking. Seasoning with soya, salt and pepper. Add maize flour to thicken the sauce. Finish with a bit of butter.

Serve with hasselback potatoes and a good salad.



SIKA SCOTCH EGG

by Alison Brough

SERVINGS 4

Ingredients

- 6 fresh eggs
- 500g minced venison
- 6 rashers of streaky bacon
- 2 sprigs thyme
- 1 sprig rosemary
- Salt and pepper to taste
- 100g flour
- 100g breadcrumbs
- 10g paprika
- 1L of vegetable oil

Directions

1. Place 4 eggs (cold from the fridge) into a pan of cold water. Bring to the boil and when the water just starts to boil, turn to a simmer and start cooking the egg for 5 minutes.
2. Cool the eggs under cold running water and carefully peel the shell, making sure not to break the egg.
3. Take the venison, streaky bacon, thyme and rosemary and mix all together through a grinder or medium coarse die.
4. Add the freshly ground pepper and salt and mix well. Split the venison mince into four equal portions and flatten out.
5. Place the egg into the centre of the flattened mince and fully cover and seal the egg in the venison mince.
6. Mix the paprika with the flour and dust each mince covered egg. Place into the beaten egg and cover and then place into the breadcrumbs and cover. Repeat the egg and breadcrumb stage. Heat a pan of vegetable oil to a medium temperature or 180 degrees for a deep fat fryer. Carefully drop each egg into the oil and cook for 3-4 minutes until the breadcrumbs are golden or the meat is cooked. Slice in half and serve.

This is a traditional Scottish snack with a twist. Works well as a starter or even better as 'Elvenses' on a cold shoot day.

You can also use quail eggs.



PATRIDGE BREAST WITH QUAIL EGGS & TRUFFLE

by Michael Hjulmand Madsen

SERVINGS 4

Ingredients

- 4 partridge breasts, cleaned
- Olive oil
- 4 cl. white wine
- 2 gloves garlic, finely chopped
- 1 handful fresh parsley
- 25 g. butter
- 4 quail eggs
- Truffle, grated
- Salt and pepper

Directions

1. Clean partridge breasts.
2. Finely chop fresh parsley and garlic
3. In a bowl, mix breasts, fresh parsley, garlic, olive oil, white wine, salt and pepper. Set aside in the fridge for 3 hours.
4. Melt butter on a frying pan and fry the breasts with the marinade for 3 min. on each side.
5. At the same time cook fried quail eggs.

Serve on a plate, start with fresh parsley, top with partridge breast, fried quail eggs and sprinkle some grated truffle on top.



ROASTED ROE DEER BACK LEG

by Frederik Lundberg & Gastromand

SERVINGS 4 - 6

Ingredients

- Roe deer back leg
- Garlic
- Fresh thyme
- Salt and pepper

Directions

1. Turn oven on 250 °C. Trim and clean the back leg. Remember to remove the silver skin.
2. Season the meat with salt and pepper. Roughly mash a handful of garlic with the end of a knife and cut into half. Put them on top of the meat and cover with fresh thyme.

3. Transfer roe deer back leg to a baking tray and set in the oven. Turn down to 120 °C. Use a thermometer, place it close to the bone. Cook until 60 °C – it takes about 1 – 1,5 hour.

4. Cover the back leg in foil. Due to low fat meat there will not be a crispy surface and therefore we can with no worries cover it. Let it rest for 30 min to let the juice spread out in the meat. It's very delicate meat so we have to be carefully so it won't get dry.

5. Tip for slicing: slice a big cut, close to the bone and from there slice some proper slices.

Serve with oven baked potatoes, cranberry compot, Karl Johan sauce and a classic Waldorf salad.

Recipes for the side dishes can be found on www.gastromand.dk (in danish).



FIRST WIGEON

by Gordon P. Henriksen

I had the pleasure of shooting my first wigeons this season with my new hunting buddy Jacob. Amazing mornings! The first dish I made with them was a simple salad with Asian inspiration.

Fact about the wigeon: it's a medium-sized duck with a round head and small bill. In flight birds show white bellies and males have a large white wing patch.




Recipe on next page



ASIAN SALAD

WITH WIGEON DUCK & FRIED SPRING ONIONS

by Gordon P. Henriksen

SERVINGS 4

Ingredients

- 4-6 wigeon breasts
- 1 portion of mixed green/purple leaf salad
- 1/4 cucumber
- 1 red chili
- Red cabbage slivers
- Fresh cilantro
- Fresh Thai basil
- 4 spring onions
- Flour
- Oil for frying
- Readymade hoisin sauce
- Juice from 1 lime
- 2 tbs. soy sauce or Ketjap Manis
- 2 tsp. honey
- 1 tbs. sweet Thai chili sauce
- 1 tbs. hoisin sauce

Directions

1. Start by marinating the breasts in the hoisin sauce. You can have fun and add more ingredients like ginger, garlic or coriander seeds to the marinade, but straight-up hoisin from the bottle is a great marinade for wild game and duck in particular.
2. Slice the spring onions in long thin strips. Roll them in flour and throw them in the deep fryer until they are golden brown. Place them on a paper towel to drain and crisp.
3. Mix your salad dressing, top the salad with sliced cucumber, chili rings, a few slivers of red cabbage, plucked cilantro and basil.
4. Time to fry the duck breasts. I like to keep duck fat from when I make cool confit de canard and use this for frying. Regular oil will do though. Give them a good sear on both sides so the inside is still nice and pink – but not raw. Let them rest for a couple minutes, then slice them and add the slices and the fried onion to top your salad. Add the dressing and serve with chop sticks if you are into that. Enjoy!



GULLASH OF ROE DEER

WITH MASHED POTATOES

by Nicklas Frimor

SERVINGS 4

Ingredients

- 1 roe deer front leg or roe deer neck

Cut into 2 x2 cm. pieces

- 3 sliced carrots
- 2 chopped onions
- 1 chopped globe of garlic
- 1 tsp paprika
- 1 pinch crushed cumin
- 1 can tomato puree (140 g.)
- 1 liter vegetable stock
- Butter
- Salt and pepper

Directions

1. Put butter in a pot. Add onions, garlic and carrots, roast for 2 min. Add the meat and brown well. Then add salt, pepper, paprika, tomato puree and crushed cumin.
2. Stir and then add the stock so it covers the meat.
3. Put on the lid and let it simmer for 2-3 hours.
4. Serve with mashed potatoes and sprinkle with fresh parsley on top.



WILDBOAR RACK

WITH LAMB'S LETTUCE ON POTATO DRESSING

by Ilka Dorn

SERVINGS 4

Ingredients

- 800g. wildboar racks
- Oil
- 400 g. lamb's lettuce
- 2 floury boiling large potatoes
- 250 ml hot broth
- 2 tbsp vinegar
- 4 tbsp oil
- 1 teaspoon mustard
- salt
- pepper
- sugar
- bacon cubes

Directions

1. Preheat the oven to 100 degrees Celsius. Clean the wild boar racks and sear them on both sides in hot oil. Season with salt and pepper. Take the wild boar racks out of the pan and put them in the oven at 100 degrees Celsius. Roast the racks gently until a core temperature of 65 degrees Celsius is reached.
2. Clean the lamb's lettuce. Then peel and boil the potatoes, press them through the potato press while they are still warm and mix with the broth to form a thick, smooth sauce. Stir in the vinegar and oil. Season to taste with mustard, salt, pepper and sugar.

Drizzle the salad with the dressing and serve with fried bacon cubes.



