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Wild

FOOD

recepies of
3 different nations

THANK YOU!



LEADER
EESTI



 **Võrumaa Partnerluskoogu**



LEADER

Elävä Kainuu



Euroopan maaseudun kehittämisen maatalousrahasto:
Eurooppa investoi maaseutualueisiin



GAME MEAT = A UNIQUE RESOURCE PRODUCED BY NATURE ITSELF

Have you ever thought about how fantastic game meat is? This organic product is made by nature itself. It is a healthy meat that tastes fantastic and represents a unique resource from our forests and our countryside. Today it is possible to order game meat in restaurants or buy it in food stores. More and more game meat is available on

the open market. But do you know how to cook it? In this book female hunters from Estonia, Finland and Slovakia contribute with their best game meat recipes. Among these you will find tasty recipes for meat from deer, wild boar, hare, ducks and other birds. Many represent traditional recipes from their respective home land are included. The great variety

among the dishes makes this cookbook unique. We have in general chosen recipes that are not too complicated to follow, without compromise with the good taste. So please get started with the cooking and enjoy!

Torsten Mörner
Leader of the Wildlife
Health and Game meat
group within CIC

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SLOVAKIA

Game meat, venison, plays very important role in Slovak traditional and modern cuisine. The benefits of game meat are well known for human's health for ages. Members from Club of Slovak Lady Hunters are working on few culinary projects and one of them is this e-book of game meat recipes. We would like to introduce ten recipes from traditional Slovak cuisine, but in modern version. Due to our long cooperation with famous Slovak chef, Peter Slačka, we decided to cook our recipes under his professional supervision and we would like to thank you, Peter. We have many plans together and we hope to realize some of them in the new edition of this book.

Our members are not just passionate hunters, but these ladies are also mothers, wives and they have their professional carrier. They are working with youth and children but also cooking is important part of hunting. As Zuzana Martinčeková said: "Every winter there is a hare hunting in our hunting ground in the South of Slovakia. I love these weekends when we spend time there - Christmas is coming, snow everywhere and with friends around. I remember this food from my childhood and now I cook it for my closest. I call it Taste of childhood." Dana Zemesová prepares their recipes not just for relatives, but she is very often leader of our

cooking group in the "hunting goulash" competitions. She noticed, that: "I like the nature since my childhood. I used to go for a walk into the forests with my grandmother where we were watching all the different species of animals such as roe-deer, pheasants and small birds. These moments created a strong connection, which led me towards hunting and my membership in the Slovak Club of Lady Hunters. Walks in the forests help me to get fresh energy, relax, and to endlessly admire the beauty of nature. What is even more important is that hunting has allowed me to meet wonderful people from Slovakia and from abroad who became my very best friends. Let me share a recipe that makes time with my loved ones even more pleasant and special." Pavlína Melichárová was born to the hunting family: „Hunting has been a big part of me my whole life. I try to pass my love for nature to my children as a family legacy. I love to spend my free time at hunting ground at the foot of Malé Karpaty with my daddy and our two Border terriers. I am proud of the beauty of our Slovak forests, our hunting traditions and excellent cuisine, from which I share with you my recipe for pheasant." Michaela Krajčovičová is huntress and farmer, she chosen paté from her many recipes: „This is our traditional family dish made every winter during goose hunting season.

It can be prepared from any other kind of liver (duck, rabbit, deer...) but goose, and especially wild, has the best taste. Mother, Soňa Chovanová Supeková and daughter Kamila Homolová hunt and cook together. Kamila started to prepare her pheasant paté few years ago when she hunted her first pheasant. It was in 2014 during the international pheasant hunting in Slovakia organized by Working Group Artemis under the International Council for Game and Wildlife Conservation (CIC) and it was a great experience for Kamila: "To hunt my first pheasant at the traditional Slovak hunting." Mother Soňa wrote many recipes for journals and she cooked for book of recipes of famous people from different professions in Slovakia. She is third generation of hunters in her family and cooking is one of her hobbies.

We hope, that our recipes will inspire people from other countries and cultures with different traditions and habits. We will take inspiration too and we are thankful for possibility to be part of the project Woman the Hunter. The life with friends is much more colorful.

Soňa Chovanová Supeková
President of Working Group Artemis of the CIC
Club of Slovak Lady Hunters
(www.klubslovenskych-polovnicok.sk)

EUROPEAN HARE ON CREAM SAUCE

4-6 portions

Ingredients:

- ✓ 1 quartered hare
- ✓ lard

Sauce:

- ✓ 200g sour cream 16%
- ✓ 200g cream(10% or 33%)
- ✓ 5 bigger carrots
- ✓ 2-3 parsley
- ✓ 1/2 smaller celery
- ✓ 2 bay leaves
- ✓ salt and pepper

In Slovakia we can call this “Sviečková”. Every winter there is a hare hunting in our hunting ground in the South of Slovakia. Love that weekends when we are there – Christmas coming, snow everywhere and friends around you. I remember this food from my childhood and now I cook it for my closest. I call it “Taste of my childhood”.

PREPARATION:

- 1 Heat lard on bigger frying pan or and fry pieces of hare on every side on few second when it is slightly roasted.
- 2 Put that from fire and pull meat into the bowl out of heat.

3 Grate carrot, parsley and celery and put it into pan(where were lard with gravy from meat).

4 When the vegetable is roasted, put the hare on it, then put there salt, pepper, bay leaves, cup of water and braise it for 30min (depend how old is hare) – when the meat is done.

5 Put meat and all spices out of pan.

6 Mix sour cream and cream together. Then put it into vegetables and mix it with hand blender together. If sauce is too dense, put some hot water on it.

7 Cut the meat into pieces and put it into the sauce.

Serving:

Serve it with leavened dumpling cut into slices and 1 spoon of pickled cranberries or rosehip jam.

Tip: The best is where you keep quarter hare on the fridge minimum overnight or 2 days.



