

## Tenderize

Cutting - across grain - physical disruption, makes for shorter fiber lengths

Pounding - physical disruption fibers and protein binders

Marinate - chemical disruption of fibers and protein binders

Marinate

- chemical disruption of fibers and protein binders

Baking Soda - alkaline - rub

rub 1/2 tsp per pound

seal in a bag and leave in the fridge for 3-5 hrs

rinse off well, several times

Baking Soda - alkaline - spice

add 1/4 - 1/2 tsp per pound (meats) to herbs

do NOT add acids / fruit juices - they will neutralize baking soda

mix / coat well

leave in fridge at least 20 min

Baking Soda - alkaline - soak

extremely good for wild meats like rabbits

add 1/4 - 1/2 tsp per pound (meat) to cold water (enough to cover meat)

clean and wash meat

submerge and hold down with a plate

soak overnight in the fridge

rinse well the next day

## Velveting

pre-coat meat with egg white, corn starch and goodness (herbs, spices etc, esp alcohol like rum or wine)

coat well, like a batter, leave to 'work' in the fridge for at least 30 min

leave 'batter' on, cook as is, batter will seal in moisture

Fruit (Acid) Marinate

orange juice, pineapple juice etc, herbs and spices, coat well, re Fridgerate until needed (overnight works well)

### Papaya (Enzyme) Marinate

Papaya tenderizes meat via an enzyme, as such, it works better at room temp or warmer for a couple hours, not over night in a fridge.

## Bacon

This can be done with either belly or shoulder meat.

Dry Rub per 5 lbs of meat

- 2/3 cup of salt
- 1/2 cup white sugar
- 1/2 cup brown sugar (packed)
- 1 tsp / 5 lbs of Cure #1 (Sodium Nitrate)

Wet Rub per 5 lbs of meat

- 2 tablespoons of molasses
- 8 tablespoons of maple syrup

Rind off (no skin), rinse and pat dry. Belly cuts are about the right thickness. Shoulders generally need to be boned out and split in half. The top half is often more fatty and makes better bacon. Some peeps use the bottom half as leaner bacon, some peeps use it as a roast.

→ rub the WET rub in really well. All sides, tops, bottoms, the whole 9 yards. This will allow the dry rub to stick better.

→ rub in all the cracked black pepper you want

→ pack on the DRY rub, be generous, make sure to get the ends, sides, tops and bottoms.

→ Seal in zip lock bags if you like. Brine in fridge for a week, 7 to 10 days, until meat is firm. Turn them each day.

→ Rinse well. Pat dry. Air dry overnight for 12 to 24 hrs. The drier the better it takes the smoke.

→ COLD smoke to 140-150° F. Don't let the smoker go above 175° F.

## Rinella's Bear Bacon

- 3 lbs bear meat (off rump, good fat : meat ratio, looks like bacon)
- 1 cup brown sugar
- 2 cups coarse salt
- 1 teaspoon of pink salt #1
- add enough maple syrup to bind dry ingredients

→ coat meat in 'brine rub', seal in plastic bag (vacuum bag) and brine in fridge

flip every day, salt pulls moisture out, firming up bacon

flip every day, poking until as firm as desired (indicates salt level)

typically 5 days, longer = saltier

→ rinse really well, pat dry, allow to dry (in fridge) until tacky (pellicle forms)

→ smoke in smoker until 150°F in center (will look darker than normal bacon)

→ done, slice and freeze / cook normally as if bacon b/c it is

## Old School Salt Pork or Beef a.k.a Corned Beef

Start with a container, put a generous layer of salt in the bottom.

Pack in a layer of roughly 1 lb pork pieces.

\* the size 1 lb derives from a soldier's ration for 1 day

Put a generous layer of salt.

Repeat until the container is almost full.

Top off container with 100% pickle.

Make sure there is room at the top for a weight (like a plate) that will create several inches (fingers) of brine to prevent air getting to the meat. The deeper this is the less meat there is but the less often you have to check for evaporation.