WILD BÁNH MÌ

by Mette Karin Petersen

SERVINGS 4

Ingredients

- Wild meat (this is back leg of a buck)
- 2 tbsp soy sauce
- 2 tbsp fish sauce
- 1 tbsp sesame oil
- 1 tbsp sugar
- 1/2 red onion
- 2 gloves of garlic
- Salt and freshly grounded pepper
- Carrot sticks
- Cucumber sticks
- Chili
- Fresh coriander
- baguette
- Mayo
- Spring onions
- Hoisin sauce
- Sriracha sauce

Directions

1. In a small bowl, whisk together soy sauce, fish sauce, sesame oil, sugar, chopped onion and garlic, salt and pepper. Add meat to a freezer bag or large bowl and pour the marinade on top. Marinate for a couple of hours in the fridge or overnight.
2. Chop cucumber and carrots into sticks and wash the fresh coriander. Make a spicy mayo out of chopped spring onions and mix together in a small bowl with mayo, Hoisin sauce and Sriracha Sauce.
4. Now that all the ingredients for the sandwich are ready, cook the meat. When the meat is cooked as you prefer, slice it up and build your sandwich with spicy mayo, cucumber, carrots and fresh coriander. Happy cooking & Bon appétit.



FILLED PASTA WITH PHEASANT

by Theis Wichmann-Astow

SERVINGS 4

Ingredients

- Meat from the legs of 3 pheasants or 1 whole big pheasant
- 150 g bacon 3 twigs of rosemary
- 8 tbsp of mascarpone

Fresh pasta:

- 300g tipo 00 flour
- 3 eggs
- A pinch of salt

Serve with a good chicken broth and fried rosemary like here, or just eat it with a good sprinkle of grated parmesan on top.

Directions

1. Mix flour, eggs and salt in a foodprocessor to it sticks good together. Then form it into a flat ball, and put it in a bag in the refrigerator.
2. Chop the meat, bacon and rosemary finely.
3. Put the meat, bacon and rosemary on a hot pan with a little oil. When the meat is cooked then take it off the heat, and mix in the mascarpone. Season it with salt and pepper to the right taste.
4. Now you have to take the pasta dough out of the refrigerator, and onto a table with flour on. The dough needs to be rolled out to about 3mm.
5. When the dough is rolled out, you have to cut out circles of the dough in about 5cm diameter. You now take the meat filling and place 1 tbsp in the middle of the circle and fold it together. And then you just repeat that, until there is no more dough or meat.
6. Boil the pasta in salted water in about 3-4 minutes.



WILD SUSHI

by Jannik Hennefarth

SERVINGS 4-6

Ingredients

- 500 g. sushi rice
- 6-8 tbsp rice vinegar
- 2 tsp salt
- 2 tsp. sugar

California Rolls (sous vide topping):

- Nori leaf
- Cream cheese
- Soya sauce
- Sesame (white & black)
- Cucumber
- Lemon grass paste
- Venison fillet strips
- Nut from the wild boar leg
- Sugar
- Avocado
- Ginger
- Wasabi
- Coriander

Directions

First, the rice:

1. In a pot:

a. Wash the rice until no more starch clouds the water - then drain. Add water in the ratio 1:1,5 and allow to swell. On low heat cook with lid on until all water is absorbed. After cooking let the rice rest in a bowl covered by a tea towel.

2. Bring the rice vinegar to boil with salt and sugar. Pour the rice vinegar mix over the rice, mix it around and let it rest until room temperature.

Time to roll:

1. Cover the nori leaf with rice and press it thinly, then turn it over so that the rice side is facing down. Crown the algae leaf with delicacies as you like, here they were venison fillet strips, avocado, thin scrambled rice strips, wasabi, cream cheese and cucumber. Roll and press on, then roll in white-black sesame.

May it be something more?

1. Topping: boil soya sauce with lemon grass paste, sugar and ginger until the sauce is thick, set aside.
2. The Topping: Cut the Sous Vide cooked wild boar nut thinly, flatten it a little and lay it on the roll over the whole width.
3. Sprinkle with sugar and flambé. Spread topping sauce and finely copped coriander on top.



GLASS NOODLE SALAD WITH MINCED VENISON

by Marie Dahm

SERVINGS 4

Ingredients

- 300g glass noodles
- 500g minced venison
- 2-4 cloves of garlic
- roughly 3 cm of ginger
- 80g unsalted peanuts
- 2 carrots
- 2 handfuls of sugar snap peas
- 2-3 celery stalks
- 1 red chilli
- 1 bunch of coriander (also works without it)
- 4 limes
- 6 tbsp soy sauce
- 2 tbsp oyster sauce (alternatively soy sauce)
- 4 tbsp sesame oil
- little bit of vegetable oil (preferably sesame oil) for frying
- 4 tbsp brown sugar
- optional: sesame seeds

Directions

1. Cook glass noodles as per instructions and rinse in cold water, drain well, cut a little shorter, and place in a salad bowl.
2. Finely chop and carefully fry ginger and garlic in a little bit of oil, add the minced venison and fry until cooked through and slightly browned. Season with salt and pepper; put aside
3. Peel the carrots and cut into fine pieces, wash the sugar snap peas, wash and cut the celery into pieces. First fry the carrots, then add sugar snap peas and celery sticks into the wok so that everything remains crisp. Add chopped chilli and fry for one minute; put aside.
4. For the dressing: mix the juice of three limes, soy sauce, oyster sauce, sesame oil, and brown sugar; heat gently on the stove or in the microwave to dissolve the sugar. Put aside
5. Roughly chop the peanuts and coriander leaves (put a few aside for decoration), add with dressing and vegetables to the glass noodles. Mix gently together
6. Plate glass noodle salad, add the minced meat mixture, quarter the fourth lime, and arrange on the plate. Decorate with a little coriander and a little sesame if you like.

*It is best to use a wok – normal pan works just as well.
You can also use any other minced venison or game.*

GUTEN APPETIT!



PHEASANT CARBONARA

by Alison Brough

SERVINGS 6

Ingredients

- 300g dried linguini
- 50g butter
- 1 clove garlic
- 100g smoked bacon lardons
- 4 pheasant breasts cut into strips
- ½ glass of white wine
- 150ml double cream
- 100g parmesan
- 2 egg yolks
- Salt + pepper
- Parsley

Directions

1. Start by cooking the pasta in a pan of salted boiling water.
2. Melt the butter in a frying pan. Add garlic, bacon lardons and pheasant strips.
3. Cook for 5 minutes on a medium heat and then add wine.
4. Let the wine reduce on a high heat and then add the cream.
5. Reduce the cream by a 1/3 and then turn off the heat.
6. Drain the pasta and mix it into the frying pan.
7. Add parmesan and egg yolks.
8. Stir quickly, season and add parsley.

This is my favourite recipe to make for friends that have not tried game before.



NIERBROODJES

ALSO CALLED KIDNEY SANDWICH

by Robbin Vreeswijk

SERVINGS 6

Ingredients

- 2 roe deer kidneys
- 1 roe deer heart
- Fresh herbs
- 50 g. butter
- 60 g. wheat flour
- 400 cl of stock
- 1 egg yolk
- 1 gelatine leaf
- 1 tbsp chervil
- Few slices white bread
- Salt and pepper
- Wheat flour, egg, panko for panade

Directions

1. We use both kidneys and the heart, cut them in half and wash them with lots of cold water. Then we poche them with herbs and salt for 5 minutes.
2. Cut them in a fine brunoise. Then we make a salpicon. Melt 50 gram of butter in a pan and heat it up till it almost starts browning. Then you add 60 gram of flower to it and stir till it binds. Lower the fire and add 400 cl of stock. Keep stirring till the mass binds nicely. Add one Egg yolk and a gelatine leaf to it and stir.
3. Now add the brunoise of organ meats and a tablespoon of chopped chervil. Season it nice and spicy with salt and black pepper. Let it cool fit one night in the fridge. Next day take a few slices of white bread, take the crusts off and put a nice layer of the salpicon on them.
4. Panade them with flower, egg and panko or breadcrumbs. Then let them rest and cool in the fridge for at least two hours and after that you can fry them in a frying pan at 180degrees celcius untill thy have a nice golden colour. I prefer to serve a dark beer like a stout with them.

As a hunting chef i always pitty the loss of organ meats in the hunting scenes i come usually. Therefore i created a recipie with them based on an ancient recipie from the Dutch capitol Amsterdam. They are called "nierbroodjes".



MY FIRST FALLOW BUCK

by Mette Karin Petersen

The difference of hunting a male or a female

The hunting season 2019 gave me my first fallow fawn. 2020 gave me my first fallow buck. In both situations I was over the moon, because fallow deer meat is not something I usually have in my freezer – until now. I don't mind if the animals I hunt has antlers or not, as long as the experience is challenging.

