



## chapter one

# BIG GAME

THERE IS A self-sufficiency about cooking big game, as though even if the day ever comes when we are dependent upon our own resources for survival, we will still be able to get along handsomely. But one has to go about such cookery capably, for wild meat with certain exceptions lacks fat, which has to be supplied by one's own efforts, and the active existences big game animals lead in the unconfined wild places can make their resulting steaks and roasts dry and stringy if certain provisions are not made to overcome these deficiencies. But it's all most worthwhile. Prepared most advantageously, wild meat brings a woodland freedom and savor to even the deepest city canyon.

Much depends on the animal's being properly dressed and cooled immediately after the successful stalk, but this

is in the province of the sportsman. Once it reaches home, the simplest method of caring for big game is to have a locker company or possibly a not too-overworked butcher take over the problems of skinning, aging, cutting, wrapping, labeling, and freezing in packages that can later be conveniently handled in the kitchen. In any event, the animals should be initially hung in a dark, well ventilated, dry place in near-freezing temperatures for at least a week or ten days before being processed, although sometimes this provision is taken care of before one can get it out of the wilderness.

The portions, each ready to use, should be in sizes designed for cooking all at one time. If you are doing the job yourself, wrap them snugly enough to avoid air pockets in moisture-vapor-resistant coverings that will make the packets airtight and thus help to stop drying.

Two layers of waxed paper should be inserted between any individual steaks, chops, or fillets combined in the same package so these can be later easily separated.

Freeze as rapidly as possible at zero or lower temperature. Most frozen game can be cooked either with or without thawing. But additional cooking time must be allowed for meats not first thawed, just how much being dependent on the shape and size of the cut. Lower cooking temperatures are also required, or the meat will be dried on the outside before it can be warmed through to the middle.

So that you can be more certain of what you are doing, you may choose to thaw the meat first for this reason. You must do this anyway if a meat tenderizer is to be effective. Thawing is more effectively accomplished, with a minimum of drying, in the refrigerator in the original wrappings.

Because of its general leanness, most big game keeps especially well, although to relish the finest it has to offer in flavor and texture you should eat it before the next hunting season. However, a plump bear should be used within four months to be at its tastiest. Such tidbits as heart, liver,

kidneys, and tongue will keep three months at zero degrees. There are also local laws defining both storage and possession limits of big game.

*Unless otherwise apparent, all recipes are geared for four diners.*

### FRENCH-FRIED VENISON

Don't get started cooking these for a hungry crew when you yourself are famished, or they will keep you so busy you won't have time yourself to eat. In any event, cut strips of venison as long as French-fried potatoes but about twice as thick. Dip in beaten egg and then roll in fine cracker crumbs. Chill 1/2 hour if convenient so that the coating will adhere more closely.

Get your deep fat heated to 370°. Put in the strips of meat, a few at a time, using a basket, sieve, or perforated spoon. Fry until golden brown. Then spread on crumpled paper toweling to drain, salt them, and serve hot. Any that remain will make tasty hors d'ouvres.

Or if you'd rather bake these tidbits, cut them the same as before. Dip in melted butter or margarine, spread in a shallow pan and, turning occasionally, bake in a hot 400° oven until golden brown. Sprinkle with salt and serve. Either way they'll become as famous in your own small circle as the Francis Barraud trademark of the fox terrier fascinated by the phonograph.

### VENISON STICKS

Again, cut your venison steak like French fries only about twice as thick. Dip in melted butter or margarine. Lay in a single layer in a shallow, greased pan. Dust with garlic salt, paprika, monosodium glutamate, and parsley flakes. Turning occasionally, bake in a preheated hot 400° oven for 15 minutes or until the sticks are golden brown. Sprinkle with Parmesan cheese and serve hot. These

venison sticks are particularly for those unfortunate few who still believe that enjoying deer meat is as unlikely as singing a fugue.

### VENISON CHIPS

Here's another one that'll keep you hopping for awhile if you have a hungry bunch to feed. Cut off a long uniform slab of venison whose end is of about sandwich dimensions. Using your sharpest knife, remove slices, from an end of this, that are no more than 1/2 inch thick. Have a loaf of thinly sliced, preferably sourdough bread handy.

Saying there are a quartet of you eating, melt 1/4 stick of butter or margarine in a heavy frypan that's large enough to hold 4 slices in a single layer. Get the frypan sizzling hot.

