

The Harvesting Nature Cookbook



Recipes for Wild Game and Fresh Fish

Electronic Edition



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Pressure Cooker Venison Roast



Ingredients:

2.5 lbs of Venison
1 tsp Ground Sea Salt
1 tsp freshly Ground Black Pepper
1 tbsp Extra Virgin Olive Oil
1 whole Onion, chunked
5 Garlic Cloves, peeled and chopped
2 cups Venison or Beef Broth

Preparation:

Unless your pressure cooker has a “Browning” setting then you will need to utilize a skillet to brown the venison

1. Season the venison with salt and pepper
2. Heat the Olive Oil on high heat in a skillet or in the pressure cooker if the setting is available.
3. Sear all sides of the Venison.
4. Place the Venison in the Pressure Cooker
5. Add the Onion, Garlic, and Venison/Beef Broth
6. Cook on High Pressure for 55 minutes
7. Follow the directions to allow the Pressure Cooker to de-pressurize before opening

**** Steam will rise from the cooker. Do not burn yourself on the steam. ****

Lemon Pepper Yellowtail

Grilled Yellowtail

Ingredients:

- 2 Yellowtail fillets
- 1 tablespoon coconut oil
- 1 tablespoon lemon zest
- 1 teaspoon black pepper
- 1 teaspoon sea salt
- 1 teaspoon red pepper flakes

Preparation:

1. Heat your grill to medium-high heat
2. Coat the fillets with the coconut oil
3. Mix the lemon zest, black pepper, sea salt, and red pepper flakes.
4. Season the fish with the mixture
5. Place the fish on the grill skin side down (do not flip)
6. Cook until the fish is white and you can feel the meat flake when pressed with your finger. (Caution, the grill will be hot)
7. Remove from heat and serve on top of the Spinach (see below)



Sautéed Spinach and Onions

Ingredients:

- 2 cups Spinach, washed
- 2 tablespoons butter or olive oil
- ½ White or Yellow Onion, roughly chopped
- 2 Garlic Cloves, minced
- 1 tablespoon lemon juice
- Salt and fresh white black pepper

Preparation:

1. Heat a large skillet over medium heat and add the butter
2. Add the onions and garlic once the butter has melted
3. Allow to cook for 1 minute
4. Add the Spinach and cook until all of the leaves have wilted.
5. Carefully drain the liquid off of the spinach
6. Stir in the Lemon Juice
7. Season with Salt and White Pepper to taste.

Black Bear Burger



Burger

Ingredients:

- 1 lbs ground bear meat
- 2 tbsp minced scallions
- ½ cup bread crumbs
- 1 egg, whisked
- 1 tsp garlic powder
- Salt and black pepper to taste

Preparation:

1. Mix all the ingredients in a large mixing bowl
2. Press or form the meat into thin patties
3. Grill, bake, or pan cook until the meat reaches an **internal temperature of 160 degrees**
4. Serve with the Blue Berry BBQ Sauce

Blue Berry BBQ Sauce

Ingredients:

- 2 cups fresh blue berries
- 3 garlic cloves, minced
- ½ cup balsamic vinegar
- 2 tbs sugar
- 3 tbsp ketchup
- ½ teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon cayenne pepper

Preparation:

1. Bring a medium sauce pan to high heat
2. Add all the ingredients and simmer for 10-15 minutes until thick
3. Remove from pan and allow to cool
4. Place the mixture in a blender or food processor and puree
5. Store the BBQ sauce in a glass container until ready to use

Wild Salmon Burger



Ingredients:

- 1.5 lbs of ground salmon
- ½ cup bread crumbs
- ½ cup parmesan cheese
- 1 teaspoon lemon pepper
- 1 teaspoon salt
- 1 egg, whisked
- 2 tbsp minced scallions

Preparation:

1. Preheat your oven to 375 degrees
2. Mix all the ingredients in a large mixing bowl
3. Press or form the meat into thin patties
4. Place the patties on an oiled baking sheet
5. Put to patties in the oven and bake for 10 minutes
6. Flip and bake for an additional 5 minutes
7. Remove and serve with your favorite condiments

Havarti Stuffed Venison Burgers



Ingredients:

1.5 lbs of ground venison
½ cup bread crumbs
1 egg, whisked
1 tsp garlic powder
Salt and pepper to taste
Havarti Cheese

Preparation:

1. Mix all the ingredients in a large mixing bowl
2. Press or form the meat into thin patties
3. Divide a cheese slice into four pieces
4. Place the four pieces on top of one patty
5. Place another patty on top of the cheese and press the sides together or use the Weston burger press to seal the cheese inside the meat
6. Grill, bake, or pan cook until the meat is brown
7. Serve with your favorite condiments

Butternut Squash and Pork Meatballs

Ingredients:

2 lbs Ground Wild Pork (you can substitute Venison)
2 tablespoons Italian Breadcrumbs
1 teaspoon Garlic Powder
1 teaspoon Salt
1 teaspoon Ground Black Pepper
½ teaspoon Fennel Seeds
1 Butternut Squash, cleaned, peeled, and chopped
1 head of Broccoli, chopped
½ Red Onion, chopped
1 Red Bell Pepper, chopped
3 Garlic Cloves, chopped
.5 oz Fresh Ginger, peeled and chopped
5 cups Pork Stock or Vegetable Stock
Salt and Ground Black Pepper



Preparation:

1. Mix the Ground Wild Pork, Italian Breadcrumbs, Garlic Powder, Salt, and ground Black Pepper in a mixing bowl.
2. Roll the meat into quarter sized meatballs (approximately an inch in diameter)
3. Heat a large pot over medium-high heat
4. Add the Red Onion, Red Bell Pepper, Garlic, and Ginger
5. Cook until the onions become clear, stirring occasionally
6. Add the Butternut Squash, Broccoli, and the Stock
7. Cover the pot and bring to high heat
8. Once boiling, reduce the heat, and allow to cook for 10 minutes
9. Brown the meatballs in a cast iron skillet while the soup cooks
10. Remove the soup from the heat and puree the soup mixture in a blender (You may have to blend several batches)
11. Place the pureed soup back into the pot and add the meatballs
12. Season with additional Salt and Pepper to taste
13. Allow the mixture to cook uncovered on medium-low heat for an additional 10 minutes
14. Remove from heat, garnish with minced scallions, and serve



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