The similarities of hunting a male or a female deer is, that you get some delicious, free range and healthy meat, killed in an ethical way. Often while they are eating grass or passing the field slowly. In most situations the deers falls down in one shot and die straight away. There's no stress due to transport involved.

The difference from hunting a male or a female is, that you often get a memory for your wall, if it's a male. Yes, this is for me not what matters, but I would lie if I didn't say that this is a cool memorabilia to have at home.

Looking at that mount will always bring back memories.

Mette Karin Petersen // @jaegerinden_



Recipe on next page



THE PERFECT VENISON STEAK

by Mette Karin Petersen

Directions

I think we should dedicate one page to tips for the perfectly juicy Venison steak with a gorgeous crust. Try it out!

1. Tempering your steak to room temperature 45 min. before cooking.
2. Season your steaks with salt and pepper – and be generous. The seasoning also helps to give that crust we're looking for. Give a little sprinkle of olive oil and rub it in.
3. I prefer to fry my steaks in a mix of olive oil and butter. Heat a frying pan on high heat. It should be very hot! If you fry in butter, the pan is ready when it starts bubbling and turns into a brown colour.
4. Start frying on the fat side (if there is one) for about 1 min. until it gets a crust. Cooking time depends on the thickness of your steak, but I usually give it about 2 min. on each side (after frying the fat).
5. Keep the taste, tenderness and juice – let it rest. Let it rest for about 5 min. either on a rack or on a cutting board. This step is very important, to secure a perfectly juicy steak.
6. Slice and serve with your favorite addings.

Happy cooking & bon appétit!



VENISON CABBAGE ROLLS

by Rene Jantzen

SERVINGS 4

Ingredients

- 200 g. mixed mushrooms
- 1 tbsp. butter for frying
- 500 g. minced venison
- Cumin
- Salt and pepper
- 1 egg
- 1 dl. milk
- 1 liter vegetable stock
- 1 dl. bread crumbs
- 1 onion
- 2 cloves garlic
- 1 cabbage
- 1 dl. cream
- 1 handful fresh parsley

Directions

1. Clean mushrooms, slice and fry them in butter on a medium heat frying pan until golden.
2. In a bowl, mix mushrooms with venison, salt, pepper, cumin, egg, milk, bread crumbs, chopped onions and garlic. Set aside in the fridge for 30 min.
3. Turn on the oven at 180 degrees.
4. In a pot bring vegetable stock to boil. Arrow apart 10 cabbage leaves. Steam leaves for 3 minutes, until softened. Dry them carefully in a kitchen towel. Set aside the pot with stock, safe it for later.
5. Spread the meat mix on the leaves and fold them tightly, you can use meat cord.
6. Transfer the 10 venison cabbage rolls to a tray and add 3 dl vegetable stock and 1 dl cream into the tray.
7. Bake in the oven for 30 min.

Serve with a creamy celery puree or mashed potatoes.



ROE DEER BLANQUETTE

by Fiona Hopkins

SERVINGS 4

Ingredients

- 1 kg. roe deer, cut into pieces
- 1 chicken stock cube
- 1 vegetable stock cube
- 2 tbsp of cornstarch (or flour)
- 4 carrots
- 1 yellow onion
- 100 g. mushrooms, sliced
- 25 cl white wine
- 20 cl of fresh cream
- 1 egg yolk
- Salt and pepper

Directions

1. Clean and trim roe deer and cut into 3 cm cubes. Remember to remove silver skin.
2. Slice carrots, mushrooms and onions.
3. Melt butter in a cast-iron casserole, brown venison in it for 3–4 min. Add 2 tbsp of cornstarch (or flour) on venison and mix it.
4. Add 2 glasses of water, stock cubes and white wine and mix it all together. Add the sliced carrots, onion and mushrooms.
5. Cover and cook over low heat for about 1.30–2 hours. Once in a while stir around.
6. At the end of the cooking process, mix the egg yolk with 20 cl. fresh cream in a bowl. Stir in the pot with venison.
7. Serve hot and bon appétit!



CHRISTMAS ORANGE DUCK

by Mette Karin Petersen

SERVINGS 4

Ingredients

- 2 wild ducks (this is mallard)
- 2 tbsp. butter
- 1 apple
- 2 white onions
- 2 orange
- 2 carrots
- 1 handful apricots
- Fresh rosemary
- Fresh thyme
- Salt and freshly ground pepper

Directions

1. Turn oven on 200°C. Clean and trim the ducks. Slice apple, onions, carrots, apricots and orange. Fill the ducks with all of the above, except from onions. There should be some leftovers of apple, carrots, apricots and orange - transfer that to a baking tray.
2. On a high heat frying pan add butter, fresh thyme and fresh rosemary. When it starts bobbling fry the wild ducks until browned all over. It takes about 3-4 min.
3. Transfer to the tray and set in the oven for 15-20 min. wild ducks should be rose colored inside. Oven time depends on size of the duck. Fry thermometer 65°C.
4. After the oven, let the wild ducks rest for 8-10 min. before slice and serve.

I would serve with a creamy duck sauce, sugar browned potatoes and a crispy kale salad full of Christmas flavor. Happy Christmas & happy cooking!



RED DEER CARPACCIO

by Stephanie S. Alemanno

SERVINGS 2

Ingredients

- 1 red deer fillet
- 3-4 Karl Johan mushrooms
- Dried stinging nettle seeds (see note)
- Fresh parmesan cheese
- 4-5 tbsp olive oil
- Salt and freshly grounded pepper

Directions

1. Take out the meat straight from the freezer and let it defrost about 1 hour.
2. When it's still half frozen, you slice with a very sharp knife, as thin slices as possible.
3. Clean mushrooms and slice also as thin as possible.
4. Serve on a plate: red deer, Karl Johan and dried stinging nettle seeds, salt, pepper and a squeeze of olive oil.

Note: Stinging nettle seeds should be dried in an oven on 40°C until dry (1-2 hours).

Also try this recipe with roe deer or fallow deer.



Photo by Betina Hastoft

KOK N' ZOLA

by Julie Hey

SERVINGS 4

Ingredients

- 6-8 pheasant breast fillets
- 1 onion
- 1 squash
- 250 g. bacon cuts
- 2 1/2 dl. cream
- 2 dl chicken stock
- 150-200 g. gorgonzola
- 200 g. grapes

Directions

1. Cut each pheasant breast fillet into 3 pieces. Slice onions. Wash squash and cut into cubes.
2. Fry bacon cuts on a dry frying pan for a couple of minutes. Add onions and squash and fry for a couple of minutes, without it's changing colour.
3. Add cream and chicken stock to the frying pan and let it boil. Add small pieces of the cheese and let it melt into the sauce.
4. Turn oven on 180 °C. Transfer pheasant breast fillets to a baking tray. Add grapes and cover up with the melted cheese sauce. Bake in the oven for 30 min.

Serve with a good salad, rice or bread.



TATAKI VENISON

by Jannik Hennefarth

SERVINGS 4

Ingredients

- Backstrap of venison
- Oil
- Honey
- Sesame seeds

Directions

1. Let half of the cleaned saddle of venison rest for a short time in cling film in the freezer.
2. Briefly sear the saddle of venison from both sides for a short time (2 min.). Remove and let it cool down.
3. Spread some honey on the cooled saddle of venison, pull it through the sesame seeds and let it rest.
4. Slice finely and serve with salt and pepper.

Make a tasty ponzu sauce: mix lemon juice, rice vinegar, soy sauce and bonito flakes (fish).



SAVOURY WAFFLES WITH VENISON HAM

by Theresa Strump

SERVINGS 4

Ingredients

Waffles:

- 140 g. softend butter
- 4 eggs
- 1/2 tsp salt
- 200 g. flour
- 1 1/2 tsp. baking powder
- 100 ml. water
- 80 g. grated cheese
- pepper

Top with venison ham, arugula, cream cheese, green pesto, parmesan and pine nuts.

