



Nutritious Delicious Cooking Resources
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Nutritious Delicious!

Wild Game and Pasture-Raised Meats

A Savory Natural Meat Cooking Seminar



History

First, why host an entire workshop on how to cook a food we've all been cooking since Neolithic times? Our gathering and hunting ancestors were consuming foods in their most nutritious and natural forms which provided them with the nutrition. Anthropologists now agree that gathering and hunting is the correct term to identify nomadic eating habits rather than hunting and gathering. Our ancestors collected more of their food off the land than they did by hunting animals. Over time with the development of advanced agricultural practices, less energy is invested into obtaining our food in a world where convenience takes priority over health. Because commercial meat has been ascendant in the age of the so-called "Green Revolution" of chemical-based agriculture that has resulted

in a diminished quality and nutrition of the foods we consume. Mass-produced foods are over processed, added with artificial ingredients, and produced for profit rather than out of interest for the consumer. If we can eat foods lower on the food chain, closer to their most pure and natural state, we can eliminate the ill effects of over processing and mass production.

Nutrition

Beef has developed a bad reputation among health conscious consumers for being “unhealthy,” fatty, and disease causing. However, cattle that are feed from pasture can be extremely healthy. It is lower in saturated fats, total calories, and does not contain the toxins and artificial ingredients found in commercial beef. Grass fed beef contains as little fat as poultry and is higher in vitamins and minerals. Commercially processed meats are also exposed to more pathogens that can be passed to its consumers. Half of all poultry produced in the U.S. contains a dangerous bacteria called Staphylococcus Aureus (Staph) because it has developed a resistance to antibiotics used in commercial farming.

Nutritional Glossary

Grass fed – Comes from cattle that were raised in grass pastures. Typically they live their entire life in open grazing pastures and do not live in confined farming environments.

Free-Range – Livestock or domestic poultry that is allowed to graze or forage rather than being confined in a feeding lot.

Conjugated Linoleic Acid – Is an unsaturated fatty acid in the milk and meat of cows, sheep, and goats. It occurs in about 20 different chemical configurations called isomers which each have different effects on the body. Often, it is taken in supplemented form because it is deficient in the American diet due to over processing of its sources. It aids in weight loss, muscle building, and prevention of heart disease, diabetes, and cancer.

Omega – 3 Fatty Acids – Fatty acids are a type of polyunsaturated fat found in fish and plants.

Treatment Of Commercial Livestock

Animals are being fed almost everything their digestive systems are not naturally meant to digest. These “foods” include corn, soy, wastes from local supermarkets and bakeries, candy bars (including their wrappers), potatoes, pastas, and other miscellaneous waste products. The primary goal of commercial farmers is not to protect the safety and health of their animals and to provide a quality product. It is to make as much money as possible, using the least amount of resources, and in the shortest amount of time.

As if the poor quality of the feed wasn't enough, these animals suffer illness, disease, and injury from their rapid growth rates, poor nutrition, lack of movement, and physical abuse and neglect from their owners. Often times, drugs are used to temporarily heal livestock so they can continue producing products and then they are left to die once they cannot produce any longer.

Pigs live in one of the worst environments at many farms. Living conditions include being kept in the dark for 24 hours to keep them “calm,” living in their own feces and its ammonia all day long, having to stand on a grid floor all day which causes foot injuries, and they live in very small cages where they cannot turn around or lay down. In addition, they are castrated without the use of anesthesia as piglets. This environment is all many pigs know until they are transported to the slaughter house after 3-6 months. Chickens also live in harsh conditions. When chicks are hatched they are separated by sex and the males are typically killed and the hens are sent to feeding farms to produce eggs. Other farm animals that suffer animal cruelty on commercial farms include turkeys, rabbits, cows and the fishing industry.

Nutritional Benefits of Wild Game

Wild game is significantly lower in fats, particularly saturated fats, and calories than commercially produced meats. In most wild game its saturated fat content is less than 5 percent of its total fat intake. In comparison with commercially raised meat it contains a higher amount of protein for fewer calories. In addition, wild game has higher levels of zinc, iron, vitamin-B-12, and healthy omega-fatty acids. With consumption of wild game, you get a higher quality product that has better taste and for a decreased cost.