Top up evaporation with 100% pickle.

This will keep for months or years in a cool spot.

Adding a bit of salt peter (potassium nitrate) lengthens this even more but some say the taste is not as good.

Pork is white to begin with so the natural grey color of salt pork is just that, natural.

Beef and other red meats will also grey alot, it's a reaction with the iron in the blood or some such. Salt peter (or other nitrate salts) prevents or reduces this (depending on amounts) and produces the rich red / pink color of corned beef.

\*\*\* Products preserved in this way must be soaked overnight in fresh water, with several water changes, to remove enough salt to be edible.

## Salt Meat / Fish, Beans and Onions

Soak out the beans. Add the salt meat / fish and onions. Cook until beans are tender. Makes excellent soup.

Swap out beans for potatoes and make a simple soup / stew.

Swap out beans for rice and make excellent rice.

## Rinella's Corned Elk

Rinella prefers shoulder meat as wild game has less desired brisquet as compared to domestic animals

→ 4-5 lbs of shoulder meat, bone in, connective tissue in etc ... gives a gelatinous finished product

→ 2 cups coarse salt

→ 1/2 cup sugar

→ pink salt #1

→ pickling spice

→ boil and chill brine to dissolve salt and sugar

→ brine meat in fridge for 4-5 days

→ rinse

Slow cook for 4-6 hrs or pressure cook at 10 PSI for 45 minutes.

## Donair Meat

- 0.5 kg ground beef
- 1 tsp black pepper
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp salt
- 1 tsp paprika
- 2 tsp cayenne pepper
- 1 tsp dried oregano

Option A - mix as a meatloaf and bake at 350 for an hour

Option B - mix and fry as ground meat

## Donair Sauce

- 1 can evaporated milk
- 1/2 cup white sugar
- 1/4 cup white vinegar

## Head Cheese

### Old School

- get a pig's head
- get a trotter or 2 for extra gelatin
- shave / scald / scrape all the hair off or just burn it all off
- brine in 100% pickle for 12 hrs
- drain, cover in water - some peeps add a bottle of white wine
- add herbs to taste - rosemary, pepper corns, spices, bay leaves, celery, carrots, garlic, hot peppers, onions
- bring to a boil, simmer for 4-6 hrs or until the meat falls off, the lower jaw will come loose and fall off
- pull the head out, let it cool, continue to simmer the broth to reduce it
- when the head is cool enough to handle - bone it out - meat and fat both
- boil the meat more if needed - in the simmering broth
- chop up the meat and add enough fat to make it an oatmeal consistency
- add fresh garlic, green onions, parsley, hot peppers, rosemary, oregano, salt, pepper, paprika, cayenne, red pepper flakes
- add some apple cider vinegar and balsamic vinegar to bring the flavors out
- pack this mixture into loaves, pack it tight so no air gets in
- leave a 1 inch (finger) gap at the top
- top off with hot gelatin from original broth
- refrigerate to set

### Simpler Version

- get underused meats like hocks, shanks, spine, or saddle
- skin out meat
- cover with just enough water
- boil until meat falls off bone (might have to top up water)
- remove meat, cool and bone out
- strain broth for additional meat - carefully removing bone shards, grille etc
- leave broth to simmer and reduce
- mix in vinegar, salt, pepper and ground nutmeg to taste
- mix well and pack into loaves
- top up loaves with gelatin from original broth



## Heart

I grew up eating the hearts of the animals my family raised or shot. Pig, cow, deer, moose or caribou ... they all got treated the same way. Bunnies, chickens, partridge, grouse ... yup

→ trim the fat off the heart

→ slice it into 1/2 inch thick slabs

→ dust in flour that has salt and pepper in it

→ fry it in bacon fat

## Rinella's Heart Marinade

Rinella recommends coring the heart after trimming the fat. If a marinade is to be used, he recommends using olive oil as the liquid as heart is extremely lean meat. His general suggestion was olive oil, a little vinegar and Montreal style spices. He's also fond of vacuum sealing his marinading meat, believing the vacuum (neg pressure) helps pull the marinade into the meat as well as reducing the amount of marinade needed.