Huntress

Zuzana Martinčeková

SMOKED SAUSAGES



Ingredients:

- ✓ 3 types of meat: beef, pork and game meats (venison, any kind of deer, moufflon) – dry, not fat, best in the same ratio: how much you want
- ✓ Bacon (smoked fatback bacon without any meat), from any kind of animal (pork is the best): the same weight of the whole meat together
- ✓ Garlic: 25g/1kg of meat and bacon mixture
- ✓ Salt: 20g/1kg of meat and bacon mixture
- ✓ Pepper: 10g/1kg of meat and bacon mixture
- ✓ Red pepper: 20g/1kg of meat and bacon mixture (ground, sweet or spicy, depends on preference)
- ✓ Cumin (ground): 8g/1kg of meat and bacon mixture
- ✓ Red wine-dry (0,7l/15kg of meat and bacon mixture)
- ✓ Casings (sausage skins) (best are pork)- fresh or frozen and salted: app. 25m/10kg

Side dish and conserving:

- ✓ Bread
- ✓ Onion
- ✓ Vegetable: common garden (tomatoes, garden pepper, cucumber)
- ✓ Mustard or horseradish

This is our traditional family recipe. The best part is that you can store it for a long time without taking any special care and serve it anytime for you or your visitors in case of need. Or you can take it anywhere with you on your journeys. The ideal production time is during the cold period to reduce the risk of meat spoilage due to too high ambient temperatures and melting of greasy parts during production and storage that can degrade taste.

PREPARATION:

- 1 Clean all the meat and bacon, chop and mince together into one bowl (use a bigger sieve in the mincer). Use approximately 4 mm sieve for meat and 8 mm sieve for bacon
- 2 Peel and mince the garlic using a small sieve - approx. 2,7mm
- 3 Mix salt, pepper, red pepper (sweet) and cumin into the wine, spicy red pepper is used based on preference



Huntress

Michaela Krajčovičová

- 4 Pour the wine and spices mixture into the meat and add garlic
- 5 Mix together well using your hands so the spices are soaked into the meat
- 6 Clean the casings in water – clean from outside and pour water through them properly. Don't use casings with holes in them
- 7 Fill the casings with meat mixture using a filling horn.
- 8 Tie the casing in the beginning and end. If the casing is long, after every 20cm twist the sausage in your hands so it separates and continue this way till the end where you tie it.
- 9 When all is filled, hang the sausages on the hooks in a cold room (cellar) and let it cool and dry a little until the next day.
- 10 The next day, smoke the sausages in a smoking chamber with high intensity on a fruit wood (cherry, plum, pear wood)
- 11 After smoking let the sausages vent in cold air for at least 2 days. You can let them dry for longer time if you prefer so.
- 12 Store the sausages hung in a cold space or in the fridge or freezer.

Serving:

Serve thin slices with fresh bread, it tastes well with mustard or horseradish. It can be served also with fresh onion or vegetables. You can use it as an ingredient to other cooked meals or you can cook it for 10 mins in boiling water or grill it on grill or a pan.

RED WINE MARINATED VENISON

4 portions



Ingredients:

- ✓ Venison - 1/2 kilogram deer meat
- ✓ Sunflower oil - 1.5 dcl
- ✓ Onion - 1 big
- ✓ Garlic clove - 4, minced
- ✓ Red pepper powder - 1 teaspoon
- ✓ Spicy red pepper powder - 1/2 teaspoon
- ✓ Black pepper powder - 1 teaspoon
- ✓ Salt - based on your preferences
- ✓ Beetroot - 7 pieces
- ✓ Beetroot leafs - 4 pieces
- ✓ Red wine - 3 dcl
- ✓ Seasonal berries
- ✓ Sugar, aceto balsamico

I liked the nature since my childhood. I used to go for a walk into the forests with my grandmother where we watched all the different species of animals such as roe deer, pheasants, and small birds. These moments created a strong connection, which led me towards hunting and to the Slovak Club of Lady Hunters.

Walks in the forests help me to get fresh energy, relax, and to endlessly admire the beauty of nature. What is even more important is that hunting has allowed me to meet wonderful people from Slovakia and from abroad who became my very best friends. Let me share a recipe that makes the times with my loved ones even more pleasant and special.

PREPARATION:

- 1 In a small bowl whisk together oil, crushed garlic, red pepper powder, spicy red pepper powder, black pepper powder and salt.
- 2 Cut the venison into



Huntress

Dana Zemesová

slices, the size on your wish

- 3 Add the slices to the marinade and marinate for 4-8 hours, or in a whole piece and cut after the frying, the size on your wish

- 4 Fry your marinated venison from both sides in the oil from the marinade

- 5 Clean the beetroots and save the leafs, juice 1 beetroot. The rest of beetroots put on the baking pan and bake it for 90 minutes (160°C). The beetroots must be tender. Cool it down and peel the skin off, cut into various pieces

- 6 1/2 half of red wine, beetroot juice, sugar, salt, 1 tea spoon of aceto balsamico put in the pot and reduce to thick sauce.

Serving:

Serve with fried potatoes, vegetables, and Cabernet Sauvignon. The recipe is good for gluten free diet.

WILD BOAR PATTY WITH POTATOE SAUCE

4 portions



Ingredients:

- ✓ 600 g ground meat
- ✓ 2 eggs
- ✓ 3 dl of milk
- ✓ 2 cutted braided rolls
- ✓ 3 cloves of garlic
- ✓ 1 fine chopped onion
- ✓ -1/2 1 tea spoon of milled black pepper
- ✓ 1 tea spoon of salt

Potatoe sauce:

- ✓ 1 brown onion
- ✓ 4 potatoes
- ✓ 1 chicken stock
- ✓ 1 dl of milk
- ✓ 2 dl of cream
- ✓ sugar, salt and black pepper corns
- ✓ 1 bay leaf, all spice
- ✓ apple cider vinegar

PREPARATION:

- 1** Put the sliced braided rolls into the bowl with milk. Wait 10 min. and scrounge it and put into the mass of meat.
- 2** Mix all ingredients together with the mass of meat in the big bowl. Mix it well, the best way is by hands.
- 3** Form the mass of meat into various

- forms, fried in the form on the pan (fatted by little bit of wild boar fat) until it is nicely brown, if needed, after frying, put in the oven for 15 min. (180°C).
- 4** Potatoe sauce: chop the onion and roast on vegetable oil.
- 5** Cut the potatoes, put on roasted onion, roast a bit, then cook it nicely in the pot for 3 min. with all spices.
- 6** Put the milk and cream, cook again 2 min, mix with stick blender and zest it for your taste.



Huntress

Soňa Chovanová Supeková

Serving:

Piece of patty rounded with potatoe sauce and decorate it with seasonal leaves and green beans.