Directions

1. Whisk butter and salt until foamy. Add one egg at a time and mix until well combined.
2. Combine flour and baking soda. Add water and flour mixture to the bowl alternately to form the waffle batter.
3. Fold in the cheese, add pepper to taste.
4. Heat up the waffle iron, grease if necessary, and add a small ladle of batter for each waffle. Bake until golden.
5. Add toppings to your liking. I usually go for cream cheese and some homemade green pesto as my base layer and then add arugula, cherry tomatoes, parmesan, pine nuts and of course the venison ham.

Tip! If you cut up the waffles and serve them in bite-size portions this recipe also works great as an appetizer!



MEDITERRANEAN WILDBOAR MEATBALLS

by Laura Giovannini

SERVINGS 4

Ingredients

- 500 g. wild boar minced meat
- 1 tin of tomatoes, chunky
- 1 sip of red wine
- 2 tsp. oregano
- 1/2 tsp. garlic powder
- 1 tsp marjoram
- 1 tsp. basil
- 2 tsp. salt
- pepper
- 3 tbsp. olive oil
- 1 tsp. vegetable stock
- sugar
- buffalo mozzarella or Grana Padano
- Pasta of your choice

Directions

1. Mix oregano, garlic powder, marjoram, basil, salt and pepper with the olive oil. Leave to stand for a few minutes and then mix with the minced meat. Form balls about the size of golf balls.
2. Then fry the balls in a pan with a little oil on all sides.
3. Douse with red wine and dissolve the vegetable stock and some sugar in the wine. Add the chunky tomatoes and simmer for a few minutes.
4. Spread the parmesan or buffalo mozzarella over the meatballs and continue to cook covered for another 5 minutes.



VENISON LASAGNA

by Christian Rahbek

SERVINGS 4-6

Ingredients

- 2 carrots
- 1 onion
- 1 tomato puree can
- 2 slices of pancetta
- 1/2 L stock
- 500 g. venison
- 1/2 mozzarella
- Parmesan
- 1 L. milk
- Butter
- 80 g. flour
- Nutmeg
- Lasagna plates
- 1 glass of red wine

Directions

Ragu:

Chop carrots and onions. Dice the pancetta. Heat up a large pot – add oil and a table spoon of butter – wait until the butter is melted. Add the pancetta. When the pancetta has a nice colour, add carrots and onions. Stir until the onions are clear. Add wild meat. Stir until the meat has colour. Add a glass of red wine and let the alcohol evaporate. Mix stock, tomato pure and add (if you don't have any stock then boil 0.5 L of water, add a tablespoon of beef broth – mix until settled). Throw a lid on the pot and let it simmer for min. 1.5 hour.

Béchamel sauce:

Heat up a small pot – medium temperature. Add 100g of butter and melt. Add flour, one tablespoon at a time until the flour and butter has mixed well – make sure there is no lumps. Add 0.5 L milk and whisk. Add 100g of grated parmesan, add a little nutmeg and salt/pepper. Whisk until the sauce thickens – it takes approximately 10 minutes.

Lasagna:

Grab a large dish and start with a layer of ragu at the bottom, cover with lasagne plates, new layer of ragu, béchamel sauce, mozzarella pieces and grated parmesan. Continue until everything is used up. Cover the lasagna with tinfoil and place in a preheated oven at 200 degrees. After 35 minutes, take off the tinfoil and leave in the oven for 10 minutes.

Voila, the lasagne is done and very hot. Enjoy!



FALLOW DEER CHOPS & CREAMY MUSHROOM SAUCE

by Mette Karin Petersen

SERVINGS 4-6

Ingredients

- 4-6 fallow deer chops
- 500 g. mushrooms
- 6 slices bacon
- 2 red onions
- 2 garlic cloves
- 1 can diced tomatoes
- 0,25 l. cream
- 2 tbsp paprika
- 1 handful fresh thyme
- Butter
- Salt and pepper

Directions

1. Turn oven on 200 degrees.
2. Season fallow deer chops with salt and pepper. Fry on high heat with butter and set aside in a baking tray.
3. Fry bacon and set aside. Fry onions, garlic and mushrooms. Add thyme and paprika. Use butter for frying.
4. Add cream and diced tomatoes to the mushroom mix. Let it simmer for 5 min. Pour over the fallow deer chops.
5. Bake in the oven for 15-20 min.

This depends on the thickness of the chops.

Serve with rice and a crispy kale salad with roasted almonds and a vinaigrette.

Happy cooking & bon appétit!



VENISON HEART

by Matt Moss

An overlooked part of the animal

Venison heart is maybe one of the most overlooked parts of the animal but to many a mindful hunter, it is one of the most savoured. To those who prepare and eat the heart, they are not only tasting one of nature's delicacies, they are celebrating the life of the animal and the energy passed on. Ancient hunters believed that by partaking in the eating of heart you take with you some of the animal's qualities and spirit. Whether you believe this or not, I admire the concept of this ancient spiritual connection with nature. This venison heart recipe is one of my favourites and it is also one of the most simple to prepare. The base ingredients and serving suggestions can be altered to suit your taste. It is a no-frills meal for the hunter and can be cooked in the kitchen after a morning stalk or out in the field after a hunt.

This venison heart recipe is probably one of my favourite and most simple of recipes. The base ingredients can be altered to suit your taste as well as the serving suggestions. It is a no-frills meal for the hunter that can be cooked in the kitchen after a morning stalk or out in the field after a hard-earned hunt.

Matt Mossland // @mosswoodland



Recipe on next page



A DEER HUNTERS BREAKFAST

by Matt Moss

SERVINGS 2

Ingredients

- Heart of deer. prepared and diced
- 4 rashers of high welfare bacon, chopped
- 1 white onion, chopped
- 1 red pepper, chopped
- A good handful of mushrooms, sliced
- Salt and black pepper
- Oil or butter for frying

Directions

1. Allow meat to reach room temperature before cooking. Take the heart and cut the layer of fat and arteries away from the top.
2. Cut the heart lengthways exposing the valves and the *chordae tendineae* for tendons known as heartstrings. This you remove. Once the heart is clean, dice and put to one side.
3. Roughly chop onions, bacon, peppers and mushrooms. Heat oil on a frying pan on medium heat. Add onions and stir until softened. Add peppers and bacon. Keep tossing to brown the bacon. Add seasoning as you go.
4. When it's softened add diced heart and cook for 5 more minutes.

Serve with buttered sourdough toast and a dollop of brown sauce or wrapped in tortilla with hot sauce!



HARE BACKSTRAP

*With wild mushrooms, chestnuts & elderberry
by Stephanie S. Alemanno*

SERVINGS 2-3

Ingredients

- 250 g. hare backstrap
- 100 g. butter
- 2 clove garlic
- 1 rosemary sprig
- 250 g. mixed wild mushrooms
- 1/4 l. cream
- 200 g. chestnuts
- 1 handful elderberry or lingonberries
- Salt and freshly grounded pepper

Directions

1. Trim hare backstrap and season with salt and freshly grounded pepper
2. Clean mixed wild mushrooms and cut into smaller pieces if it's big mushrooms
3. Put chestnuts into lightly salted water and boil until tender (about 10 min.)
4. Heat butter on a high heat frying pan. Add garlic and rosemary and let it leave taste to the butter. Fry hare backstrap until golden brown (about 5 min. in total)
5. Set aside the meat to rest for 2 min.
6. Use the same frying pan and fry mixed wild mushrooms until golden. Add cream and let it simmer until thick and creamy
7. Taste, serve and enjoy

Hare is renowned for their strong gamey flavour and rich meat. Have you tried it yet?



