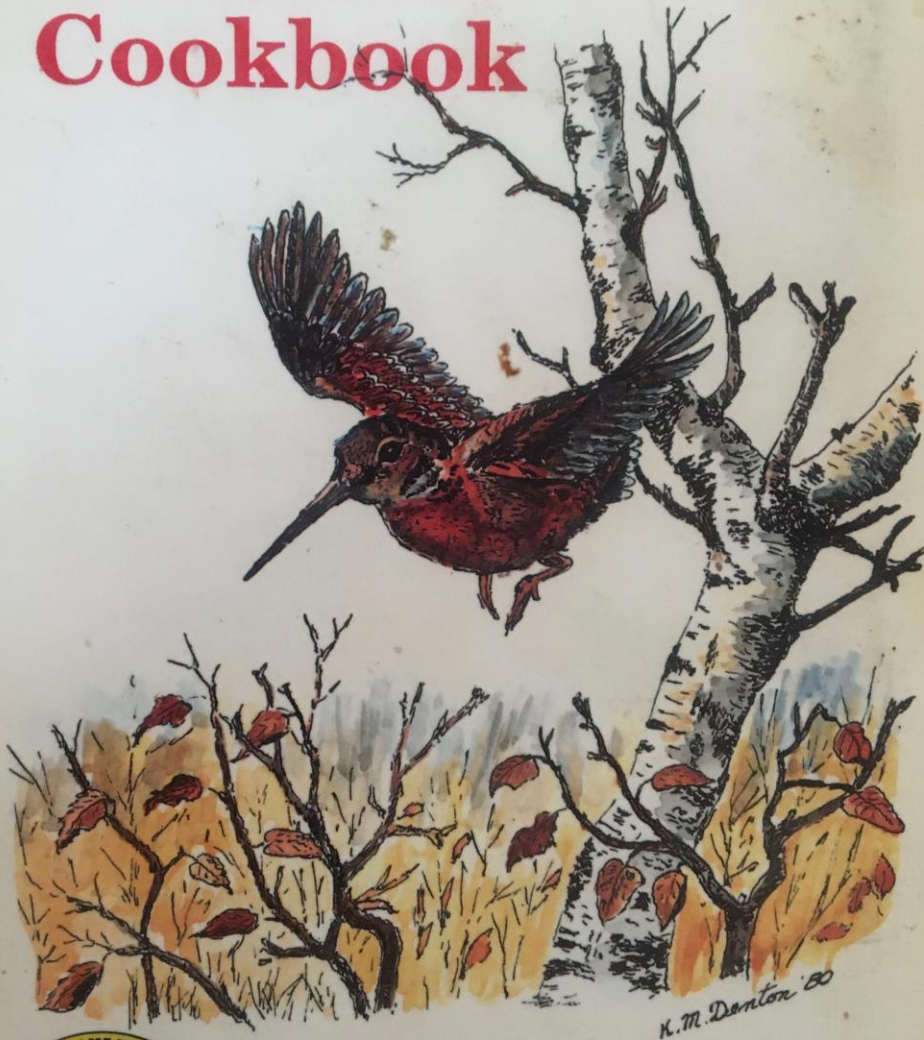


VERMONT Wildfoods Cookbook



A selection of 172 recipes for the preparation of wild game, fish, and plants collected by the Vermont Game Warden's Association

CROW BREASTS

I've never liked the idea of shooting an animal and not using it. This recipe solves that problem as far as crow hunting goes. They taste like a chickeny duck.

Cut out the breast meat. Sprinkle each with salt and pepper. Melt butter in a heavy pan and add breasts. Cook about 10 minutes on each side, until brown. Add a cup of wine and cover. Simmer until meat is tender (one hour or more, or pressure cook 15 minutes). Remove meat and make a gravy, using milk, pan juices and 2 tablespoons of flour to thicken. Pour over the meat and serve. Yields or number servings: Two crows per person.

Eric Nuse
Hunter Safety Coordinator
Johnson, VT

<<< Extra Recipes >>>