ROE DEER ON HUNTER'S SAUCE

4-6 portions

Ingredients:

- ✓ 2 shoulder blade or 1 leg of roe deer
- ✓ bacon
- ✓ garlic
- ✓ salt

Sauce:

- ✓ cup of oak mushrooms and cup of chicks for decoration
- ✓ 200g cream (10% or 33%)
- ✓ 1 small red onion
- ✓ 3dl of beef broth
- ✓ 3 dl of dry white wine
- ✓ 2 bay leaves
- ✓ 1 big spoon of butter
- ✓ 2 spoons of flour
- ✓ Worcestershire sauce
- ✓ salt and pepper
- ✓ parsley leaves cut into small pieces

PREPARATION:

(sauce)

- 1 First frying pan: heat lard with pieces of red onions. When it is slightly roasted, put there mushrooms. Fry them for a 5 minutes (to gold color).
- 2 Second frying pan (bigger than first): heat 1 big spoon of butter with flour and fry it to gold color, then put there 3 dl of beef broth and stir un-



til the mixture is smooth without lumps

3 Put wine in second pan, then Worcestershire sauce, salt, pepper, bay leaves and everything from the first pan (onion and mushrooms mixture).

4 Boil for the 20 min.

5 Then everything mix with hand blender together. If sauce is too dense, put some wine on it. In the end put there parsley leaves.

6 Roast the chicks and sliced zucchini (on vegetable oil) for decoration.

(meat)

1 Into cleaned meat (without bones, etc.) make holes with knife (make about 10-12 holes)

2 Put piece of bacon and clove of garlic into every hole and then put a salt to the hole to cover it

3 Then put salt on it, then put meat into the pan with some oil and put there little water. Then cover it.

4 Bake slightly in 170-180°C for a 2 hours (depend how old and big is meat). Baste it every 20 - 30 minutes.



Huntress

Zuzana Martinčková

Tip: After hour put on the top of meat slices of bacon (that the meat does not dry out).

Serving:

Slice meat, put hot sauce on it and serve it with leavened dumpling and glass of good dry white wine.

PHEASANT BREAST ON ONION CHUTNEY

4-6 portions

Ingredients:

- ✓ 2 breasts of 1 pheasant with skin
- ✓ salt
- ✓ black pepper ground
- ✓ thyme
- ✓ rosemary
- ✓ wild boar fat

Onion chutney:

- ✓ 1 kg red onions
- ✓ olive oil
- ✓ 150g of sugar
- ✓ 3 dl of red wine
- ✓ 2 teaspoons/or depends on your taste of balsamic vinegar
- ✓ chilli
- ✓ Decoration: quail egg

PREPARATION: (breasts)

Put the salt and spices on the pheasant's breasts add some thyme and a little bit of rosemary and leave for 2-3 hours. Then fry on the wild boar fat on both sides, put them to the baking dish and leave

for a moment in the oven till it is done.

(chutney)

Cut the red onion into stronger strips, fry on olive oil, add crystal sugar and let it frying till it is caramelized. Put the red wine, add balsamic vinegar and cook. Finally, add a little bit of chili.

Serving:

Slice meat, serve it on hot chutney and serve it with leavened dumpling and glass of good dry white wine.



Huntress - **Pavlína Melichárová**

RED DEER BEEFSTEAK TARTAR

4-6 portions



Ingredients:

- ✓ 400 g of well-grounded red deer sirloin or loin, if we would have it original, it is much better to scrawl the meat with sharp knife
- ✓ 2 (middle size) well chopped onion
- ✓ salt
- ✓ black pepper ground
- ✓ Worcestershire sauce
- ✓ Mustard
- ✓ 2-3 egg yolks
- ✓ 2 head of garlic

PREPARATION:

- 1** Mill the meat in the machine or scrawl the meat with sharp knife.
- 2** Chop the onion very fine.
- 3** Mix well all ingredients.
- 4** Put salt and pepper on your taste.

Tip: Depends on the taste, ketchup (home-made) could give very nice taste.

Serving:

Serve on the toast (dry toasted or bread fried on the wild boar fat), make a hole and give the egg yolk in the middle, round with onion and some cloves of garlic.



Huntress - **Soňa Chovanová Supeková**

PHEASANT PATÉ

8-10 portions

Ingredients:

- ✓ 1 bigger pheasant, 800-1000g
- ✓ 2 carrots
- ✓ 4 pickles (3-6 cm)
- ✓ 225 ml mayonnaise
- ✓ 1 teaspoon mustard
- ✓ 1 broth
- ✓ salt and pepper
- ✓ parsley (fresh or dried)
- ✓ french baguette or bread
- ✓ olive oil
- ✓ 250 ml red beet juice
- ✓ 8-10 young shallots

This is not a classic paté, upgraded version of this paté is perfect for special occasions and to be served as a starter. Recipe is quite simple but in the final the taste is excellent. I started to prepare it few years ago when I hunted my first pheasant. It was in 2014 during the international pheasant hunting in Slovakia organized by working group Artemis under the International Council for Game and Wildlife Conservation (CIC) and it was a great experience for me to hunt my first pheasant at the traditional Slovak hunting.

PREPARATION:

1 Put the pheasant into the water with the broth and cook

till the meat is possible to remove from bones – around 1 jour

2 Peel shallots and cook them in the red beet juice around 25 minutes.

3 Separate all possible pheasant meat from bones when pheasant is cooled and use meat milling machine or any kitchen mixer to mill the meat, be careful pheasant bones are very sharp

4 Peel carrots and cook them in the salty water

till they are half cooked (do not cut the carrots leave them in whole)

5 Prepare one bowl where you finely chop carrots and mix them with pheasant meat

6 Cut pickles into micro pieces and put into the bowl

7 Add mayonnaise, mustard, salt, pepper and parsley

8 Mix all together till all ingredients are well connected

9 Close the bowl and cool the paté in the fridge before serving

10 Heat 2 tablespoons of the olive oil in a large skillet over medium-low heat and saute the baguette until golden and crisp

Serving:

Spread the paté on the prepared baguettes and decorate with shallots.

Dobru chuť!