MEDALLIONS OF WILD BOAR

With chanterelles in creamy sauce by Ilka Dorn

SERVINGS 4

Ingredients

- 750 g. wild boar fillet
- 2 fresh thyme branches
- 1 tbsp. oil
- 1 tbsp. butter

Chanterelles in creamy sauce

- 500 g. fresh chanterelles
- 50 ml. wild game stock
- 200 ml. cream
- 80 ml. sherry
- Salt and pepper

Directions

1. Trim the wild boar fillet. Cut into medallions and slightly flatten them with your hands. Season with salt and pepper.
2. Clean and sort chanterelles. Heat the butter in a pan, fry the medallions on both sides, add thyme branches. Reduce heat and finish frying. Set aside and keep warm.
3. Sear chanterelles with butter in a pan. Season and taste. Add sherry and wild game stock and briefly boil it up.
4. Add cream, stir well and bring briefly to boil again. Let it thicken at low heat, remove thyme branches and put the wild boar medallions into the pan.
5. Reheat and serve.

Serve with your favourites! Mashed potatoes, baked potatoes, pasta, fresh bread.



TATAKI OF FALLOW DEER

by Nikolaj Juel-Christiansen

What is tataki?

Tataki is a Japanese technique, where you scorch the outside of the chosen meat or fish and cool it down quickly, so you keep the center raw. It's traditionally made with beef, tuna and salmon. Here we are testing new territory. We tried the technique on a fillet of fallow deer, and the result was stunning. The texture of the meat is pure silk in the mouth.

You can make all the elements for the dish in advance, so it's pretty easy to serve up for your guests. It's guaranteed to blow them away, so give it a try, samurai!

Nikolaj Juel-Christiansen // @walkonthewildsidedk


Recipe on next page



TATAKI OF FALLOW DEER

by Nikolaj Juel-Christiansen

SERVINGS 2

Ingredients

- 200 g. fillet of fallow deer
- Sea salt and freshly ground pepper
- Finely sliced spring onions
- 100 ml. rice vinegar
- 50 ml. Japanese soy sauce
- 20 ml. fresh lemon juice
- 1 small onion
- 40 ml. grape seed oil
- 35 ml. ponzu sauce
- 1/4 tsp. garlic puré

Directions

1. Meat: Heat a heavy based, preferably iron cat pan, till it's almost smoking. Season the fillet all over with salt and pepper. Drizzle a small amount of grape seed oil over the seasoned fillet. Place the fillet in the hot pan and allow to colour well on all sides. Cool the fillet down on a tray of ice cubes for 1 min. and let the filet rest on a sheet of paper towel.
2. Ponzu sauce: Mix together rice vinegar, Japanese soy sauce and fresh lemon juice. Refrigerate.
3. Onion ponzu salsa: Combine the ponzu sauce, garlic and onion and mix well. Slowly wisk in the grape seed oil.
4. Garlic chips: Take about 8 garlic cloves and slice them on a mandolin. Place them in a pan and cover with cold milk. Place the pan on the hob and bring it to boil. As soon as the milk reaches boiling point, strain the milk and rinse the garlic slices under cold, running water, till all the milk is washed of. Dry the garlic slices on a kitchen towel. Preheat a pan of oil to 140 degrees. Once the garlic slices are dried well, fry the in small batches till golden.
5. The dish: Slice the meat in 1/2 slices and arrange on plate. Sprinkle with ponzu sauce around the meat. Top with onion ponzu salsa, garlic chips and spring onion slices. Serve immediately with a pair of chopsticks and a cold beer.



LEG OF DEER IN SALT DOUGH

by Mette Karin Petersen

SERVINGS 4

Ingredients

- Deboned leg of venison (roe deer)
- 1 tbsp. dijon mustard
- Seasoning of your choice
- Fresh thyme
- 500 g. wheat flour
- 350 g. salt
- 350 ml. water

Red wine sauce

- Bone from venison leg
- 200 ml. red red wine
- 1 shallot, finely chopped
- 1 clove garlic
- 200 ml. venison stock (beef)
- Fresh thyme, salt and pepper

Directions

1. Preheat oven to 180 °C. Mix wheat flour, salt and water into a dough.
2. Trim venison leg and debone. Set bone aside. Brush dijon mustard on the meat and season with your favourites and fresh thyme.
3. Roll out the dough about 1 cm. thick. Wrap the meat in dough. Bake for 25 min. and rest for 15 min. The baking time depends on size of the leg. If you use a thermometer give it until 53 °C and let it rest for 10 min.
4. While the meat is baking, we start with the sauce. Heat af high heat frying pan with 1 tbsp. olive oil or butter. Fry bone for 2 min. add shallot and garlic for 2 more minutes. Add fresh thyme, red wine and black pepper. Simmer for 15 min. Add venison or beef stock and let it simmer until serving. Before serving pass through a sieve and simmer again until the right consistency.
5. After the meat have rested, separate dough and meat. Thinly slice meat and serve with your favourite dish.

Tip! Serve with sweet potato pure, kale, caramelized pearl onions and butter-roasted carrots.



WILD JERKY

Venison & duck by René Jantzen

Ingredients

Venison

- 300 g. venison (back leg, fillet, tenderloin)
- 3 g. sea salt
- 1/2 soy
- 2 tbsp. maple syrup
- 1 pinch of chipotle chili
- 3 mashed hazelnuts
- 1 tsp. hazelnut oil

Duck

- 300 g. duck breasts
- 15 mashed juniper
- 3 g. sea salt
- 3 tbsp. gin
- 3/4 soy
- 1 1/2 g. freshly grounded pepper

Pheasant

- 300 g. pheasant breasts
- 3/4 ponzu
- 1 g. grated nutmeg
- 3 g. sea salt
- 1/4 maple syrup
- 1 pinch cayenne pepper

Directions

1. Trim meat and cut with the grain in length you want
2. Mix marinade for either venison or duck. Add marinade to the meat and leave in a freezer bag in fridge for 4-5 hours
3. Take out the meat for the freezer and place them separately in a food dehydrator at 65 °C for 4 hours. You can also use an oven at 70 °C for 3 hours.
4. Be aware not to give it to much! The meat should be tough to chew in, not powdered.



PTARMIGAN HUNTING

In Greenland by Nordica Outdoors

True masters of disguise

The ptarmigan is a fantastic hunting object and not least when it ends up in the kitchen. But first we have to find them and it is often the hardest part of ptarmigan hunting. They are true masters of disguise. In the summer their brown feathers blend in with the vegetation, in fall the gray-brown feathers blend in with rocks and in winter they turn completely white and blend in with the snow. Sometimes when you hunt ptarmigan in wintertime everything seems to look like a ptarmigan except the ptarmigans of course, they look like snow.

So if you can find a ptarmigan and bring it into your kitchen you are a lucky hunter.

Esben & Malte // @nordicaoutdoors



Recipe on next page



FRIED PTARMIGAN

With mashed potatoes by Nordica Outdoors

SERVINGS 4

Ingredients

- 4 ptarmigan, plucked
- 1 apple
- 1 shallot
- 150 g. mixed mushrooms
- 8-12 high welfare bacon, sliced
- 800 g. small potatoes
- 3-4 tbsp. sour cream
- 2 spring onions
- 2 dl. red wine
- 4 dl. venison stock
- Butter
- Salt and freshly ground pepper

Directions

1. Set oven to 200 °C. Wash potatoes, keep peel on. Bring it to boil in a pot.
2. Season the ptarmigan with salt and pepper
3. Stuff each ptarmigan with 1/4 apple. Place in a pot and fry in butter for 3 min. Set aside.
4. Add finely chopped mushrooms and shallot and fry for 3 min. Add red wine and place the ptarmigan in the pot with the breast upside.
5. Place 2-3 sliced high welfare bacon on top of each ptarmigan. Add venison stock to the pot and bring the pot to the oven at 200 °C for 20 min.
6. Take out the ptarmigan and let it rest. Optionally add some butter to the sauce.
7. When the potatoes are tender, sieve the water from it and mash them with a fork. Add salt, pepper and sour cream to the potatoes and top with sliced spring onions.

Tip! This recipe is the best if you get to enjoy it with good wine and good friends.