Nutritional Benefits of Pasture-Raised Meats



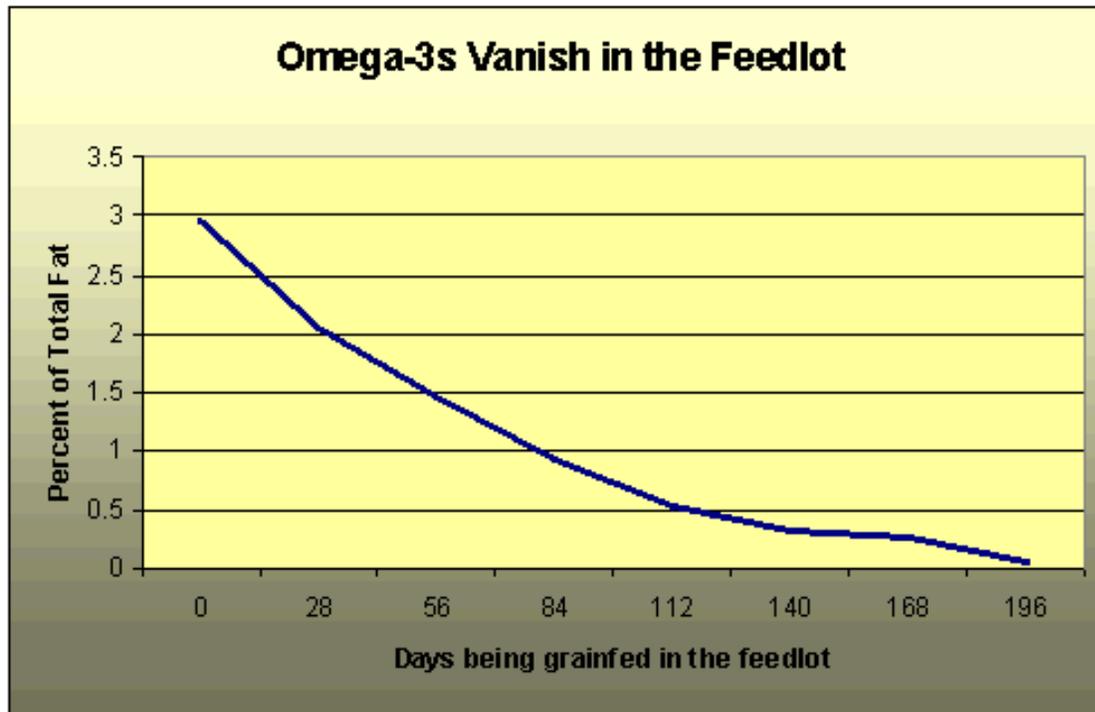
Meats from grass-fed cattle, sheep, and bison are significantly lower in fat and total calories than commercially produced meats. For example, a 6 oz steak from a grain-fed cow has about 100 calories more than a 6 oz serving of a grass-fed steak. In addition, grass fed cattle has a different fatty acid profile. A diet high in grass fed beef puts you at a higher risk of heart disease, high cholesterol, colon cancer, and weight

gain because it consists primarily of saturated fats. Naturally beef has lower levels of saturated fat and contains more omega-3 fatty acids. Omega fatty acids are considered highly beneficial “good” fats because they are essential for optimal health. Omega’s play a vital role in brain health, lower cholesterol levels, lower blood pressure, are important for cell metabolism and are important for the functioning of all systems within the body. High consumption of omega fatty acids has been shown to decrease the risk of heart disease by 50 percent and are less likely to suffer from depression, schizophrenia, hyperactivity, or Alzheimer’s disease. In addition, studies have shown that consumption of omega’s not only prevents cancer cells from forming but prevents them from mutating and spreading once it has developed. One reason why grass fed beef is higher in omega’s than grain fed is because omega’s are formed in the chloroplasts of green leaves and algae. Sixty-percent of the fatty acids found in grass are omega-3 fatty acids. When cattle are taken off a grass fed diet and shipped to a grain fed feedlot, their amount of omega fatty acids decreases rapidly. Just like cattle, chickens that are deprived of feeding off grass also have lower levels of omega-3 fatty acids. Pasture raised chickens lay eggs than have ten times more omega fatty acids than grain fed.

One fatty acid in particular, CLA (Conjugated Linoleic Acid), is significantly higher in grass fed cattle. Research has shown that CLA helps metabolize fat from the midsection, aids in insulin resistance, decreases inflammation, improves heart health, prevents cancers, and can help achieve a healthier body fat percentage when combined with diet and exercise. Many consumers supplement, and pay high amounts of money, on CLA in capsule form to reap its wide array of benefits.

Grass fed beef is also higher in Vitamin- E, which is also linked to lower rates of cancer, heart disease, and aids with anti-aging, than grain fed cattle.