Huntress

Kamila Homolová

WILD DUCK SOUP

8 portions



Ingredients:

- ✓ 8 whole wild ducks
- ✓ 16 wild duck breast (cut from 8 whole ducks)
- ✓ all wild duck off cuts
- ✓ all wild duck wings

Bouillon broth:

- ✓ 2 carrots
- ✓ 2 parsley roots
- ✓ 1 celery
- ✓ 2 brown onions
- ✓ 1 bunch of lovage
- ✓ 2 bay leaves
- ✓ 10g black pepper corn
- ✓ 5g all spice
- ✓ salt

Vegetables for soup:

- ✓ 1 carrot
- ✓ 1 parsley root
- ✓ 1 celery
- ✓ 1 bunch of parsley leaves

PREPARATION:

Bouillon:

- 1 Clean and wash ducks.
- 2 Debone from breast and wings.
- 3 Roast wings on 180°C to golden brown.
- 4 Duck scrapes, vegetables and spices put into the pot and cover with cold water. Start to cook it. Roasted brown duck wings put into the pot and cook together. Let it bowl on low heat for 8 hours.
- 5 Every 20 min. try to clean fat from the top. Strain the

stock and cook for another 2-3 hours, to make the bouillon nicely strong. Finish with salt.

Vegetables for soup:

- 1 cut vegetables into 1 cm pieces and cook until is nice and tender.
- 2 Chop flat leaf parsley and leave it for finishing the soup.

Duck breast:

- 1 Salt duck breasts on the both sides.
- 2 Put the breasts on the pan, skin side down with dash of oil.
- 3 Roast 2 minutes on both sides and let them rest for 5 minutes. It should be pink inside.

Serving:

Take the breasts and slice them nicely thin, put them on the bottom of the bowl, cover with chopped vegetables, sprinkle with parsley and cover with broth (bouillon) slowly.



Huntress

Soňa Chovanová
Supeková

GOOSE LIVER PATE

Ingredients:

- ✓ Goose liver: how much you have
- ✓ Bacon (smoked fatback bacon without any meat), from any kind of animal (pork is the best): double the weight of the liver (if you have 200g of liver, you need 400g of bacon)
- ✓ Onion: 150g/1kg of liver and bacon mixture
- ✓ Salt: 20g/1kg of liver and bacon mixture
- ✓ Pepper: 10g/1kg of liver and bacon mixture
- ✓ Fresh eggs: 1 egg/1kg of liver and bacon mixture
- ✓ Fat (pork is best) - few spoons

Side dish and con- serving:

- ✓ Bread or toast
- ✓ Scallions (green onions)
- ✓ Vegetable: cherry tomatoes, garden bell pepper
- ✓ Fruit: grape
- ✓ Almond shavings
- ✓ Other: tins or small glass jars

This is our traditional family dish made every winter during goose hunting season. It can be prepared from any other kind of liver (duck, rabbit, deer...) but goose has the best taste.



The amount of pate depends on the weight of the liver you have.

PREPARATION:

- 1 Clean the liver and bacon under clear water and slice them
- 2 Grind both until the mass is very smooth, feel free to repeat more times
- 3 Peel the onion, cut into slices and use the fat to roast the onion on a pan
- 4 Grind the roasted onion
- 2 Mix liver, bacon and onion together, add salt, black pepper and eggs

2 Stir all ingredients together well

2 Fill tins or jars, leave a small hole on the top (as large as a spoon), than close precisely

2 If you use tins, boil them in water for 2 hours. After that you can store them for several years, they don't have to be stored in a cold space.

2 If you use jars, you have to sterilise them in water around 80°C, for at least 2 and a half hour, then store in a fridge

Serving:

The best serving is on fresh soft warm bread or on a toast. Pate needs to be taken out of the fridge (in case you used jars) in advance and let it warm up to room temperature. You can try different ways to serve and enjoy your pate. Salty variations with common garden vegetable, best with green onion or sweet variations with grape, apple or pear, it depends on your creativity and individual taste. You can also try the variation with sprinkled almond shavings on the top.



Huntress

Michaela Krajčovičová



ESTONIA

Estonian Women Hunters Society brings together women who share same visions of hunting and women hunters movement as a whole, and they want to pursue common objectives on the basis of the current legislation. Organization is dedicated to the encouragement, education and promotion of women and youth in the hunting traditions.

Women hunters have been organizing different events in Estonia since 2010. Estonian Women Hunters Society was established in 2015.

May 2015. ENS became a member of Estonian Hunters Society, which is the roof organization for all the hunters in Estonia (<http://www.ejs.ee/hunting-in-estonia/>) and unites most of the 15 000 hunters in Estonia.

The number of huntresses in Estonia is increasing every year. For example in 2010 there were 207 licenced huntresses in Estonia. Same number in 2018 is 401

More information about the movement of huntresses in Estonia you can find

[www.jahinaised.ee](http://www.jahinaised.ee;);
FB: www.facebook.com/eestijahinaised;
Instagram: [naiskytid](https://www.instagram.com/naiskytid)

These 10 pages illustrate the meaning of hunting for Estonian huntresses. We love everything about it! It is the lifestyle and we cannot imagine life without it. We are proud to be part of the project and we are proud to be hunters and we will never apologize for who we are.

Triin Roostfeldt, Estonian Women Hunters Society, CEO (www.jahinaised.ee)

DEER STEW

Ingredients:

- ✓ Olive oil 3 tbsp
- ✓ Chopped bacon 200 ml
- ✓ Deer's meat 1,2 kg (or elk's)
- ✓ Carrots 600 g
- ✓ Onions 2
- ✓ Garlic 6 pieces
- ✓ Champignons 400 g
- ✓ Brandy 100 ml
- ✓ Dry red wine 1 bottle
- ✓ Bovine's bouillon 400 ml
- ✓ Tomato paste 2 tbsp
- ✓ Laurel leaf 1
- ✓ Warm butter 4 tbsp
- ✓ Flour 50 ml
- ✓ Pepper
- ✓ Salt
- ✓ Potatoes



PREPARATION:

- 1** Heat 1 tbsp of olive oil on the pan. Add chopped bacon and fry them on low temperature until they are crispy. Then put them aside.
- 2** Cut the meat into pieces and dry with paper. Flavour the pieces with salt and pepper. Embrown the pieces and then put them aside next to bacon.
- 3** Put chopped onion, garlic and sliced carrots to the pan. Mix and fry until onions are soft.
- 4** Add sliced champignons and fry for about five more minutes.
- 5** Put meat and bacon back

to the pan. Add brandy, wine, bouillon, laurel leaf and tomato paste. Also add 1 tsp salt and pepper. Mix and then cover the pan and let it boil.