ROASTED DUCK

With beetroot by Theis Wichmann-Astow

SERVINGS 4

Ingredients

- 4 duck breasts
- 4 medium sized beetroots
- 2 big handfuls rocket (arugula)
- Fresh thyme
- Olive oil
- Sea salt
- 2 dl. cherry vinegar
- 3 dl. beetroot juice
- 1 tsp honey
- 1/2 l. buttermilk
- 1 tbsp cream

Directions

1. Clean beetroots, transfer to a dish and cover in salt
2. Bake in oven for 1 hour at 200 °C or until tender. Peel beetroots and cut into smaller pieces.
3. Toss them around in a bowl with olive oil, rocket, salt freshly grounded pepper and fresh thyme.
4. Let the cherry vinegar simmer into 1/2 in a pot. Pour juice in and let it simmer into a 1/3. Adjust taste with honey.
5. Pour buttermilk in a pot, heat up slowly, until it splits. Pour into a sieve and press all liquid out of the cheese. Adjust taste with cream, salt, freshly grounded pepper and a bit of fresh thyme.
6. Turn oven at 200 °C. Season duck breasts with salt and freshly grounded pepper. Set a pan on high heat and roast breasts on skinside in rapeseed oil. For 2 min in total. Turn to oven for 4 min.
7. Let the duck breasts rest for 6 min. on a cutting board before slice and serve.

Happy cooking & bon appétit



ROE DEER HEART IN CREAM

by Nicklas Frimor

SERVINGS 4

Ingredients

- 600 g. roe deer heart (about 4 hearts)
- 100 g. high welfare bacon, chopped
- 250 g. mushrooms
- 1 onion
- 1/2 l. venison stock
- 1/4 l. cream
- 2 tbsp. soy sauce
- 50 g. dried cranberry
- Butter and oil to fry in
- Salt and freshly ground pepper
- Gravy colour

Directions

1. Clean roe deer hearts and cut into strips. Bring water to boil in a pot and quickly drop hearts into the water to clean. Set aside.
2. Cut onion and slice mushrooms. Fry for 3 min. in a pot and set aside. In the same pot fry bacon cubes until done, set aside. Fry butter in the same pot and fry the hearts until browned.
3. Add venison stock, cream and soya sauce to the hearts and let it simmer at low heat for 45 min. After 45 min. add bacon, onions and mushrooms and let it simmer for 10 more min.
4. Add cranberry, season and optionally gravy colour
5. Bon appétit

Tip! Serve with mashed potatoes or sourdough bread



VENISON WELLINGTON

by Mette Karin Petersen

SERVINGS 4-6

Ingredients

- Venison backstrap (this is roe deer)
- 2 tbsp. dijon mustard
- 400 g. mixed mushrooms, chopped
- Fresh rosemary leaves, finely chopped
- 8 slices of parma ham
- 500 g. puff pastry (ready roll)
- 1 egg, beaten
- 2 tbsp. butter/olive oil
- Sea salt and freshly grounded pepper

Directions

1. Trim and clean backstrap and rub in salt and freshly grounded pepper. On high heat fry back strap 2 min. on each side. Set aside to cool.
2. On same pan, fry mixed chopped mushrooms with rosemary in 1 tbsp. olive oil/butter. for 8-10 min. Set aside.
3. Brush back strap with dijon mustard. On a long sheet of clingfilm lay parma ham slices, overlapping slightly. On top spread a layer of fried mushrooms. Lay the backstrap in centre and wrap tightly. Twist the ends and chill in fridge for 30 min.
4. Turn oven to 200 °C. Unwrap puff pastry. Carefully unwrap venison roll and place in centre of puff pastry. Roll tightly and close all ends with a fork. Brush pastry with a beaten egg and set in oven for 30 min. until golden or until 55 °C. in centre. Let it rest 8 min. before slice and serve.

Tip! Serve with a wild red wine sauce, pommes Anna, green kale salad with walnuts, pomegranate & classic vinaigrette



RED DEER TARTARE

With elderberry & dandelion by Stephanie S. Alemanno

SERVINGS 2

Ingredients

- 250 g. red deer (or other deer)
- 1 tsp. elderberry capers
- 1 handful fresh elderberry
- 1 tsp. sugar
- 3 tbsp. homemade mayonnaise
- 1 tsp. mustard
- 5-8 leaves from dandelion pr. pers.
- 3 slices rye bread (or other bread)
- Salt and freshly grounded pepper

Directions

1. Finely chop the meat and season with salt and freshly grounded pepper
2. Mix mustard with mayonnaise
3. Finely chop rye bread and fry it in butter until crispy
4. Bring elderberry in a pot and boil with sugar for 15 min.
5. Place the meat at a plate with small amounts of mustard-mayonnasie on top, elderberry compote, pickled elderberry, butter fried rye bread and dandelion

Fun fact! Stephanie S. Alemanno is one of Denmark's Masterchefs. Have you seen her recipe for hare?



TRADITIONAL CLASSIC DISH

Pheasant tartlets by Gordon P. Henriksen

...but with a wild twist!

Tartlets is the English word for small pies, from the French "tartelette". In Denmark these small tartelets are a classic dish served all year around, but especially in December. Traditionally they are made with a chicken filling, but the first pheasant I shot was transformed into tartlets, and they were a great succes. The whole family loved them. Asparagus and peas, and often mushrooms, are included in the traditional version, but I used brussel sprouts. In my family brussel sprouts are referred to as "prutkål" which translates into 'farting cabbage'. While some may find this name far from appetizing, the nickname actually motivates my kids to eat more of it.

Gordon P. Henriksen // @gordon_p._henriksen


Recipe on next page



PHEASANT TARTLETS

With bacon, apple & fresh thyme by Gordon P. Henriksen

SERVINGS 6

Ingredients

- 1 pheasant, butchered but still on bone
- 18 tartlets
- 150 g. butter
- 1/2 L. water
- 200 g. high quality bacon, cut into small pieces
- 2 tbsp. flour
- 2 portobello (or similar) mushrooms in chunks
- 1 red apple
- Leaves from 10-20 brussel sprouts
- Fresh thyme

Directions

1. Fry bacon and set aside. Fry the pheasant pieces in the bacon drippings along with some fresh thyme twigs. Then put pheasant and thyme in a pot with water and boil for 20 min. Remove pheasant, but save the stock. Peel the meat from the bones and set aside. You may also want to reduce the stock a little. Then fry the mushrooms in the bacon drippings and set aside too.
2. Melt the butter in a medium pot, add flour and whisk as hard as you can. Slowly add the stock until you get a thick, creamy sauce. Heat the tartlets on a baking sheet in the oven. Tip! Brush tartlets in melted butter before baking, that makes them more crispy. Add pheasant meat to the sauce. Some also like to add a little cream or milk. Then add fried mushrooms and brussel sprouts and bring to a low boil. Spoon the filling into the heated tartlets and garnish with copped apple, bacon, fresh thyme leaves and plenty of cracked pepper and flaky salt. Enjoy.

Stay tuned! Gordon is working on a book about fishing and it includes lots of delicious recipes as well.



ROE DEER BACKSTRAP

Ransoms and egg by Fabian Grimm

SERVINGS 2

Ingredients

- 500 g. boneless backstrap, trimmed
- 100 ml. vegetable oil
- 1 tsp. lemon juice
- 1 egg (yolk)
- Sea salt and freshly grounded pepper
- A few leaves of ransoms/wild garlic
(can be replaced by other herbs)

Directions

1. Preheat oven to 80°C.
2. Fry backstrap on both sides until golden brown.
3. Let the meat rest for about 15 min. at 80°C in the preheated oven. During that time mix salt, lemon juice and egg yolk. Whisk together while carefully and slowly adding the vegetable oil to the mixture, while continuously stirring. This should take about 7-10 min. and leaves you with a creamy mayonnaise.
4. Mix in chopped ransoms and season with salt and freshly grounded pepper.
5. Serve with backstrap on top of mayonnaise.
6. Happy cooking & bon appétit

Serving tip! Can be enjoyed in this simple way or add you favorite side dish.



