

# What things taste like:

## GAME

**Alligator** The choicest cut is the tail meat which is white and very much like veal in texture. The tenderloin comes from a cylindrical tube inside the tail. The body meat is somewhat darker and has a stronger taste and slightly tougher texture. It is very similar to pork shoulder. Alligator tastes somewhere between chicken and rabbit, with perhaps a hint of frog legs. Alligator can be used in jambalayas, soups, and stews.

**Antelope** look like deer but they are actually members of an animal family that includes goats and oxen. Mild-tasting and finely grained, antelope meat is similar to venison. Antelope has one-third the calories of beef.

**Buffalo** (Bison) is similar taste to beef, but rather coarsely textured and sweet. It has significant advantages over beef — it is high in protein and extremely low in cholesterol (approximately 30 percent less than beef), and has about half the calories and fat of beef. Buffalo meat should be cooked slow, low, and not as thoroughly as beef (specifically rare to medium-rare). The density of this meat provides a more satisfying portion allowing for reduction in quantity per person.

**Caribou** is closely related to the reindeer. Its meat is finely grained and resembles veal or antelope in flavor and texture.

**Cervena** is the appellation for farm raised Venison from New Zealand. The term was created to differentiate New Zealand Venison from others available around the world (like Champagne as apposed to sparkling wine). The standards for Cervena are strict. Animals whether red deer or fallow deer, must be between 18 and 30 months of age to guarantee proper size and texture, and must be raised without antibiotics or growth stimulants. Venison is very lean, low in fat and cholesterol and yet very high in protein. Cervena is less gamey than domestic venison, but still richer in flavor than traditional red meats.

**Elk** is the second largest member of the deer family. Elk is very dark and coarsely grained. It can be described as the sweetest of the deer meats. Elk can be cooked in the same way as venison.

**Frog Legs** do taste something like chicken. They can be sautéed in olive oil for 8 to 12 minutes for medium sized legs, and topped with sauce.

## Game Cont.

**Kangaroo** Serve kangaroo meat medium rare or rare. Brush with olive oil before pan sautéing, baking or barbecuing. Kangaroo meat is similar to venison in flavor and can be used in any venison recipe.

Lamb Our Lamb is from New Zealand and Australia. The meat is generally younger than U.S. lamb and packaged with only a very small fat crown. New Zealand lambs are known world-wide for its unique flavor and texture.

**Rabbit** Farm-raised rabbit is lean, slightly sweet meat with a closely textured flesh that has virtually no fat and is very high in protein. Rabbit is an alternative to chicken, with the additional advantage that it is commonly raised without the use of hormones or steroids.

**Rattlesnake** is light and chewy, with a delicate flavor that resembles chicken. Rattlesnake chili is a favorite dish at a number of restaurants in the Southwestern U.S.

**Snapping Turtle** has the texture of frog legs or lobster. The four legs and the tail are dark meat; the next and back straps are white meat.

**Venison** is low in fat, low in calories and low in Cholesterol. Venison is darker red and more richly flavored than beef. Farm-raised venison does not have the gamey taste of wild venison. Cook venison quickly over high heat and always serve rare or medium rare or it will become tough and chewy.

**Wild Boar** meat has a sweet, nutty, and intense flavor. Wild boar meat is leaner and deeper red than pork; meat of the young boar is very tender. Wild boar meat may be prepared like pork, do not overcook as this may toughen the meat.

## Poultry

**Goose** is entirely dark meat, which some say tastes very much like well done roast beef. Goose has a great deal of fat between the skin and meat, but the meat itself is very lean. The skin should be pricked every inch before roasting to release the fat.

**Ostrich** is a lean, tender red meat with a light, delicate flavor similar to prime quality beef. Ostrich is extremely low in fat, with very little cholesterol. The best cooking methods are sautéing or quickly frilling over hot coals to medium rare.

**Pheasant** is one of the most popular of game birds. Pheasant has pinkish white meat. The delicate flavor of farm-raised pheasant is subtle and pleasant, with a discernable trace of apple in many cases.

## Poultry Cont.

**Quail** has red meat with a delicate texture and a sweet nutty flavor. Quail is often stuffed with a “forcemeat” due to its small size (5 to 6 ounces with only a few ounces of breast meat per bird) Two quail make a main course for one person.

**Squab** (Pigeon or Rock Dove) is succulent, but it retains the earthy flavor undertones that please many diners. Squab is rich dark meat of delicate texture. The average squab weights about 14 ounces, enough to serve one person. Squab should be served medium rare, so that the juices run pink and the meat remains slightly rosy and moist.

**Wild Turkey** are smaller and have darker meat, richer, more intense flavor, and firmer texture than domestic turkey. The breast, being smaller, tends to cook faster than legs or thighs barding the breast with bacon or cover the breast with oiled paper or foil, and basting the whole bird with butter or oil and cooking liquid is recommended. Wild Turkey must not be overcooked because it would become too dry.

## Other Resources

Food and Nutrition Information Center

Federal Information on Health and Nutrition includes the USDA Nutrient Database

<http://www.nal.usda.gov>

Nutrition Data

What's good and bad for you in Simple Terms

<http://www.nutritiondata.com>

American Dietetic Association

Provides food and nutrition information from a professional association of dieticians.

<http://www.eatright.org>

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