7 Leave it alone for 2,5- 3 hours on a very low temperature until the meat is really soft.

8 When there is about one

hour left until the meat is ready, heat the oven to 200° C.

9 Boil the potatoes for some minutes in the salt flavoured water. Steam the potatoes until they are dry. Put them on a pan and press lightly. Spatter the potatoes with olive oil and put them into the oven for about 20 minutes until they are golden.

10 When the meat is ready, mix butter and flour. Mix the mixture into the stew, one by one with tablespoon, until you get good consistency. Flavour with salt and pepper if needed and serve with golden potatoes.



Huntress - **Kairit Kiin**

ROASTED DUCK

Ingredients:

- ✓ Duck's filet 1 kg
- ✓ Mushrooms 0,5 kg
- ✓ Onions 4
- ✓ Butter 100 g
- ✓ Cream 400 ml
- ✓ Pepper
- ✓ Salt

PREPARATION:

- 1 Fry chopped onions on the pan with butter.
- 2 Chop duck's filet into pieces and fry them.
- 3 Add mushrooms and flavour with pepper.
- 4 When the meat is almost ready, add cream and flavour with salt.

WARM SALAD

Ingredients:

- ✓ Leek 2
- ✓ Red paprika 3
- ✓ Oil
- ✓ Pink Himalayan salt

PREPARATION:

- 1 Slice the leek and cut paprika into 2cm slices.
- 2 Put some oil on the bottom of the pot and cook on medium temperature while mixing until leek and paprika are lightly transparent but are still little bit raw.

POTATOES WITH HERBS

Ingredients:

- ✓ Average size potatoes 2 kg
- ✓ Oil 50 ml
- ✓ Potatoes flavouring 30 g
- ✓ Pizza flavouring 1 tbsp

PREPARATION:

- 1 Cut the potatoes into sectors.
- 2 Flavour with flavourings and oil.
- 3 Mix properly with hands.
- 4 Cook in the oven for 1,5 hours with 220° C degrees until the potatoes are golden.



Huntress -

Nele Eller

SHREDDED WILD BOAR MEAT



Shredded meat can be done with any softer piece. Clean the meat, put it into cold water and boil. Add different vegetables - onions, carrots, celery, garlic, parsley etc. Boil on mild temperature, sometimes peel the foam for about 3 hours. Then add salt, pepper, spices and herbs. Boil for about one more hour and when the meat is soft, lift it from the liquid to cool. Don't throw away the bouillon, because you can use it for soups, sauce or stew. For shredding, put the meat on a trencher and start shredding it to fibres by using two forks.

BURGER WITH SPICY SHREDDED WILD BOAR MEAT AND CIABATTA

PREPARATION:

1 To pickle the onion, cut it into thin slices. Squeeze some lime juice on the slices, add some coriander and flavour with salt and some



Huntress - Kerlin Ledis

Ingredients:

- ✓ Flavoured shredded wild boar meat
- ✓ BBQ sauce
- ✓ Pickled red onion
- ✓ Tomato slices
- ✓ Frillice salad
- ✓ Ciabatta

sugar. If you like spices, you can add some fresh chili. Let it be.

- 2** Flavour shredded meat with Any kind of BBQ sauce. If you wish, you can add some plum juice and soy sauce.
- 3** For sauce, mix good mayonnaise with the same BBQ sauce.
- 4** Cut ciabatta into one nice piece, cut it in two and roast on pan or in the oven.
- 5** Cover one half with sauce and frillice salad, some meat and pickled onion slices and two tomato slices. Cover with the other half of ciabatta and enjoy! :)

BEAR SNACKS



Ingredients:

- ✓ Bear meat 500 g
- ✓ Flour 200 g
- ✓ Oil
- ✓ Rutabaga 200g
- ✓ Yellow beet 200 g
- ✓ Carrots 150 g
- ✓ Onions 100 g
- ✓ Garlic 6 pieces
- ✓ Salt
- ✓ Pepper
- ✓ Gelatine
- ✓ Dry red wine (2 bottles 750 ml)

PREPARATION:

- 1** Cut the meat into pieces, flavour the meat with salt and pepper, roll the pieces in flour and embrown them on the hot pan.
- 2** Chop the vegetables and put them into pot with embrowned meat alternately.
- 3** Pour two glasses of water into the pot and then pour wine to the pot so that the pot is full of wine/water. Put the pot into the oven (175° C degrees) for 2 hours.
- 4** Then lower the temperature to 160° C degrees and stew for 6-7 hours, until the meat is fully soft. Sometimes add some red wine, so the liquid won't dissappear while stewing.

- 5** Cool the meat and cut into small pieces.
- 6** Melt gelatine.
- 7** Divide the meat into little vessels (small glasses), pour gelatine to the top of the meat (70/30). Let it be until you see its ready.
- 8** Serve it with homemade cream sauce and sour berries.



Huntress - **Kristiina Mitt**

CHERRY BEAVER

Ingredients:

- ✓ Beaver's meat 200 g
- ✓ Cherry flavoured beer 0,5 l
- ✓ Cherries (fresh ones if possible)
- ✓ Green pesto 1 tsp
- ✓ Soy sauce 1 tsp
- ✓ Honey 2 tsp
- ✓ Butter 2 tsp
- ✓ Oil
- ✓ Little onion 1
- ✓ Little jalapeno pepper 1
- ✓ Cheese ("Merevaik") 3 tbsp
- ✓ Salt

PREPARATION:

- 1 Cut the beaver's meat into pieces (10cm length-1/2cm thickness).
- 2 If you want to tone down beaver's specific taste, cover meat with soda solvate (1 tsp soda to 1 l of water) and boil on mild heat for 15 minutes and leach.

3 Heat the pan and add butter and oil, embrown meat and onion. Add salt and water. Let the meat stew for 30 minutes. (Pour away the water from the pan).

4 After that add beer, seasonings and stew for 30 minutes. Lastly add cheese spread to the stew.



Huntress - **Kadri Kivimets**

VEGETABLE WOK

Ingredients:

- ✓ Little carrots 5
- ✓ Mini asparagus (handful)
- ✓ Turkish beans (handful)
- ✓ Cherry tomatoes 10
- ✓ Dark syrup "Danskuker"
- ✓ Butter
- ✓ Salt and pepper

PREPARATION:

Heat the pan and add butter. Cook vegetables on the pan for few minutes. Add seasonings and dar syrup, mix and cook for some minutes.