JAMAICAN PATTIES

With fallow deer by Nikolaj Fjuel-Christiansen

SERVINGS 4-6

Ingredients

PASTRY

- 650 g. flour
- 1 tsp. salt
- 1/2 tsp. baking powder
- 2 tbsp. curry powder
- 225 g. cold butter, cut into cubes
- 350 ml. cold water

Directions

PASTRY

1. Mix the flour, salt and curry powder in a bowl. Ad the butter and mix lightly with your fingertips.
2. When everything is mixed well and resembles coarse breadcrumbs, ad the water.
3. Mix lightly till the dough forms a ball. Knead the dough a couple of times. The less you knead, the better. Divide the dough into 4 pieces. Wrap it in clingfilm and put it in the fridge.



Rest of recipe on next page



Ingredients

THE MEAT

- 1 kg. minced meat (fallow- roe- red deer
- 2 onions, finely diced
- 6 spring onions, finely chopped
- 2 garlic cloves, finely chopped
- 2 habanero chili, finely chopped (seeds and stalk removed)
- 1 tbsp. fresh thyme leaves
- 2 tsp. curry powder
- 3-4 cups water
- A handful of breadcrumbs
- Sunflower oil
- 1 egg, beaten
- Salt and freshly grounded pepper

Dipping is a must!



HABANERO-PINEAPPLE HOT SAUCE

- 4-5 habaneros, seeds removed
- 1 onion, finely chopped
- 4 large carrots, finely diced
- 2 garlic cloves
- 1 sprig oregano
- 1 2cm. slice pineapple, core removed and roughly diced
- 100 ml. cider vinegar
- 1 tbsp honey
- 1 tsp salt

Directions

THE MEAT

1. In a bowl, mix the meat, onion, spring onion, chili and thyme. Heat up a big frying pan and ad 3-4 tbsp. sunflower oil. Add the mixture and fry til any liquid has evaporated and the meat starts to brown.
2. Ad curry powder, salt and pepper and continue frying. Ad water and scrape all the good stuff that's stuck in the bottom of the pan. Ad the breadcrumbs and give it a good stir.
3. Reduce to low heat and let it simmer for 15 min. The consistency need to be thick, but ad more water if you need. Check the seasoning and set aside.

THE PASTIES

1. Set the oven to 200°C. Cut each piece of dough into 9 pieces and roll into little balls. Dust the table with a little flour and roll the dough out with a rolling pin.
2. Add a heaped tbsp of the meatmixture in center. Add a little water around the edge and fold it over. Fold the edges and press lightly with a fork around the edge. Repeat till you have made all patties. Place patties on a baking sheet and brush with egg.
3. Bake for 15-20 min. til nice and golden.

HABANERO-PINEAPPLE HOTS AUCE

1. Put all the ingredients in a saucepan. Bring to boil and let it simmer till the carrots are soft and tender.
2. Transfer to a blender and process till smooth.
3. You can bottle the hot sauce. Just make sure you sterilize the bottles first. The hot sauce will keep for a month at least.

Tip! Everyone need wild patties, so make a bunch and use as a snack to-go. Bon appétit.



BRAAI VS. GRILL

Following recipe and photo by Mario Neofitou

A traditional South African Braai

A Braai (pronounced "bry") is Afrikaans for "barbecue". The main difference between a braai and a BBQ is the fire and coals you use for a braai. It's very often related to a social happening with friends or family and they'll gather around the fire after eating and spend the rest of the day or evening there.

The times I've been in South Africa I've always enjoyed a good braai and a beer with friends. Having a braai is not only about the food, it's about socialising around the fire.

Mette Karin Petersen // @jaegerinden_


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BRAAI ELAND FILLET

by Mario Neofitou

SERVINGS - DEPENDS ON SIZE OF FILLET

Ingredients

- Eland fillet
- 50-70 ml. Extra Virgin Olive Oil
- Ina Paarman's garlic & Herb spice
- Ina Paarman's Braai & Grill spice

Tip! Seasoning the meat overnight for best result.

Directions

Place eland fillet on a steel grid over a tray filled with course salt. Set into the fridge to air dry over a two day period. The course salt is used to pull moisture from the meat and it works very well when you have limited days to air dry your meat before cooking.

1. Place fillet into a plastic Tupperware of appropriate size. Generously pour olive oil over the fillet so the meat is covered. Begin seasoning with garlic and herb spices. Place the lid on the Tupperware and give it a thorough shake so that the spices are distributed evenly on the fillet. Place the Tupperware back into the fridge overnight, or for a couple of hours. Take out of fridge 2-3 hours prior braai (grill).
2. Braai (grill). A traditional South African braai is done over coals, but you can grill as well. Cook fillet for about 4 min. for medium-rare meat.
3. Enjoy eating wild free-ranging meat!



RAVIOLI WITH BRAISED HARE

Spinach, mushrooms & cheese by Nordica Outdoors

SERVINGS 4

Ingredients

Pasta

- 400 g. Tipo 00 flour
- 4 free range eggs
- 1/2 tsp. sea salt

Ravioli stuffing

- 4 front legs
- 1 onion + 2 cloves garlic
- 3 handfull fresh spinach
- 6-10 fresh mushrooms
- 3-4 tbsp. fresh cream cheese (ricotta)
- 2 spring onions
- Fresh thyme + olive oil
- Salt and freshly ground pepper

Tip! Serve with lots of freshly grated parmasan, fresh thyme and high quality olive oil

Directions

1. Pasta: place the flour on you table. Make a well in the centre and crack the eggs into it. Add salt. Beat the eggs with a fork until smooth. Use tips of fingers and knead the dough until it's combined. Rest the dough in clingfilm in the fridge, while you prepare the ravioli stuffing.
2. Heat a pot and fry hare front legs in olive oil with onion and garlic. Add water to the pot, just the amount to cover the meat. Let it simmer under lid until the meat is so tender that it fall of the bone. The time depends on the age of the hare.
3. Separate meat and bone. Roughly chop the meat. Chop mushrooms and onion and fry on a pan until no more liquid. Add fresh spinach for 5 min. Add meat. Transfer to a bowl and mix with cream cheese and fresh thyme. Season with salt and pepper. Roll out the dough as thin as possible. Select size for ravioli by using a form. Brush selected areas with egg and place stuffing in the middle. Lay over a sheet of pasta and cut out your ravioli. Press the edges with a fork to make sure they won't open when cooking. Boil in salted water for 5-6 min.



WILD BOAR FILLET

With citrus fruit tossed in sage by Ilka Dorn

SERVINGS 4

Ingredients

- 800 g. wild boar fillet
- 2 tbsp. butter oil
- 1 clove garlic
- 2 branches of sage
- 2 oranges
- 2 grape fruits
- 400 g. flower sprouts
- 1 tbsp. butter
- Salt and freshly ground pepper

*Tip! Parsnip purée goes very well with it.
Happy cooking & Bon appétit.*

Directions

1. Peel grape fruits and oranges, and remove all the whites. Cut out fruit fillets and keep the juice. Put fillets in a jar.
2. Preheat oven to 100°C. Wash and carefully dry the sage. Trim and season wild boar fillet with salt and pepper. Peel garlic clove and squish it a little together with your hands or the flat side of a knife. Heat butter oil in a pan, add garlic and fry the wild boar fillet from all sides. Add one of the sage branches.
3. Remove fillets from pan and place them on a grid laid out with baking paper. Put into the preheated oven for 10-15 min. Afterwards, let it rest for about another 10 min.
4. Deglaze the frying fat with the juice and let it thicken a little. Pass sauce through a sieve and fill it into a little pot. Add orange- and grape fruit fillets to the sauce as well as 5 plucked sage leaves. Let it simmer for another 2-3 minutes. Wash flower sprouts and blanch them for 4 min. in boiling salt water. Season to taste with salt and pepper and refine with a little butter.



VENISON PIE

By René Jantzen

SERVINGS 4

Ingredients

- 500 g. minced wild meat
- Mixed fresh herbs, chopped
- 2 cloves garlic, finely chopped
- A handful, or two, frozen peas
- 3-4 spring onions, chopped
- 300 g. spinach
- Sour cream
- Parmasan
- Filo pastry
- Olive oil
- Crushed juniper, salt and freshly grounded pepper

Directions

1. Heat oven to 200°C. Heat a frying pan with olive oil, fry minced meat, garlic and fresh herbs until browned. Set aside.
2. Fry spring onions and spinach in olive oil, for about 5 min.
3. Cover spring onions and spinach with meat. Top with frozen peas and add small bits of sour cream on top. Sprinkle freshly grated parmasan on top.
4. Make a lid of filo pastry, then tear parts of the filo pastry and roughly cover again, so you'll get a rustic look.
5. Sprinkle with olive oil on top and freshly grated parmasan.
6. Set in oven for 30 min. until crispy golden filo pastry
7. Bon appétit

Tip! This is a perfect quick wild dinner for weekdays!