Eggs from free-range chickens contain more b-12, 7 x more beta carotene, 2 x more omega-3, a quarter less saturated fat, a third of the cholesterol and higher levels of folic acid than commercially produced eggs.



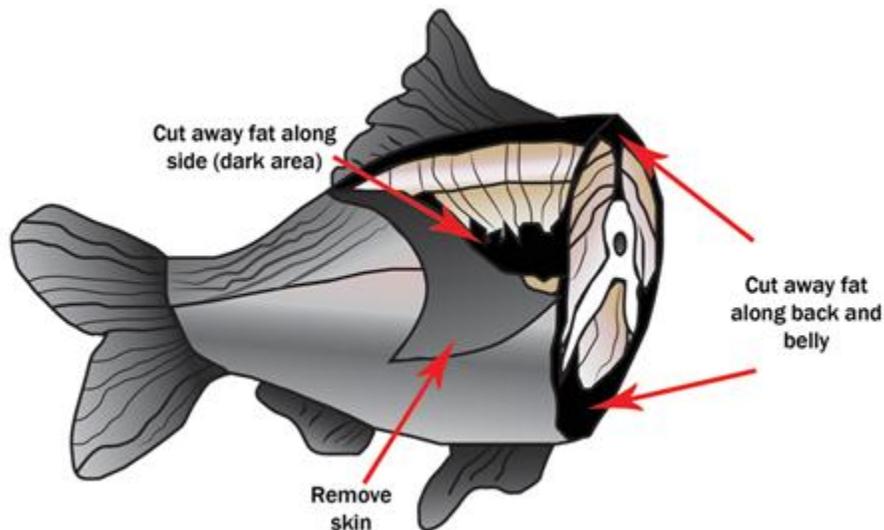
Source: < <http://www.eatwild.com/healthbenefits.htm> >

Dangers of Grain-fed Animal Consumption:

- Increased risk of heart disease and other preventable diseases.
- More bloating
- Increased acidosis/higher body pH
- Feedlot Polio
- Dust Pneumonia
- Increased risk of mad cow disease
- Increased consumption of artificial growth hormones, veterinary drugs, pesticides, and heavy metals.
- Increased environmental pollution
- Decreased digestion and absorption of nutrients
- Added artificial colorings and preservatives
- Addition of nitrates and excess sodium
- Decreased health of the animals creates a decreased health of the consumer

Fish/Seafood:

Tips for Healthier Eating



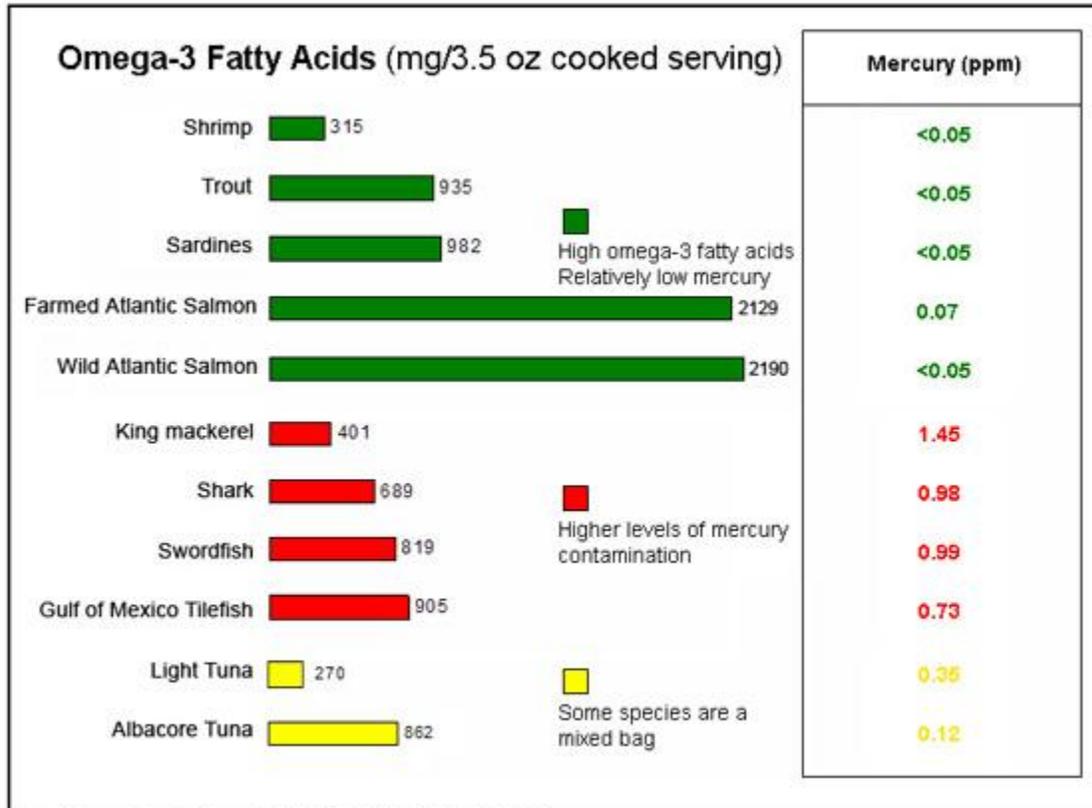
To reduce exposures to mercury, avoid or eat less largemouth and smallmouth bass, northern pike, pickerel, walleye and larger yellow perch (for example, longer than 10 inches) because these fish tend to have higher mercury levels, particularly in the Adirondack and Catskill regions.