Using a spatula, lay in the 4 slices and sear 15 seconds on one side, turn, and cook the same amount of time on the other side. Then salt and pepper to taste, tip the contents of the pan onto a hot platter, spread 2 slices of bread for each piece of meat with the juices, anchor a slab of venison between, and fall to. Keep this up as long as appetites and ingredients hold out.

### SWEET 'N SOUR VENISON TENDERLOIN

For 4 pounds of venison tenderloin, so delicious that it'll be quickly devoured by a hungry quartet, prepare a sauce by slowly sauteing a thinly sliced medium-size onion and a minced clove of garlic in 1/2 stick of butter or margarine until the onion is translucent only and the grease unbrowned. Then mix in 3 tablespoons lemon juice, 1 tablespoon brown sugar, 1 tablespoon Worcestershire sauce, 2 teaspoons salt, and 8 sliced medium-size mushrooms.

Set the tenderloin in a greased pan and spoon the sauce atop it. Cook uncovered in a preheated hot 400° oven for

about 45 minutes or until done to your own personal satisfaction, basting occasionally and testing for doneness. Slice the meat and serve hot with the sauce. This is warming under a tightly clouded sky, below which a breeze chants a slow, polar tune.

### VENISON AND BURGUNDY

This is for 4, inch-thick deer steaks, their weights depending on your appetites, cut from a quarter of one of the oldsters of the herd, when you want to satisfy guests who are a little dubious of venison. When the meat has warmed to room temperature, sprinkle it on both sides with proportionately 1 teaspoon salt, 1/4 teaspoon freshly ground black pepper, and 1/8 teaspoon parsley flakes. Then rub liberally with rosemary.

Brown on both sides in 1/2 stick of butter or margarine in a large, heavy frypan. Then add 2 1/2 cups of good, dry, red Burgundy. Bring to a bubble, cover, and allow to simmer over low heat for 1 1/2 hours or until tender, peeking from time to time and adding more wine if the steaks show any sign of becoming too dry.

When the venison is done, fork it onto a hot platter. Quickly mix a can of condensed golden mushroom soup into the juices in the frypan and, stirring, bring to a rolling bubble. Pour over the steaks and serve with hot buttered spaghetti, steaming boiled beets, and cranberry jelly—the more flavorsome wild variety if you can manage, cold and elusively scented as a water lily.

### VENISON STEAK

For the utmost in venison steaks not cooked over an open fire, cut about a 3-pound slab of boneless sirloin a hearty 2 inches thick. Wipe the meat with a damp cloth. Then rub with salt, black pepper, and a bit of English mustard.

Preheat your broiler for 10 minutes at high temperature. Then place the steak 5 inches below the heat on a grill that has been well rubbed with suet to prevent sticking. A steak that is not so thick requires less time and should be placed nearer the heat. In any event, sear rapidly on both sides to seal in as much as possible of the natural juices.

Seven minutes on each side is enough for us, but we prefer our venison very rare. Ordinary rare will be more like 10 minutes, medium 15 minutes, and well done 20 minutes. Get liberal slabs of margarine or butter melting over the top, and serve the slices sizzling hot on preheated plates.

#### TENDERIZING VENISON

Tender venison steaks and roasts are best cooked rare so as to take the fullest possible advantage of the natural savor of these princes of the big game meats. If the segment is not already tender and you want to retain as much of the natural flavor of the cut as possible—that is, if you would prefer not to marinate it—treat it with one of the tenderizers utilizing the proteinase in the juices of the unripe papaya which separates the connective tissues and allows the meat to expand, resulting in reduced shrinkage, better retention of juices, faster cooking, and increased tenderness. For more closely controlled results, buy one of the unseasoned varieties.

Using about 1/2 teaspoon per pound, sprinkle the tenderizer evenly on all surfaces of the wild meat, then at about 1-inch intervals, pierce both sides deeply with a fork so that the grains will penetrate as deeply as possible. With the tougher cuts, cover the meat loosely and return it to the refrigerator for at least 12 hours. Then let stand at room temperature for an hour.

Such use of a tenderizer will cut the necessary cooking time by about 25 percent. Incidentally, mixing a teaspoon of

tenderizer with each pound of ground venison before putting the heat to it will give tastier, juicier results.

#### VENISON ROASTS

A preheated, moderately slow 300° oven, no more than 325°, will give you the best results with venison roasts which, unless your palate vehemently disagrees, should be kept on the rare side. A dozen minutes a pound does it for us, to give you an idea. If you are using a meat thermometer, insert it in the thickest part, not touching any bone. Watch it carefully, for a temperature of 130° will indicate the meat is now rare, 140° medium, and 150° well done.