## Rinella's Pickled Heart

→ trim the fat

→ slice thin, poach in stock

→ then brine - don't brine raw heart - he doesn't tell you until the end - he's canning it

→ brine is vinegar, salt, sugar and spices

Jerky is a ground, spiced, salted, dried meat. It is related to Nikku and Pansawan in the First Nations and Biltong in South Africa.

→ grind the meat

→ mix in the spices

→ marinate in a covered bowl over night

→ run it through the jerky gun and lay out the jerky strips on a cookie sheet or in a dehydrator

\*\*\* In an oven - it's 150-160 °F for 5-6 hrs.

### Rinella Jerky

→ use horned or antlered meat

→ with grain is chewier, cross grain is more common

→ slice 3/16th inch thick, trim off fat and connective tissue

→ Weston jerky seasoning

→ Weston dehydrator - 3 hrs @ 145 °F

### Smoked Jerky

→ thinly slice (against the grain) mostly frozen meat (it's easier to cut when mostly frozen)

→ marinate for 24 hrs

30 lbs of meat, 4 quarts of Cowboy Candy, 1 cup vinegar, 1/4 salt, 1/2 cup pepper, 2 tablespoons cummin seeds

### Biltong

Biltong is a spiced, dried, thinly sliced meat.

Biltong should have some fat in it, particularly a ribbon of fat like bacon.

Any cut can be used. Beef is best, beef adjacent (deer, moose, etc) and pork is the least desirable. Traditionalists use kudu.

- slice meat in 1 cm thick slices, cut with grain, lay out a single layer in a flat pan

#### Option A

In a container - layer of meat - layer of brown vinegar repeat

Marinate in vinegar for 1-4 hrs - just long enough to kill botulism.

Pour off vinegar, pat meat dry

Cover in a dry rub, let set for an hr

#### Option B

Layer of rub and vinegar

Layer of meat

Repeat

No need to cover meat in vinegar - just enough to kill botulism

Cover and let set in fridge for 12 hrs

#### DRY RUB

equal parts salt (or 50:50 salt:sugar), fresh cracked black pepper, fresh cracked dried coriander

add heat (spice), onion powder and garlic powder

→ Hang meat to dry in a well ventilated, insect-proof, container. Make sure the meat doesn't touch each other.

Biltong can take up to a week to dry completely. 3-4 days is more usual. Commercially produced biltong is made with heat in a few hrs. A dehydrator will also do the trick.

→When nearly, completely dry (still soft to the touch in the thickest part), slice thinly across the grain.

#### Biltong Box A)

Use a large plastic tupperware container - use one that is much wider than it is tall.

Cut holes (2) in the lower right corners. Seal with cheese cloth or similar. The goal is to let fresh air in without insects.

Cut 1 hole in the lid (top) on the opposite side of box. Cover with cheese cloth and a computer fan or similar. The goal is for the fan to pull air out of the box. drawing fresh air in through the bottom, through the meat and out the top.

Hang the meat across the box, across the top, make sure the meat isn't touching.

Newspaper or papertowel in the bottom is a good idea as the meat will drip vinegar and once the salt starts working, will sweat fluid as it dries.

### Biltong Box B)

Use a large tupperware container - one that is much taller than it is wide.

Cut a hole very near the bottom, seal with cheese cloth to prevent insects.

Put a small heat source in the bottom, a small incandescent (hot) lightbulb works.

Use tinfoil to make a 'catch tray' so the vinegar or meat sweats don't hit the heat source.

Put many small holes, sealed with cheese cloth in the top to prevenet insects.

Hang the meat in 1 or 2 layers at the top making sure nothing touches.