To reduce exposures to PCBs, dioxin, mirex, DDT, chlordane and dieldrin, avoid or eat less American eel, bluefish, carp, lake trout, salmon (chinook, coho), striped bass, weakfish, white and channel catfish, and white perch because these fish tend to have higher levels of these contaminants.

PCBs, dioxin, mirex, DDT, chlordane and dieldrin are found at higher levels in the fat of fish. You can reduce the amount of these contaminants in a fish meal by properly trimming, skinning and cooking your catch. Remove the skin and trim all the fat from the belly flap, the line along the sides, and the fat along the back and under the skin (see diagram on the below). Cooking or soaking fish cannot eliminate the contaminants, but heat from cooking melts some of the fat in fish and allows some of the contaminated fat to drip away. Broil, grill or bake the trimmed, skinned fish on a rack so that the fat drips away. Do not use drippings to prepare sauces or gravies. These precautions will not reduce the amount of mercury or other metals. Mercury is distributed throughout a fish's muscle tissue

(the part you eat), rather than in the fat and skin. The only way to reduce mercury intake is to eat less contaminated fish.

Choose freshwater sport fish from water bodies for which there is no specific advice.



Moraffarian, D and Rimm, E. JAMA 2006; 296:1885-1855.

Source: <http://1vigor.com/index.html>

Try to space out your fish meals. For example, if the advice is that you can eat up to four meals a month; don't eat them all in the same week. This is particularly important for women and young children.

When deciding which sportfish to eat, choose smaller fish within a species since they may have lower contaminant levels. Older (larger) fish from the same species may be more contaminated than smaller fish because they have had more time to accumulate contaminants in their bodies. (But make sure to follow New York State Department of Environmental Conservation (NYS DEC) regulations about fish length).

Do not eat the soft "green stuff" (mustard, tomalley, liver or hepato-pancreas) found in the body section of crab and lobster. This tissue can contain high levels of chemical contaminants, including PCBs, dioxin and heavy metals.

Bacteria, viruses or parasites may be in or on fish. Keep harvested fish cold. Wear protective gloves when skinning and trimming. Wash hands and surfaces often when preparing fish, and keep raw foods separate. Cook fish and shellfish thoroughly before eating.

Anglers who want to enjoy the fun of fishing but who wish to eliminate the potential risks associated with eating contaminated sport fish may want to consider "catch and release" fishing. Refer to the NYS DEC's New York State Fishing Regulations Guide for suggestions on catch and release fishing techniques or go to the NYS DEC website. (NYS Department of Health, 2012)

To check for safe fish and quantities to consume in the Adirondack region please use this link as a reference:

http://www.health.ny.gov/environmental/outdoors/fish/health_advisories/regional/

Or from St. Lawrence County:

http://www.health.ny.gov/environmental/outdoors/fish/health_advisories/regional/st_lawrence.htm

Preparation of Wild Game and Pasture Raised Meats:



Wild Game:

1. Make the kill
2. Carry the meat to your cooking area. If it will take longer than an hour to bring it there, it needs to be kept in a cooler.
3. Refrigerate or freeze any meat that will not be immediately prepared to prevent spoilage.
4. Any meat you will be preparing should be placed on a cutting board. Do not use a wooden board because it will soak up the juices and could cause future bacterial contamination.
5. Separate the raw meat into pieces for cooking. Dispose of any meat you do not wish to use such as gizzards, skin, etc. Do not try to trim off fat because wild game contains little fat. The fat it does have is needed for cooking.
6. Season the meat you wish to cook or place it in a marinade for future cooking.