Don't follow what may have been your grandmother's practice of starting the roast in an excessively hot oven. Searing does more harm than good, driving out more juices than it saves and also toughening the meat.

Setting the fatter side of the meat, if any, uppermost on a rack in the roasting pan with the bony side down if possible, will afford you the energy-saving boon of a certain amount of natural basting. However, with venison you'll still need to baste, ideally with melted butter or margarine rather than with any juices exuding from the meat. A bulb-type baster will make it an easy and taste-tingling task to squirt all exposed portions of the roast every 15 minutes or so.

Too, the culinary value of laying strips of beef fat over the roast, or pinning on thick chunks at strategic points, cannot be overestimated. Naturally, this has the advantage of adding much needed fat to the ordinarily lean venison. It also guards the game against high temperatures and, furthermore, tends to retard the loss of moistness. If you want, it can be removed in time to give the roast any desirable brownness.

Another way to improve dry, lean venison is to draw thin strips of salt pork or bacon, cut 1/4 inch thick and chilled



until firm, through the meat by means of a large larding needle. You can even go one step further when the savor of a particular animal is not all that it might be by soaking the fat overnight in a red wine touched up with garlic or some other seasoning of choice, so as to insinuate flavors that otherwise would be largely confined to the exterior. When venison is larded in this fashion, the strips should be introduced so that the meat can be sliced at right angles to the lines of fat.

No matter what, the roast should be taken out of the cooler in time for it to warm to room temperature. Then such a venison roast should be cooked uncovered, without the introduction of any water. It should never be floured. In fact, do not even salt it until either near the end of the cooking period or just before serving, particularly as salt

draws moisture from the already dry meat and, at best, does not extend its beneficial influence for more than a very short distance into the flesh.

The interiors of large roasts continue cooking for some 15 minutes after being taken from the heat, this in ratio with the size of the cut and the roasting temperature. When there are parts to be enjoyed cold, therefore, the overall cooking time should be reduced 10 percent.

There are two especially effective ways to vary the taste of the final meal on those special occasions when you'd welcome something a little different. For the first, rub the meat with an abundance of dried rosemary. For the second, insert thin slivers of garlic in slits cut in the roast.

Gravy, anyone? Deglaze the roaster with stock or water, scraping to get the browned residue. Put this in a pan over low heat. Blend a tablespoon of flour with 2 tablespoons of cold water. Slowly add this thin paste to the hot liquid, stirring all the while to avoid lumps. If the results are too thin, a bit more flour and water stirred to a thin paste in the same proportion can be added to give the desirable thickness. Cook long enough to take away the raw taste of the flour.

The use of wide, heavy-duty aluminum foil can on occasion make roasting both easier and cleaner. Tear off a sheet about twice the length of the meat. Turn up the long edges around the rack to make sides. Draw each end corner together with the foil turned inward toward the meat to make a gondola-shaped receptacle, folding the corners upon themselves to make sturdy ends by which the concavity can be lifted. Juices can later be poured from this foil holder to decant the fat and to measure for gravies and sauces.

#### **VENISON PEPPER STEAK**

Ordinary black pepper is much too pungent for this delicacy, but you can either buy small bottles of suitable

crushed or cracked peppercorns or make your own. For the latter, coarsely grind about 2 tablespoons of peppercorns in a pepper mill or your electric blender. Either that or put them in a pepper bag and break them up with a hammer or rolling pin. Sift out the powdery particles for use elsewhere.

Cut 4 back steaks an inch thick. Rub them with softened butter or margarine. One side at a time, sprinkle each slab liberally with the coarse pepper, then press it into the meat with the side of a knife. Leave at room temperature for an hour.

Get your frypan hot and melt 1/4 stick of butter or margarine in it. Using high heat, sear the steaks for a minute on each side. Then remove to a hot platter and keep warm.

Pour a cup of beef broth prepared from a can of the concentrate, 1/2 cup heavy cream, and 3 ounces of brandy into the pan and stir diligently over the high heat for 3 minutes. Pour this over the steaks and speed to the table, along with steaming white mounds of mashed potatoes with which to sop up every last drop of the sauce. A meal like this is an adventure. You'll ride the wind.