The warm air will naturally rise and dry the biltong.

### Alouettes (sans Tetes)

This literally means, in French, a lark (bird) without a head. The famous french song actually describes how to butcher and prepare the birds to be cooked.

In the meat world it refers to a bacon sized / shaped cut of meat that is heavily spiced / marinated, wrapped in bacon and goodness, then baked on a long slow heat. This tenderizes otherwise very tough cuts of meat. Think bacon wrapped scallops.

Bake them in the oven at 350 °F until done

### Nikku

Nikku is a First Nation's traditional meat jerky. Lean cuts of meat are cut to bacon shape and thickness. They are hung in the sun until dried.

A modern equivalent is made by slicing meat thin, like bacon, lightly salting both sides and laying it out flat on a baker's cooling rack. Then suspending it near a wood stove or similar dry heat source.

### Pansawan

Pansawan is a First Nations' traditional dried, smoked meat.

→ add liver and chopped onions to water, bring to a boil

→ reduce to simmer and simmer for 20 min or until liver is done

→ drain water, remove onions

→ add fresh, raw onions, garlic and spices to taste

→ add butter and alcohol (sherry, rum etc) to taste

→ pulverize in a food processor / blender or mash by hand

\* if desired, spoon into a mold while still warm and chill to set in the fridge (an hr or more)

## Ross Farms Lunenburg Pudding

I literally found this recipe scrawled in a book in a display at the Ross Farms Museum in 2020

→ 30 cups of ground meat (about 15 lbs) - usually pork and beef

→ boil the meats, separately, prior to grinding

→ grind when cool, adding

→ 4 tablespoons of pepper

→ 15 tablespoons of summer savory

→ 2 tablespoons of salt

→ 2 teaspoons of allspice

→ 1 teaspoon of ginger

\*\*\* This dish is traditionally done with liver, tongue, heart and jowls.

## Meat Pies

### Standing Pies

Standing pies are made with a crust that is self-supporting. It does not need a traditional pie shell.

This dough is quite a bit different from a dessert pie shell. The wet ingredients are boiled and added to the dry ingredients, making a stiff play-dough consistency that holds its shape even when filled with goodness.

#### Option A - Butter / Lard and NO eggs

Boil the following equal parts water and fat (butter, lard or butter and lard).

As a rough guide, 1/2 cup water, 1/2 cup fat and 2 1/2 cups of flour makes 2 small pie shells with lids but twice that amount (1 cup water, 1 cup fat, 5 cups flour) for a normal 8 inch pie shell with top.

#### Option B - Butter / Lard with Eggs

Boil water and fat at 2:1.

1.5 cups water + 3/4 cup fat = 9 inch shell with top

Mix with flour at 3:1.

2.25 cups water/fat + 6 cups flour = 9 inch shell with top

When mixed and cooled (so as not to cook the eggs), add 2 eggs per 9 inch pie shell)

→ add salt and pepper to taste

→ adding water or flour as needed to make play-dough consistency

→ Knead the dough on a floured surface for 5-10 minutes

→ NO EGG versions must rest, covered with a damp cloth for 4-6 hrs, overnight is better while the EGG versions only need to rest for 5-10 min

→ for small pies, roll the dough out thin enough to make a lid and cut the lid with a water glass or coffee cup, use the remaining dough to form the pie shell around the base of the same glass, thus the lid fits perfectly.

→ for large pies use an 8 or 9 inch cake pan or plate and a knife to cut out the top and bottom of the shells 1/4 - 3/8 inch thick, then roll out the 1/2 inch thick ribbon for the wall (height).

→ for both large and small pie shells, any extra dough can be used for embellishments (leaves, flowers, lid handles etc)

allow the dough to cool (chill in the fridge) before assembling a large pie shell

→ small pies can be assembled, filled, sealed (with steam slits) and baked all in one go

→ large pies must have the bottom and sides assembled, glued with egg wash, with the lid separate, this must be baked for 10-15 min at 450°F to set it before filling it with goodness and baking to completion.