MOOSE STEW



Ingredients:

- ✓ Moose's meat 3 kg (soft)
- ✓ Big paprika 1
- ✓ Champignons 150 g
- ✓ Little onions 2
- ✓ Little garlies 2 pieces
- ✓ Natural handcrafted blackberry wine
- ✓ Rosemary
- ✓ Five peppers and spices mixture
- ✓ Seasalt

PREPARATION:

- 1 Cut the meat into nice pieces, embrown them on hot pan and put into a pot.
- 2 Flavour the meat with salt and flavourings after one side of the meat is brown. Then embrown paprika and fry champignons, onions (cut into four pieces) and garlic (cut in half).
- 3 Put all the vegetables into the pot. Then pour wine on the pan, boil it for a bit and then pour it into the pot too. Cover the pot and put it into the oven for 5-6 hours

on 110° C degrees.

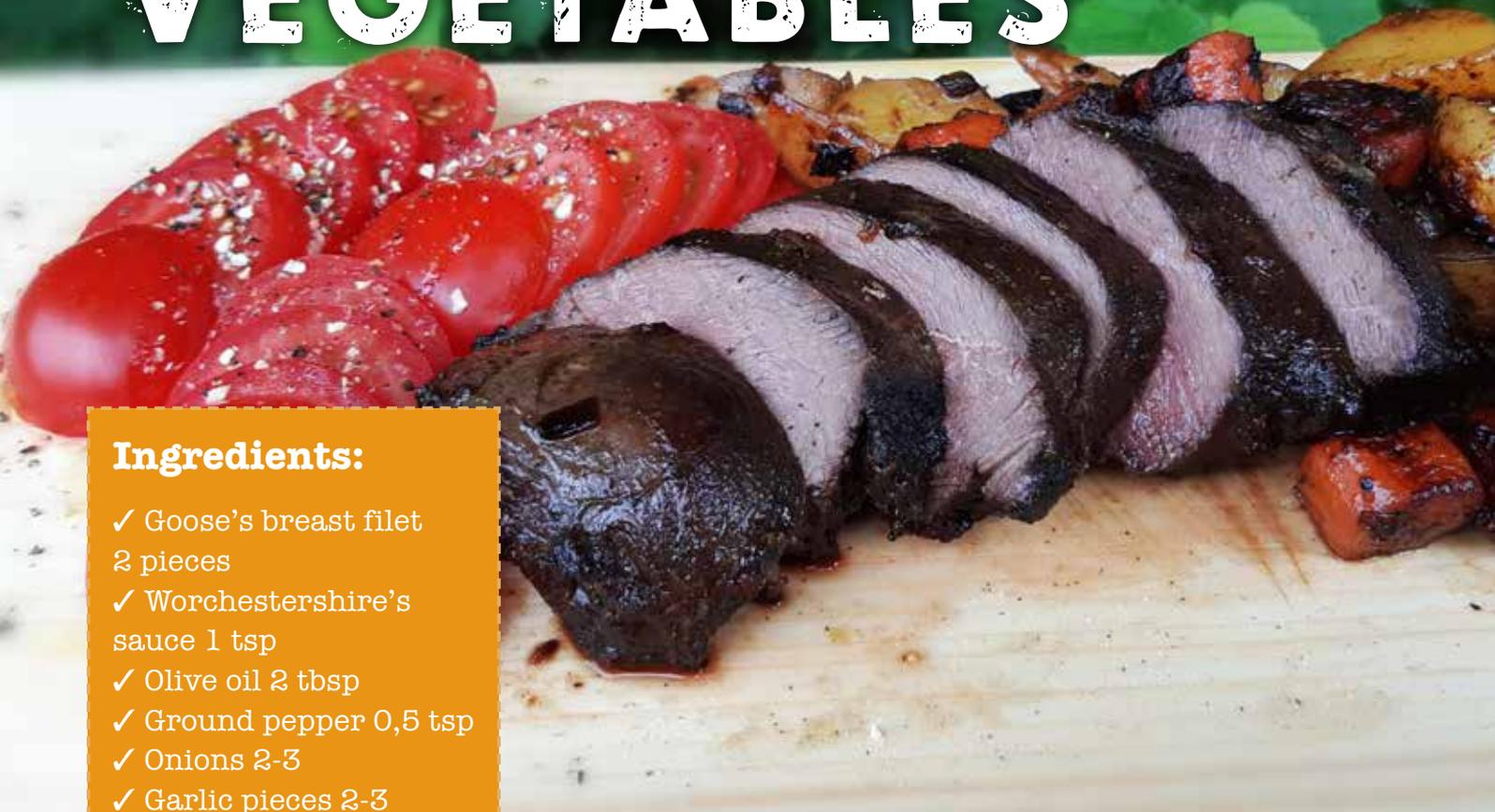
4 Check the meat sometimes to be sure that there is enough wine.

5 Serve it with rice or salad or both



Huntress - **Janika Valge**

GRILLED GOOSE WITH VEGETABLES



Ingredients:

- ✓ Goose's breast filet
2 pieces
- ✓ Worcestershire's
sauce 1 tsp
- ✓ Olive oil 2 tbsp
- ✓ Ground pepper 0,5 tsp
- ✓ Onions 2-3
- ✓ Garlic pieces 2-3
- ✓ Fresh potatoes 1 kg
- ✓ Carrots 2-3
- ✓ Tomatoes or other
vegetables
- ✓ Salt, milled nutmeg,
thyme

PREPARATION:

1 Firstly, clean goose filet (can be with or without skin). Mix Worcestershire's sauce, olive oil, black pepper, salt, nutmeg and thyme. Besmear filets with the mixture and leave them for about one hour on room temperature.

* You can flavour the meat the day before grilling. On

this case, take the meat out of the fridge about one hour before grilling.

2 Meanwhile, slice onions and chop garlincs, cut tomatoes, carrots and potatoes (into sectors).

3 Prepare the grill. Put the pan on the grill and heat the oil. Fry flavoured goose. Prepare the grill. Put the pan on the grill and heat the oil. Fry flavoured goose meat on hot pan. When you want the meat to be medium, then fry the pieces on both sides for about 3 minutes.