### VENISON SWISS STEAK

Here's the place for four 1/2-pound steaks, each cut 1/2-inch thick, from an old animal whose flavor isn't all that it might be. Once you have these, continue the proceedings by mixing 1/3 cup of all-purpose flour, 1 teaspoon garlic salt, 1/8 teaspoon paprika, and 1/8 teaspoon freshly ground black pepper. Rub this into the meat.

Heat 3 tablespoons cooking oil over medium heat in a heavy frypan and brown the steaks, along with 1/4 cup minced onion. Add 1 can of concentrated mushroom soup and 1 can of water and bring to a bubble. Cover and simmer

an hour or until a sharp fork can be easily inserted and withdrawn from the meat.

Cook 1/2 pound small-size egg noodles according to the directions on the package. Drain, then toss with a melting 2 tablespoons of butter or margarine. Transfer the noodles to a hot serving platter and arrange the steaks over them. Keep warm.

Add 1/2 pound of sliced fresh mushrooms to the liquid remaining in the frypan and, stirring occasionally, simmer until tender. Stir in a cup of sour cream.

Using a perforated spoon or slotted spatula, transfer the mushrooms to the steak and noodles. Sprinkle with chopped parsley. Tip the remaining liquid into a sauce boat. Then, even in the midst of the biggest city, it'll be almost as if you're breathing again the scent of lodgepole pine and blue spruce, of serviceberry and kinnikinnick, and the medicinal cleanliness of the trembling-leaved poplar.

### VENISON CUTLETS

Cut 4 1/2-pound venison cutlets 1/2-inch thick and hammer with a cleaver, the back of a heavy knife, or the edge of a plate until they are very thin. Beat 2 large eggs and 5 tablespoons water. Dip the cutlets in this.

Then blend 3 cups of fine bread crumbs and a cup of sifted flour and roll the venison in this mixture. Let dry 3/4 hour. Saute the cutlets in 1/2 stick of butter or margarine over low heat until they are delicately golden. Sprinkle lightly with fresh lemon juice and serve. See if they don't have a rallying power.

### GROUND VENISON

Ground venison, when it is most advantageously concocted, has less wild savor than roasts and steaks. The main requirement is to include as much beef—not pork—fat

as you like to lighten your regular ground beef which this resembles. No more than 25% is fine with us.

Furthermore, don't get in the habit of using just any part of the animal with the idea that any dried or discolored portions will be covered up by the whole. And remove any wild fat. With these exceptions, venisonburgers can include any deer, elk, moose, or caribou meat that is below par in tenderness and flavor.

Seasonings blend in better if mixed directly with the grind when the meat is to be used in the immediate future, not if it is consigned for the freezer. For each pound of ground venison and beef fat, 1/2 teaspoon of salt and 1/8 teaspoon of preferably freshly ground black pepper satisfies most palates. You may also choose to include 1/4 teaspoon of mustard. Some like the effect of a tablespoon of lemon juice. Shredded cheddar cheese, approximately 1/2 cup to each pound of burger, also goes well.

Venisonburgers are at their finest when they accumulate some of the charred, smoky taste associated with cooking over open charcoal. Next comes an ordinary hardwood fire, thirdly a gas or electric grill. Such steaks are next best pan broiled without the addition of any butter or margarine or, at the most, just enough to prevent any sticking.

If you prefer them rare, you're well away. They toughen rapidly with too much heat. But cook and serve the way you prefer, possibly with salted slices of tomato and crisp wisps of lettuce, and have plenty for seconds and thirds.

### DEER TONGUE

If your deer is large, the tongue will be well worth bringing back to camp. Unless you're going to save the head to be mounted, make a longitudinal slit between the bones under the jaw, draw the tongue down through this, and slice it off at the base.

Wash it well. Then put in a pan and cover with boiling

water. Add an onion, a small bulb of garlic, several whole cloves, and a tablespoon of salt. Simmer until fork tender.

Allow to lose heat in the original liquid until it is cool enough to skin and bone. Then either reheat in its own juice before serving, thinly sliced, or enjoy it cold. If you've never had this before, that first forkful will be almost as memorable as a first view of Everest from Tiger Hill, near Darjeeling.

### VENISON LIVER

Venison liver, if you can get it home in time, can be satisfyingly fast-frozen and then kept at 0° in the freezer for up to 3 months, until you thaw it in the refrigerator just before using. This is all to the good, as it is difficult to detect any difference in taste between venison liver and the most expensive butcher-shop delicacy. Many Indians still construct a rack of green limbs and roast their venison liver beside a small glowing fire while they're dressing out the kill, for consuming on the spot. In most hunting camps, liver is the order of the morning after the sportsman has connected, which is too bad for those back in town.