WILD WHITE BOLOGNESE

With mallard and pheasant by David Carsten Pedersen

SERVINGS 2

Ingredients

White bolognese

- Mallard- and pheasant breast
- 2 onions
- 1 clove garlic
- Fresh herbs your choice (thyme, sage)
- Nutmeg, salt and pepper (white pepper)
- Chicken stock
- Cream
- 1 bottle of white wine (Sauvignon Blanc)

Homemade pasta 2 persons

1 egg yolk pr. 100 g. wheat flour

- 2 egg yolks
- 200 g. wheat flour

Directions

1. Minced or finely chop meat, also chop onions and garlic. Add it to a pot and fry in butter until browned. Add chicken stock and 3 dl. white wine until it covers the meat.
2. Add fresh herbs, white pepper and grated nutmeg.
3. Let it simmer under lid as long as possible, at least 30 min. Add white wine as you like and season with salt and pepper. Just before serving add a bit of cream and cook a few minutes more.
4. Homemade pasta guide: Knead egg yolk and wheat flour. Transfer to a plastic tub with lid and set in the fridge while making til bolognese. When ready, roll out pasta with a pasta machine or with a rolling pin. Sprinkle fresh pasta with wheat flour so it won't stick when cooking.
5. Cook until tender in water with added salt.
6. Serve fresh pasta with white wild bolognese. Sprinkle with freshly grated parmesan and some truffle oil.

Tip! This white bolognese can also be served with a fresh cabbage salad with apple, hazelnuts and vinaigrette.



A RECIPE FOR THE REFINED HUNTER

By Matt Moss

An overnight recipe

There is nothing better than a terrine to take the senses back to the roots of ancient game recipes. A terrine is both the name of the earthenware dish and the food that is cooked and served in this dish. This chunky and textured dish is both strong in flavour and filling to the stomach.

I prefer to serve cold, sliced with buttered sourdough toast and homemade chutney or a woodland preserve. Even better, create your own hunter's venison of the traditional ploughman's lunch.

Matt Moss // @mosswoodland


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VENISON TERRINE

By Matt Moss

SERVINGS 8

Ingredients

- 700 g. ground venison
- 300 g. high welfare pork belly fat. *Half ground and half sliced thinly*
- 100 g. of stoned dried prunes, chopped
- 1/2 large white onion, finely chopped
- 3 garlic cloves, finely chopped
- 3 juniper berries, well crushed
- 3 fresh bay leaves, finely chopped
- 5 sprigs of fresh thyme, finely chopped
- 2 organic eggs
- Grated zest of 1/2 large orange
- 3 or 4 tbsp. of single malt whiskey
- Salt and freshly grounded pepper

Directions

1. Place the chopped prunes into a bowl and drizzle over the whiskey. Set aside for 3 hours minimum. Grind venison with half of the pork belly fat.
2. Place all the ingredients including the prunes, but excluding the sliced pork belly fat and whole thyme stem into a mixing bowl. Now mix thoroughly with your hands.
3. Take 1 large or 2 small ceramic terrine dishes. Line the terrine dish with the pork fat, spoon in the mixture, compress with a spoon as best as possible and add the thyme sprigs on top. Place the terrine in a bain-marie of hot water. The water should come two-thirds of the way up to the terrine dish. Place on the middle shelf of the oven and cook for 1 hour 15 minutes at 170°C.
4. Once cooked remove from the oven. Take the terrine out of the bain-marie and leave to cool to just above warm room temperature. Place clingfilm over the dish and put kitchen scale weights or something heavy on top of the terrine to compress the meat. Now place the terrine in the refrigerator and leave overnight before serving.



PASTA WITH PHEASANT

By Theis Wichmann-Astow

SERVINGS 4

Ingredients

- Meat from the legs of 3 pheasants or 1 whole pheasant
- 150 g. high quality bacon
- 3 sprigs of fresh rosemary
- 3 tbsp. mascarpone
- 400 g. pasta

Directions

1. Finely chop the pheasant, bacon and fresh rosemary.
2. Boil water in a pot and add pasta and salt.
3. Heat a frying pan with olive oil and fry pheasant, bacon and rosemary. When the meat is cooked, add mascarpone and 1 big spoon of the boiling water from the pasta. Stir around.
4. Season with salt and freshly ground pepper.
5. Mix together pasta and meat and serve straight away.

Tip! Sprinkle with freshly grated parmesan and freshly ground pepper. Bon appétit.



ROE DEER FILLET & CELERIAC PUREE

Chanterelles, pickled red onions, beetroot chips & redwine sauce by Nicklas Frimor

SERVINGS 4

Ingredients

Celeriac puree

- 1/2 celeriac puree
- 1 onion
- 1 clove garlic
- Water, milk and cream
- Salt and freshly ground pepper

Redwine sauce

- 2 shallots
- 100 g. butter
- 3 dl. redwine
- 3 dl. venison stock

Meat

- Roe deer fillet
- Butter and olive oil
- Salt and freshly ground pepper

Directions

1. Peel celeriac and cut into cubes, repeat with onions and garlic. Transfer to a pot with 1/3 water, 1/3 milk, 1/3 cream, so it cover the veggies. Bring to boil and let it simmer for 20 min. until tender. Transfer liquid to a can. Use a hand blender and make it into a silky puree, slowly adding some of the liquid. Season with salt and pepper.
2. Chop onions and fry them in 20 g. butter until golden and soft. Add redwine and boil into half size. Add venison stock and boil into half size. Just before serving add 80 g. butter, taste and season if needed.
3. Heat oven to 200°C. Trim and clean roe deer fillet. Season with salt and pepper. Heat a frying pan with olive oil and butter. Fry meat until browned, for 2-3 min. on each side. Set in the oven until it has a temperature of 55°C in the middle. It takes about 12-15 min. Let the meat rest for a couple of minutes before serving.

Tip! Serve with fried chanterelles, pickled red onions and crispy beetroot chips. Happy cooking & bon appétit.



A TWIST TO A TRADITIONAL CHRISTMAS DINNER

By Mette Karin Petersen

In Denmark, and many European countries, the 24th of December is a day packed with great traditions. Historical traditions, family traditions and traditions you create yourself. I haven't been hosting a Christmas Eve yet, but when the time comes, the twist on a traditional Christmas dinner would be worth serving. This tender venison haunch is packed full of Christmas flavour and it's ready in less than an hour.

Mette Karin Petersen // @jaegerinden_



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CHRISTMAS HAUNCH

By Mette Karin Petersen

SERVINGS 4

Ingredients

Venison haunch

- 1 deboned venison back leg (roe deer)
- 1 clove garlic
- 2 rosemary sprigs
- 1 carrot
- 1/2 apple
- 1 shallot
- Handful dried apricot, crunched walnuts
- Salt and freshly ground pepper
- Butchers twine

Directions

1. Preheat oven to 200 °C. Trim and debone venison leg.
2. Mix chopped dried apricot, apple and crunched walnuts in a bowl. Fold out the meat flat and add the mix on top of the haunch. Roll the venison to secure the stuffing in the centre. Wrap tightly in butcher's twine. Thinly make whole on top of the haunch and thinly sliced garlic and rosemary sprigs. Season with salt and freshly ground pepper.
3. Slice carrot, slice 1/2 apple and shallot. Set in a baking tray and add 1 dl. water. Place the venison haunch on top of the vegetables and set in the oven for 25 min. (until 53°C. in the middle).

Tip! Serve with sugar browned potatoes and a colourful red cabbage Christmas salad. Merry Christmas & Bon appétit.