

An e-book with a valuable message

RECIPES BY HUNTERS

Everyone understands food, not everyone understands hunting



#VENISONWEDNESDAY E-BOOK

Collected and designed by Mette Karin Petersen

#VENISONWEDNESDAY

A before, during & after

A concept with a valuable message

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 on 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. Thank you.



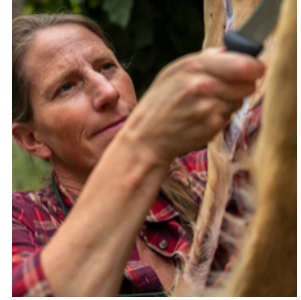
Stephanie S. Alemanno



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

CONTENTS

Wild weekdays, fancy weekends & tasty snacks

Deer Hunters Breakfast with venison heart. By Matt Moss.

Hare backstrap with wild mushrooms, chestnuts & elderberry. By Stephanie S. Alemanno.

Medallions of wild boar with chanterelles in creamy sauce. By Ilka Dorn.

Tataki of fallow deer. By Nikolaj Juel-Christiansen.

Leg of deer in salt dough. By Mette Karin Petersen.

Wild Jerky with venison or duck. By René Jantzen.

Fried ptarmigan with mashed potatoes. By Nordica Outdoors

Roasted duck with beetroot. By Theis Wichmann-Astow.

Roe deer heart in cream. By Nicklas Frimor.

Venison Wellington. By Mette Karin Petersen

Red deer tartare by Stephanie S. Alemanno

Pheasant tartlets by Gordon P. Henriksen

Roe deer backstrap with ransoms by Fabian Grimm

Jamaican patties by Nikolaj Juel-Christiansen

Braai eland fillet by Mario Neofitou

Ravioli with braised hare by Nordica Outdoors

Wild boar fillet with citrus fruit tossed in sage by Ilka Dorn

Venison pie by René Jantzen

Wild white bolognese by David Carsten Pedersen

Venison terrine by Matt Moss

Pasta with pheasant by Theis Wichmann-Astow

Roe deer fillet with celeriac puree by Nicklas Frimor

Christmas haunch by Mette Karin Petersen





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

Pheasant

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

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

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 ground 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 add 3-4 tbsp. sunflower oil. Add the mixture and fry till any liquid has evaporated and the meat starts to brown.
2. Add curry powder, salt and pepper and continue frying. Add water and scrape all the good stuff that's stuck in the bottom of the pan. Add the breadcrumbs and give it a good stir.
3. Reduce to low heat and let it simmer for 15 min. The consistency needs to be thick, but add 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 meat mixture 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. till nice and golden.

HABANERO-PINEAPPLE HOT SAUCE

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 needs 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_



Recipe on next page



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 parmasan 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



Recipe on next page



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 grounded pepper.
5. Mix together pasta and meat and serve straight away.

Tip! Sprinkle with freshly grated parmesan and freshly grounded 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_



Recipe on next page



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.