The only secret is not to overdo the tidbit; the main thing to avoid, in fact, in cooking all wild game with the exception of bear and peccaries. Slice about 3/4 inch thick. Brush with melted butter or margarine. If you're broiling, which is preferable to frying, do so with the meat 2 inches from the heat and for about 2 minutes a side, until brown outside but still red and juicy within. If you're sauteing in a frypan, a minute a side will do the job. There are those, of course, who prefer their liver done more than this, and no one can have any argument with them. Overcooking, however, turns this delicacy into a leathery, tasteless, and far less nutritious meal.

Here's a way to give an added fillip to the traditional breakfast of liver, onions, and bacon. Begin with the bacon

in a cold frypan. Saute slowly over moderate heat, forking the strips over and over and, if you like your bacon crisp, pouring off the grease as it accumulates.

As soon as the bacon is done, spread it on crumpled absorbent paper to drain, add your idea of enough diced onions to the frypan, and saute these until golden and tender. Then remove from the pan, season to taste with salt and keep warm along with the bacon while the liver slices are sizzling a minute to a side. End by scattering 1/3 cup of heated brandy over the liver and igniting.

Now fork the liver onto a heated platter. Distribute the bacon and onions evenly over each slice and pour the juices over them. Dust with parsley flakes. Serve hot. Such venison liver will even brighten a morning when your head feels like Cinderella's pumpkin about to produce a coach and four.

### SPICE-DRIED VENISON

Here's a durable, delectable way to spice-dry venison that will keep it deliciously for decades. I've still a few chunks that I put up thirty years ago in the Far North from which I still cut the odd slice to delight myself and to astonish friends. If you're camped in one place or are back home with your trophy and have a quantity of fresh lean meat you'd like to preserve with a minimum of bother, cut it into forearm-size strips, following the membranous divisions among the muscles as much as possible. Pull off as much of this parchment as you reasonably can.

Roll each piece in a mixture made proportionately of 3 pounds of table salt, 4 tablespoons of allspice, and 5 tablespoons of black pepper. Rubbing this well into the meat, then shaking off any excess, will give the best results.

You can either drape the strips over a wire or similar support, well away from any animals, or suspend them

there after first piercing an end of each and looping in a string or wire. The treated meat must be kept dry. If you have to travel, rehang it upon reaching your destination. About one month is needed for it to shrink and to absorb the seasoning properly, less in dry country and more in damp regions. Sliced thin, it's then really something to chew on raw. Scraped and trimmed some, then soaked overnight if you want to handle it in bite-size chunks, it also goes well in mulligan which should not be further seasoned until just before serving and then only to taste.

### MOOSE STEAKS

Spending cumulatively about half of each year in moose country as we do, we've been banqueting mainly on moose steaks during the past three decades, and this necessarily has included moose of all sizes, ages, and conditions. Our favorite moose dish remains steak, and when I read so many recipes in so many different places that call for marinating, and braising, and frying for long lengths of time varying from 20 minutes on up I can't help but be saddened by the fact that, except for occasional use as a change of pace, such formulae waste so much fine meat. With the back steaks in particular, those hefty portions between the backbone and the top of the ribs, I've yet to run into a moose that couldn't be cooked like the tenderest of prime beef.

If you don't want to go to a lot of trouble, just pan broil your moose steaks in a hot bare frypan, first cutting them 1 1/2 to 2 inches thick and letting them warm to room temperature before putting them to the heat. The bottom of the pan can be sprinkled first with a teaspoon of salt to prevent sticking, but not even this is really necessary. Don't use any grease at all. Even any that may sputter from the steaks should be tipped out.

Begin by searing the steaks rapidly for 1 minute on both



Then tan 2 cups of diced, freshly boiled potatoes in the same pan with onions. Add 1/2 cup of cooked, well drained, cut-up greens such as dandelions or mustard and stir this around a bit. Two cups of diced, cooked game meat go in next.

Moisten all this with 1/2 cup of stock from the meat or vegetables, seasoned with a crushed garlic clove, a teaspoon of salt, 1/2 teaspoon ginger, 1/4 teaspoon monosodium glutamate, and 1/8 teaspoon freshly ground black pepper.

