

Ontario's moose herds are a matter of concern to both the ministry of natural resources and concerned sportsmen of this province. Steps have been taken in an effort to increase the moose population and time will tell if they have been successful.

This majestic big game animal is found in hinterland wilderness areas of low, rolling, wooded hills bordering on swamps, lakes and rivers. This magnificent animal contributes many pounds of excellent meat to the successful hunters' lockers and larders.

Most recipes for venison can also be applied to those looking for new ways to prepare moose meat for the table. Following are a few recipes slightly different from those for venison.

Moose

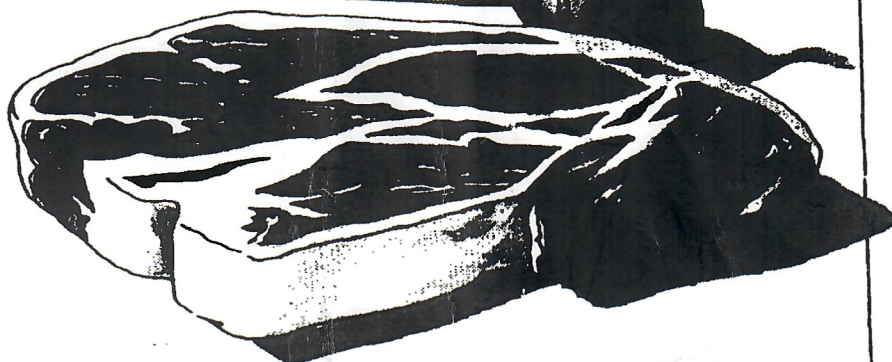


Stuffed Moose Steak

1 moose steak, ½ tsp. salt, ¼ tsp. pepper, ¼ cup flour. Season steak and dip in flour. Pound well on both sides.

Filling: 3 cups bread crumbs, ¼ cup chopped onion, ¼ cup chopped celery, ½ cup butter, ½ tsp. paprika, 1 slice green pepper, a dash of salt and pepper.

Mix filling well and place on steak then roll up and tie. Place rolled steak in roasting pan and cook until tender in 325 degree F oven. Slices of bacon placed over the steak while cooking improves the flavor.



Baked Moose Heart

1 medium sized moose heart, 4 medium potatoes, 1 small onion, 8 slices stale white bread, 2 tbs. butter, 1 tbs. savory, salt and pepper to taste.

Cook and mash potatoes. Add onion chopped fine, salt, pepper, butter and savory and let cool. Add bread in small cubes and mix well into potato mixture. Pack into heart cavity. Draw edges together as tight as possible with heavy string to prevent dressing from falling out.

Cover with foil and bake in a covered pan, in a moderate oven, for 3½ to 4 hours. Fifteen minutes before taking from oven remove cover. Baste often during cooking period and when done slice and serve with your favorite vegetables.

Moose Soup

Place in a good size pot a large moose soup bone with 16 cups of water and 2 tbsp. of salt. Boil at medium heat for an hour and then simmer for approximately 8 hours. Strain and add the following:

1 cup grated onion, 1 cup grated carrots, ½ cup grated potatoes, ½ cup grated cabbage, ¼ cup diced celery, 1 tsp. dried parsley, ½ tsp. marjoram, ½ tsp. pepper, 1 can tomato soup, 1 can water and meat cut in small pieces from the boiled moose bone.

Boil at medium heat until vegetables are cooked and then add ½ cup macaroni and simmer until these are cooked.

