

October 12, 1973

Duck, Pheasant

University of Minnesota extension nutritionist Mary Darling has some tips for the hunter.

After wild duck and pheasants have been properly cleaned, wrap them in heavy duty aluminum foil or place them in heavy plastic bags. Seal, label, freeze and hold at zero degrees. Use them within nine months.

Thaw them slowly in the wrapper in the refrigerator to tenderize and cut down moisture loss.

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Cooking Upland Game Birds

(0:16)

The meat of upland game birds, such as pheasant, partridge, grouse and woodcock, tends to be somewhat dry. The use of cream, bacon or salt pork keeps it from drying out when cooking. This is particularly true with older birds. Small sweet onion rings and mushrooms also add flavor. These can be used with other ingredients in your favorite recipes for such birds.

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Selecting Apples

(0:30)

When selecting apples, check for excessive bruising as bruises soon lead to decay.

Over-ripe apples are not usually marketed. Buy apples that are bright and fresh looking. The green ground color or background color should be yellow green. Grass green apples may be immature and will have a starchy, green taste. If the ground color is a faded yellow green, the apples may be overmature and will be soft and mealy with loss of juice and flavor.

At home, store apples in a cool place. Reserve supplies should be refrigerated, if possible. Keep them in the polyethylene bag in which they were purchased.

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