Arrange in a pan in the shape of an omelet. Bake in a moderate 350° oven for 15 minutes. Then scatter some chips of butter or margarine on top and finish by browning under the broiler. You can almost hear the creaking wheels of covered wagon trains when you eat grub like this.

## MARROW

The mineral-and-vitamin-rich marrow found in the bones of big game that was in good condition when it was bagged is not equaled in nourishment by any other natural food. What is also the most succulent of morsels is depleted by overcooking, however. Saw the large marrowbones into convenient lengths of from about 4 to 6 inches. Either simmer in water for 10 minutes or roast in a moderate 350° oven 1/2 hour.

Unless you are already armed with the once more popular marrow forks or scoops, push out the soft vascular tissue with slim knives or with thin wooden sticks, blunt on one end. We enjoy this choicest of food as is, although you can salt and pepper it if you want and spread it on thin hot toast.

## JERKY

The simplest way to preserve meat is by drying it. When this is done most advantageously, it's also one of the most delicious methods. If you've any doubts, try some of the beef jerky that is available in many markets and delicatessens. And note the price. The amount charged for several slim, blackened strips of this dehydrated meat will often buy a good steak.

There's nothing complicated about making jerky. You cut fat-trimmed deer, moose, elk, antelope, caribou, buffalo, and similar lean red meat into long straps about 1/2 inch thick. These you hang apart from one another in the sun, in the attic, or some other place where, kept well ventilated and dry, they will gradually lose most of their water content. At the same time they'll become hard, dry, black, and incidentally, both concentratedly nourishing and tasty.

The fresh strips can first be soaked, if you want, either in brine or sea water. If you are along the sea coast, you may care to try the ancient method of boiling down ocean water until it becomes extremely salty. While it is still bubbling, immerse a few strips at a time for 3 minutes apiece. If there is no convenient place to hang this meat, it can be laid across sun-warmed rocks and turned every hour or so. You can also make your own saturated brine by dissolving all the salt possible in boiling water.

After the meat has been permitted to drain, some makers dust it with black pepper. In many cases they also add favorite spices such as oregano, marjoram, basil, and thyme for increased flavor. Good? Ranch friends of ours in California and New Mexico, with plenty of space in their walk-in freezers, jerk a deer or two each year in this fashion just for their own personal snacking.

A common inland technique for jerking game meat involves draping the strips, or suspending them by wire or string loops, on a makeshift wooden framework about 4 to

6 feet off the ground. A small, slow, smoky fire of any nonresinous wood is built beneath this rack. The meat is allowed to dry for several days in the sun and wind. It is covered at night and during any rain. The major use of the fire is to discourage flies and other insects. It should not be hot enough to cook the meat at all.

When jerked, the meat will be hard and more or less black outside. It will keep almost indefinitely away from damp and flies. This covered-wagon staple is best eaten as is. It is very concentrated and nourishing, and a little goes a long way as an emergency ration. Alone, it is not a good food for long-continued consumption by itself, as it lacks the necessary fat.

All fat, which would turn rancid anyway, should be trimmed off before the drying operation commences. It can then be rendered for future use in cooking or in the manufacture of pemmican.

### GENUINE PEMMICAN

Some frightful concoctions appear on the market from time to time under the misleading name of "pemmican," a Cree word for an Indian-manufactured trail food which is still the best natural concentrated rations ever. To get any real pemmican through normal channels today, though, you pretty much have to make your own.

Start by pounding up a quantity of jerky. Then take raw animal fat and cut it into walnut-size chunks. Fry these out in an open pan in the oven or over a slow fire, never letting the grease reach the boiling stage. Pour the resulting hot fat over the shredded jerky, mixing the two together until it is about the consistency of ordinary sausage. Then pack the pemmican in commercial casings or waterproof bags. Despite some practices, no salt at all should be included. Dried berries, an Indian practice? Suit yourself. Their function is for flavoring only.

The ideal proportions of lean and fat in pemmican is, by weight, approximately equal amounts of well-dried lean meat and rendered fat. It takes roughly 5 pounds of fresh lean meat to make 1 pound of jerky suitable for pemmican.

Such genuine pemmican affords practically every necessary food element with the exception of Vitamin C. The average individual can get along without this vitamin for at least 2 months if in good health to begin with. Not only that, but supplementing this pemmican with some fresh food—for example, with just several fresh rose hips daily—will supply all the Vitamin C necessary to prevent any difficulty with scurvy over even an extended period.