7. Cook wild game into any recipe of choice. Cooking time may be decreased due to the decreased amount of fat. It will be more prone to drying out so be sure to check it frequently.

Hanging Wild Game:

Some hunters would argue that hanging your wild game will lead to drying out your meat. However, the science behind hanging wild game shows that it will create a more tenderized meat. As the meat is “aged” while hanging its collagen fibers, which cause the toughness of meat, are broken down by enzymes which tenderizes the meat. This should take place in a controlled temperature of 30-45 degrees and hang for 4-5 days. After three days, game should be taken down and cut for either freezing or immediate preparation.

Beef:

The biggest concern with cooking grass-feed beef is the potential to overcook it. It tastes best when cooked medium rare or medium. Because it's very low in fat, it may be beneficial to coat it in extra virgin olive to enhance flavor and help with browning. In addition, using a light oil coating will prevent it from drying and sticking to your cooking surface. Using a meat tenderizer will also bring out its natural, savory flavor. One recommended tenderizer is Jaccard meat tenderizer because it uses zero chemicals and has won the Gold medal presented by Chefs in America. If you do not own a tenderizer it will be beneficial to marinate your meat a couple days before cooking it, especially for cuts such as New York Strip and Sirloin steaks. Complimentary marinade flavors include Italian dressings, bourbon, beer, vinegar, or a grilling marinade. Stove top cooking will allow more control over temperature than a grill. Because grass fed beef is more likely to dry out due to the lower fat intake, monitoring and cooking at low temperatures is advised. In addition, grass fed beef, on average, takes about 30 percent less cooking time than commercial beef. It is recommended to remove your meat from the heat source ten degrees before it hits its desired temperature so prevent moisture from being lost. Also, using tongs to flip your meat, rather than a fork, will help prevent juices from escaping. When determining the appropriate temperature to cook your grass fed beef, lower the temperature about 50 degrees from what you normally would roast, simmer, etc. When grilling grass fed beef, quickly sear both sides over a high heat to seal in its natural juices. Then reduce heat to a medium or low setting to continue cooking

until it is at its desired temperature. Be sure to watch your thermometer and check often to prevent over cooking.

If you choose to roast, sear the beef first to lock in the juices and then place immediately in a preheated oven. Roasted grass fed beef slices make excellent substitutions for luncheon meats that are high in sodium, nitrates, preservatives, and artificial colorings.

Poultry:

Just like cooking beef, free-range poultry has the potential to dry out more quickly because of the lower fat content. It is recommended to begin cooking your bird at a high initial heat of about 450 degrees and then finish roasting it at 375 degrees until cooked. To add moisture to your poultry, brining it in a salt, sugar and water solution for one hour per pound, will add in moisture that the bird does not naturally have from their fat content. Lean, free-range chickens, have been more active in their lives due to less confinement and a more natural diet. They are more susceptible to becoming chewy and tough from over cooking so monitoring the time and temperature is recommended. They will cook more quickly than a factory farmed bird.



Pork/Lamb/ Goat/Small Game:

cooking all grass fed or wild game follows the same general recommendations. Be cautious not to overcook, cook at lower temperatures, and check frequently.

Fish:

For information on how to gut and skin a fish, please check this link.

<http://www.wikihow.com/Clean/Gut-a-Fish>

After the gutting and skinning of a wild fish, it can be prepared in the same cooking styles as farm raised fish. Depending on the fish texture and taste, certain cooking options will be more preferable depending on the type.

Recipes

Caribbean free range chicken

- 1 cup rum
- 5 tablespoons light soy sauce
- 1/4 cup lime juice
- 1/4 cup [brown sugar](#)
- 12 cloves [garlic](#), minced
- 2 1/2 tablespoons finely minced fresh ginger root
- 2 teaspoons dried thyme
- 1 teaspoon salt
- 1 teaspoon [ground white pepper](#)
- hot pepper sauce (e.g. Tabasco™) to taste (optional)
- 1 serrano pepper, finely chopped
- 4 pounds skinless, boneless chicken breast halves

Directions

1. In a bowl, mix the rum, soy sauce, lime juice, brown sugar, garlic, ginger, thyme, salt, pepper, hot pepper sauce, and serrano pepper. Pierce the chicken on all sides with a fork. Place chicken in a shallow container, and cover with the marinade. Seal container, and marinate chicken in the refrigerator 8 hours or overnight.
2. Preheat grill for high heat.
3. Lightly oil grill grate. Discard marinade and place chicken on the grill. Cook 8 minutes on each side, or until juices run clear.