4 Put the meat into the vessel and let it mellow.

5 On the same pan, fry onions, garlic, tomatoes and carrots. Lastly add potatoes.

6 While mixing and covering the pan, flavour the vegetables with salt and pepper.

7 Cut the meat into appropriate pieces and serve with vegetables.



Huntress - **Anne Toompalu**

HARE WITH MUSTARD



Ingredients:

- ✓ Hare meat (legs)
- ✓ Dijon mustard 2 dl
- ✓ Cream 150 ml
- ✓ Butter 50 g and olive oil 3 tbsp
- ✓ Thyme
- ✓ Black pepper
- ✓ Laurel leaf
- ✓ White wine 1 dl
- ✓ Onion 1
- ✓ Salt and pepper

PREPARATION:

- 1** Cover the hare's meat with salt and pepper. After that besmear the legs with mustard.
- 2** Fry chopped onions with oil or butter on the pan.
- 3** Then put them on a plate. Add some oil or butter to the pan and embrown meat on the pan. Then put them aside aswell. Pour white wine to the pan and mix it with leftovers on the pan and simmer until the wine is evaporated. Add thyme, black pepper and laurel leaf. After that, add also rabbit's legs and onions.

Stew the meat under cover until it is completely soft. (It may take few hours).

4 Remove meat from the pan and add cream to the sauce.

5 Serve the rabbit with the sauce and oven-baked vegetables.



Huntress - **Agnes Kapanen**

ROE DEER STEAK

Ingredients:

- ✓ Roe deer's steak 1 kg
- ✓ Oil 1 tbsp
- ✓ Soysauce 5 tbsp
- ✓ Five-peppe-mix 2 tsp
- ✓ Meat seasoning 2 tsp
- ✓ Georgian flavouring mix 2 tsp
- ✓ White onion 1
- ✓ Sea salt 1 tsp

PREPARATION:

1 Cut the meat into pieces (thickness 2-2,5 cm). Put the meat into a deep bowl and cover with chopped onion, seasonings, oil, salt and soysauce. Mix properly and put it in the fridge for at least two hours, if possible for overnight.

2 Prepare the grill and fry meat on both sides, for 2-3 minutes. Then let it cool in foil for 5 minutes.

3 Serve with potatoes or green salad.



Huntress - **Natalja Zhebrovskaya**

LIVER OF THE SEAL

Ingredients:

- ✓ Liver
- ✓ Onions
- ✓ Butter
- ✓ Salt
- ✓ Pepper

PREPARATION:

One important thing after successful hunting day is the cooking. It means a lot for hunters to use most of the animal. It is quite popular to cook the liver of the animal and after my first seal hunting trip, I cooked its liver and it was fantastic.

- 1 You just need a hot pan, onions, butter, salt and pepper and of course the liver of the seal.
- 2 Just cut it into pieces, fry it with onions and put some salt and pepper afterwards.

It is one great meal after successful hunting day!



Huntress - **Triin Roostfeldt**



FINLAND

Fifteen-minute walk in the forest lowers one's blood pressure immediately, say health specialists. Being outdoors is not only providing people the mindfulness, but also healthy, high quality and sustainable wild food. Awareness around the food we eat and serve to our closest ones has become more and more important during the past years. We want to know the origin of the food to make sure that it is pure and ethical. Wild food is now a big trend in Finland, and top restaurants and chefs are introducing e.g. wild plants, game and lake fish into daily menus.

People are interested and excited to go outdoors in their own back yard to find wild stuff to cook. Mushroom and berry picking are again in fashion, numerous delicious and healthy smoothie recipes are attracting people to go in the forest to find the super food berries such as bilberries and other ingredients.

Game meat and fish play important role in Finnish diet, especially in rural areas. Hunting and fishing have traditionally been male dominant hobbies but more and more women are stepping in these tradi-

tional Finnish outdoor activities. Nowadays there are 20 000 registered huntresses out of total 300 000 hunters in Finland and number is increasing steadily. Regardless gender, hunters appreciate nature as a source of relaxation, excitement and pure, high-quality food. I wish with these recipes many more people learn to appreciate the nature around us and will have chance to enjoy the best from the nature.

Jaana Puhakka
President, North Karelian
Huntresses association
(www.jahtinaiset.fi)

FISH CURED IN LEMON JUICE

4 portions (as an appetizer)



Ingredients:

- ✓ 200 g fish e.g. pike, salmon, whitefish, perch
- ✓ 0,5 dl fresh lemon juice (or lime)
- ✓ 0,5 dl oil e.g. canola oil, sunflower oil
- ✓ 0,5 tsp caster sugar
- ✓ 0,5 tsp salt
- ✓ Spices to personal taste

PREPARATION:

- 1** Take a file of fish and slice it into very thin slices. It's easier to cut the fish into thin slices if it's half frozen
- 2** Place thin slices next to each on the wide plate
- 3** Mix juice, oil, sugar and salt
- 4** Pour the mixture evenly on the fish slices
- 5** Sprinkle with spices of your liking
- 6** Cover the plate with plastic wrap and put it into fridge for about an hour or till the fish turns into white

Serving:

Pour any extra liquid away and serve on toasted rye bread and add herbs to your liking. This dish goes also very well with new potatoes.



Huntress - **Jaana Puhakka**

WILD HERB PESTO

6 portions



Ingredients:

- ✓ 1 litre Fresh wild herbs;
 - Fireweed leaves
 - Dandelion leaves
 - Ground elder
- ✓ 1/2 dl Nut and seed mixture
- ✓ 2 dl Olive oil / sunflower oil
- ✓ 1/2 tsp Sea salt, fine
- ✓ 1/4 tsp Ground black pepper
- ✓ 1 tbsp Lemon juice

PREPARATION:

- 1** Wash the wild herbs and dry them with a towel or a paper towel
- 2** Rip the herbs into a blender
- 3** Add the mixture of nuts and seeds into the blender along with the oil
- 4** Blend into a smooth mixture
- 5** Season with salt and pepper and lemon juice

Serving:

Serve for example with bread, as filling for a baked potato, with fish and meat, as a side to tomato dishes, or with cheese.