## Mincemeat

Mincemeat was traditionally used to clean up scraps from a recently butchered animal so nothing went to waste. My grandmother use to make it from scratch from deer, moose or caribou; whatever my uncle shot and brought home.

As an adult, when I came home for visits, mincemeat pies were the top of my list of food orders for Grandma (family always called in food orders when we came home).

Over time, and arthritis, mincemeat pies shifted to store bought shells, then tarts, then store bought mincemeat and tart shells.

On his last Father's Day my grandpa (93, 1/3 of 1 kidney and a ridiculous diet) managed to sneak 3 of the Jeff just mowed the lawn mincemeat tarts. Grandma threw a fit because Grandpa was not allowed any salt at all and the mincemeat had 6% and the shells 10%.

So I asked for the mincemeat recipe and after being told it was too much work, I just downloaded a dozen recipes from the internet. Going through them I looked for common themes and pulled my first crockpot mincemeat out of thin air in about 90 minutes.

## Mincemeat Theory

Mincemeat is a 2 step process. In the 1st step the meat is ground and stewed down with fresh fruit, especially apples. Stewing is accelerated using an immersion blender to puree the mixture as the liquid cooks off.

When it is oatmealish in consistency, add sugar, allspice (mimics cinnamon, nutmeg and cloves) and add dried fruit to soak up the remaining liquid as it bakes the flavor through everything.

## Crockpot Mincemeat Attempt 1

0.5 kg (1 lb) lean ground beef

0.5 kg (1 lb) peeled cored apples (2 or 3 big Red Delicious)

all the fresh fruit you want

1 rnd pint of fresh blueberries; remove tops, wash them and throw them in

1 rnd pint of fresh cherries; remove pits, stems and throw them in

Stew on low to cook off water. Use an immersion blender to puree.

Stew to thick oatmeal consistency.

Transfer to a crockpot.

Add dried fruit (different raisins, cranberries etc) to soak up the extra liquid.

1 cupish of yellow raisins

1 cup of black raisins

1 cup of cranberries

Add Sugar and Spice

1 cup brown sugar (too much for me but good for Grandpa)

1 rounded tablespoon of allspice

Cook in the crockpot, on high, with the lid off, while stirring occasionally.

If there is too much liquid after an hour or two, add more dried fruit.

Taste and add sugar and allspice to suit yourself.

This produced 1 full casserole dish in 3 hours.

My panel of judges tried it and was impressed with a blind attempt, they even took half. However they returned half and suggested I bake it for a couple hours with a little more water and some vinegar; to soften up some raisins and cut a little of the brown sugar.

Rinella Venison & Black Bear Mince Meat Pie

→ Rinella uses traditional pastry recipe with Black Bear lard - nope - Townsend (Charley's Fuck This Pie) recipe is better and you can still use Black Bear lard

→ pressure cook ribs etc to extract flavours and make de-boning easier

→ 1 pie needs a little more than 1 cup of cooked, de-boned, meat

→ add pork fat b/c venison is lean

→ add brown sugar, ground ginger, cinnamon, nutmeg, cloves, mace (mace mace, not pepper spray)

→ add diced apple, dried currants, raisins

→ add black strap molasses, apple jelly

→ add game stock, apple cider and a splash of brandy to make pie filling consistency

→ simmer to thicken and mix flavours, super low heat, don't burn it, don't reduce it too much as it has to bake in a pie shell

→ pie crust, top and bottom, egg wash, 400°F for 45 min

Townsend

## No Meat Mince Meat

- 1 lb currants (raisin sub)
- 1/2 lb raisins
- mince the fruit ... by hand takes forever, or use a food processor
- 1 lb of minced apple
- 4 oz of candied orange peel
- 1/2 cup sugar
- 1 tsp cinnamon (ground)
- 1/2 tsp nutmeg (ground)
- 1/4 tsp cloves (ground)
- 4 oz of brandy
- mix well
- 10 oz of suet or veg shortening (frozen and grated)
- mix well
- fill 2 pies
- Bake 1 hr @ 375°F

