

January

Smelts are readily available during this time of year. Smelts are an economically priced food. It is great if you can go out and fish them yourself because you get the benefit of both “free” food and of exercise.

They should be cleaned well, then coated with corn meal or flour and seasonings. Pan fry them in as little fat as possible, use a cooking spray in a non-stick frying pan **or** bake them in an oven. Smelts are a small fish, so they cook fast.

Fish are a good source of protein and are low in saturated fat.

RABBIT

Whether you hunt/snare the rabbit or purchase it in a grocery store, it is available this time of year. Rabbit pie and stew are examples of dishes made from rabbit. It can also be baked in the oven or over a fire/BBQ.

RABBIT STEW

Ingredients:

1 whole rabbit (cut up)	1 large onion
water to cover rabbit in pot	4 carrots
1 small turnip, cubed	1 onion, sliced
2 to 3 pieces of salt reduce bacon	6 potatoes, cubed

Seasonings to taste— like pepper, salt, summer savory, etc.

Directions:

Skin rabbit wash and clean. In skillet- fry bacon and onion. Add water to rabbit and boil for ½ hour. Add turnip, carrots, and potatoes. Boil until vegetables are done. Simmer for about 2 hours. Debone before serving. This is a meal generally low in fat.. Serve with a salad.

RABBIT PIE

Ingredients:

1 rabbit (add water to cover meat)
1 onion, chopped
¼-teaspoon pepper
½-teaspoon salt
2 cups raisins
½-cup molasses
½-teaspoon allspice

****Variations:** You can also use 2 cups deer, moose, pork or beef , instead of rabbit**

Directions:

Cook rabbit, simmering for 1-2 hours, then debone. There’ll be some broth remaining - you can use this broth or substitute this broth with same amount of canned beef or chicken broth.

Add to broth onion, pepper, salt, raisins, molasses and allspice. Mix well.

Cut rabbit into fine pieces and add to above mixture and mix well. Put into pastry shell.9" and cover with pastry top. Bake in oven at 350 °F until pastry is golden.

Serve with fiddleheads, other fresh vegetables or a tossed salad.



Recipe Submitted by Beth LaBillois

Most wild meats are lower in fat and in cholesterol than commercially raised meats, like pork, beef and chicken. Lower fat foods are a healthier choice. Many of these game animals are also healthy choices because they are high in protein and are often a good source of iron and other minerals and vitamins. You can substitute game for other types of meats, just remember to remove any excess fat and any skin before cooking.