Huntress

Kaisa Lukkari

WILD CABBAGE = VEGETABLE SALAD

6 portions

Ingredients:

- ✓ 2 dl Thinly sliced radish
- ✓ 2 dl Chopped fireweed shoots
- ✓ 1 dl Dandelion flowers
- ✓ 1 dl Raspberry leaves
- ✓ 1 dl Roseroot leaves
- ✓ 4 dl Thinly sliced spring greens
- ✓ 1 dl Thinly sliced fennel

Dressing:

- ✓ 4 tbspb Lemon juice
- ✓ 6 tbspb Olive oil
- ✓ 2 tsp Honey
- Pinch of sea salt and ground black pepper

PREPARATION:

- 1** Wash radishes and remove the stem. Slice the radishes.
- 2** Wash the fireweed shoots, dry with paper towel and cut into pieces about 3 cm
- 3** Wash the leaves and dandelion flowers, dry with paper towel and rip into a bowl
- 4** Cut the cabbage in half and rinse it. Remove the cabbage stalk. Cut into thin shreds.
- 5** Wash the fennel and cut it into thin shreds
- 6** Mix everything in a bowl.

- 7** Add lemon, oil, honey, salt and pepper and mix. Allow the mixture to sit for a while before serving. Dress with leaves and flowers.

Serving:

Serve as an appetiser with fresh bread and wild herb pesto. It can also be served with fish.



Huntress

Kaisa Lukkari



SMOOTH NETTLE SOUP

6 portions

Ingredients:

Blanching:

- ✓ 2 litres Fresh nettle shoots
- ✓ 2 litres Water

Soup:

- ✓ 2 tbsp Sea salt
- ✓ 60 g Wheat flour
- ✓ 60 g Butter
- ✓ 1 litre Water
- ✓ 4 dl Cream
- ✓ 2 Vegetable stock cubes
- ✓ 1 tsp Sea salt
- ✓ 1/2 tsp Nutmeg

PREPARATION:

1 Place 1 litre of water in a pot to boil and add salt into the water. Wash the nettle shoots.

2 Once the water is boiling, pour the nettle shoots into the pot and blanch them in boiling water for around 30-60 seconds. Pour the nettle shoots into a strainer and run cold water on them. Remove water from the nettle shoots by pressing and blend them with a

hand blender, for example, into a smooth paste.

3 Prepare the thickening mixture in a pot: Melt the butter and add wheat flour. Stir until the mixture is smooth. Take the pot from the stove and add water while constantly stirring the mixture. This will create a smooth base for the soup. Place the pot back onto the stove.

4 Add vegetable stock and nettle shoots. Allow to simmer for about 5 minutes.

5 Add cream and a pinch of nutmeg.

6 Allow to simmer on moderate heat for around 5 minutes. Add salt if necessary.

Serving:

Serve with boiled egg halves and fresh bread.



Huntress

Kaisa Lukkari

ELK ROLLS WITH WILD HERB CREAM CHEESE

8 portions

Ingredients:

Marinade for meat:

- ✓ 1 dl olive oil
- ✓ 1 dl soy sauce
- ✓ Ground black pepper
- ✓ (salt)

Cream cheese filling:

- ✓ 200 g cream cheese (such as Philadelphia)
- ✓ More than 1 litre of wild herbs
 - Around 9 dl of fireweed and around 1 dl of shredded marsh violet. Shredded parsley and dill, chives.
- ✓ 1 tsp of grated ginger
- ✓ 1 clove of garlic
- ✓ ground black pepper
- ✓ salt
- ✓ (1 tbs of dried and crushed black trumpet or another mushroom)

Elk is the most important game animal for a family that hunts in Kainuu. The men in our family hunt for elk in autumn and women then cook it. Dogs are used in hunting

and we have four Swedish Elkhounds that are used for hunting elk. We eat around 100 kg of elk meat a year in my family and therefore we have dozens of ways to cook the meat and hundreds of different recipes!

In the summer time, we use frozen elk meat in cooking along with plenty of wild herbs. Mild wild herbs can be used in greater quantities and herbs with a strong flavour are used like seasoning. Berries and mushrooms are also an important part of cooking.

PREPARATION:

1 Cut elk meat into thin slices. It is easier to cut the meat if it is still slightly frozen. Pound the slices gently and place them into the marinade, allow to marinate at least an hour.

2 Prepare the wild herb and cream cheese mixture as instructed. Spread the mixture on meat slices, roll them and place them into a casserole.

3 Bake the rolls at 175 degrees for around an hour.

Serving:

Serve with vegetable mash (sweet potato, carrot, potato), cooked beans, lingonberry.



Huntress

Virpi Juvonen

ELK AND GROUND ELDER PATTIES WRAPPED IN LADY'S MANTLE (ALCHEMILLA)

8 portions

Ingredients:

✓ Around 30 leaves of lady's mantle depending on their size. All types of lady's mantle can be used.

Mincemeat mixture:

- ✓ 1.5 kg mincemeat
- ✓ 2 dl cream
- ✓ 1 dl breadcrumbs
- ✓ 1 onion
- ✓ around 4 dl of chopped ground elder stems and leaves
- ✓ black pepper
- ✓ salt

When elk patties are wrapped in lady's mantle leaves, the meat remains moist when it is cooked. It is also suitable for cook-

ing on the grill. Lady's mantle is edible and it goes particularly well with honey or BBQ sauce.

PREPARATION:

1 Cook the leaves in salted water until they are soft, around 3-5 minutes. Rinse with cold water and remove any water by pressing the leaves. Mix breadcrumbs with cream and allow to swell (cream will bring flavour to the lean meat). Add salt and other seasoning. Add the mincemeat and chopped ground elder. Mix.
Frying. Place mincemeat mixture onto a leaf. Fold the leaf to cover the patty on both sides. Flatten the patty by pressing gently. Fry both sides of the patty in oil in a frying pan. The cooking

time depends on the thickness of the patty and the preferred level of cooking. Patties can also be cooked on a wire tray on the grill.

Serving:

Drip some honey or BBQ sauce on the patties. Fresh salad (cosmopolitan lettuce, tomato, cucumber, watermelon, white balsamic vinegar) Feta



Huntress

Virpi Juvonen

WILD HERB PASTE FOR RYE CHIPS

Ingredients:

- ✓ 2 dl whipped cream
- ✓ 200 g cream cheese
- ✓ Wild herbs
 - such as chopped fireweed, violet and ground elder
- ✓ Chives, parsley, dill
- ✓ white pepper
- ✓ salt

PREPARATION:

Mix all ingredients into the whipped cream and cream cheese mixture. Taste the mixture.



Huntress

Virpi Juvonen



Thank you for reading the
book and hope you enjoy
the recepies!