## Rinella's Polenta

- mix corn meal and water, boiling until thickened and gelatinous, like oatmeal
- let it cool enough to handle, scoop out onto plastic wrap and roll into a 'log', wrap tightly with plastic wrap and cool in the fridge until 'set'
- slice 'log' into discs and fry until golden brown
- use as 'bed' for dishes like Osso Buco

Sausages are just ground meat with a little extra fat and a lot of spices. In my childhood, this was done with a hand crank meat grinder and a hand held sausage stuffer. As we got older, more and more often we just froze the loose sausage meat rather than stuff it into skins. By the time I finished high school, the family just had the butcher do it all. Pigs, deer, moose ... didn't matter ... it all went to the butcher and came back pre-packaged and ready to freeze.

In 2021 friends and I picked up lean, boneless pork loins at \$2/lb. We cut it with 20% pork fat from our own pigs and made sausages. They turned out great. We stuffed half into sausage casings ... it was expensive. We used 33 mm casings for the huge dinner sausages.

### Rinella's Wild Game Sausages

- 2 lbs moose (from the one that tried to kill Rinella)
- 1 lb black bear back fat (so marbled the end product is 75% moose / bear and 25% bear fat)
- keep everything extremely cold
- 1 1/2 cup roasted red peppers
- add sugar, salt, red pepper flakes, black pepper, paprika, toasted / pulverized fennel and coriander
- mix everything before grinding
- grind coarse
- mix and grind fine
- add 1/3 cup frigid red wine
- stuff into casings

Rinella cased his entire batch as a single coil and then baked it as such in the oven, getting core temp to >160°F because of the bear meat

Scotch Eggs are hard boiled eggs, wrapped in sausage meat, breaded and then deep fried.

### Rinella's Wild Game Scotch Eggs

- 3 parts wild boar shoulder, 1 part domestic pork back fat
- mixed and ground twice (coarse then fine)
- mix in salt, olive oil and pulverized sage to taste
- mix up bread crumbs and milk to the consistency of oatmeal and mix into sausage meat as a binder
- SOFT boil your eggs (6 minutes)
- chill and peel eggs WITHOUT breaking them
- wrap in sausage meat mixture (Rinella says about 4 oz of meat - a small handful - per egg)
- roll it in flour, roll it in egg, roll it in ?? Panko ?? (ShakenBake or cracker crumbs I guess)
- deep fry at 375°F (190°C) for 6 minutes - should come out golden to dark brown

## Wild Meats

### Black Bears

We never really shot black bears growing up - Brad - a friend of the family - ran a bear guiding outfit and he always traded all the bear meat we'd want for this and that.

In University, and living out west in my 20s, I always had to barter for moose and bear.

Rinella says to remove as much fat as possible as it is volatile and goes rancid easily and quickly. He suggests keeping the pure lard to render as lard. He suggests keeping the dirtier fat (meat and blood and such) as a deep fryer oil.

\*\*\* Rinella says not to age bear meat - the fat will go off. He says to be careful keeping un-rendered bear fat in the freezer longer than 6 months. However, rendered, it freezes for a long time.

### Rabbits

Growing up we always shot or snared wild rabbits (snowshoe hares). Skinned them out, kept the hearts, livers and kidneys. The main meat was soaked overnight in water and baking soda.

Bunnies were then destined to 2 things - parboiled, boned out, fried in onions and bacon for a rabbit hash or stew.

## Rinella (Hank Shaw's) Sardinia Rabbit Stew

Quarter the hare, fry it in olive oil, onions, garlic, capers and spices. And water and braise. Finish off with spices to taste and a little red wine vinegar.