

# Mountain View Drifter

## Big Bear Cookbook

### General

#### **A few general rules when cooking with bear:**

When cooking to well-done, a meat thermometer reads 190°F.

When well-done meat is pierced with a fork, the juices should run clear, not pink.

Generally use dry cooking methods for tender, fat bear and moist cooking methods and/or marinades for older, stringy bears, although marinades may be used for any bear.

If you feel the bear is a bit gamy and/or tough, soak for 24 hours in a solution of 1 Tablespoon salt and 1 Tablespoon vinegar to 1 quart of water.

When roasting you should always cook on rack about 2 inches above bottom of pan as bear is quite greasy. Always place about one inch of water in bottom of pan. A most important feature is the marinade, so here goes.

### Marinades

#### **Black Bear Marinade**

1 cup dry red wine (cheapest)

1/2 cup olive oil

1 onion chopped

6 cloves garlic crushed

1 sliced carrot

1 tbsps. Dried tarragon, may want to half this as tarragon is strong salt and pepper adjust to your own taste

Place meat in roaster, roast or steaks, in marinade and cover and refrigerate overnight turning often prior bedtime. Remove from marinade approx., 2 hrs. prior cooking to allow meat to come to room temp. Strain marinade and reserve liquid for gravy.

#### **Bear Marinade**

You can marinate one of two ways:

(1) Put the meat in a container of milk with lots of garlic and let set overnight in the refrigerator.

(2) Put the meat in a container of Italian salad dressing and leave in refrigerator overnight.

Make sure the meat is submersed in the milk or dressing and keep covered with Saran wrap. It doesn't hurt to turn every once in a while when you think of it to mix the meat up and get the meat on top to the bottom and vice-versa.

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P.O. Box 958 • Millinocket, ME 04462

Phone: (207) 723-5535

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Whatever you do if you barbecue, bake, roast etc. do not, I repeat DO NOT stab the meat with a fork as this lets out all the juices and the meat is on the dry side anyway., DO NOT OVER COOK and when you need to turn the meat use a spatchula (not sure of the spelling of this word) The best way to cook any rather dry-type game meat is place it in an oven roasting bag made by Reynolds aluminum but the off-brand if you can get it is okay because Reynolds is the only one who makes these. The off brand is cheaper, too This way the meat will cook in its own juices in the over and keep from drying out.

## **Bear Marinade**

1 onion, finely chopped  
1 carrot, diced  
2 sticks celery, diced  
1 tsp. paprika  
1 cup cider  
2 tbsps. orange juice  
1 tbsps. lemon juice  
1 clove garlic, mashed  
1 bay leaf  
1 dash nutmeg  
1/2 tsp. dry mustard

Combine ingredients in enamelware pan. Slowly bring to boiling point. Boil for 5 minutes. Marinate bear meat for several hours.

Above ingredients will marinate enough meat for approximately 3 people. Double recipe if serving more than 3.

Place meat over fire, roast and baste frequently with this sauce.

## **Roasts**

### **Simple Bear Roast**

Brown a 2 - 3 pound bear roast in a Dutch oven, searing it on all sides. Remove oven from heat and allow to cool before adding water. Mix one Lipton® onion soup Mix and one cup water to make a paste. Put paste on top of the roast and add another cup of water to bottom of oven, peel and cut up 6 - 8 carrots and add to oven. Cook on fire or burner hot enough to make a wisp of steam come from lid every 10 - 15 seconds for 2 - 3 hours. if fire is hotter than that, monitor water closely. It'll taste just like beef.

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## **Bear Rump Roast**

Suitable for a young animal. Saddle or leg could also be used.

Cut one clove of garlic into small slivers, insert in gashes in the roast, season with salt and freshly ground pepper. Lard or tie with bacon or fat pork (adjust salt if you are using bacon). Roast uncovered at 325F for 35 to 45 minutes per pound, with just enough beef bouillon or red wine to cover the bottom of the roasting pan. Baste frequently with the pan juices, serve with noodles and currant or wild blueberry jelly. Or make the gravy with currant jelly added to it.

## **Bear Pot Roast**

1 (4 to 6 lb.) bear roast

### **Marinade:**

2 c Beef broth

1/2 tsp. Salt

1/2 tsp. Oregano

1 lg. Onion, sliced thin

1/2 tsp. Basil

1 ts Paprika

Place all ingredients in deep bowl to marinate. Turn roast at least twice to cover. Marinate overnight. Add all ingredients to crock pot or Dutch oven and cook on low setting 1 hour per pound or until tender.

## **Bear Pot Roast With Orange**

2 to 3 pounds boneless bear roast

1 onion, chopped

1 rib celery, sliced

2 cloves garlic, cut into thin slices

1 orange, peeled and sectioned

8 ounces orange juice

2 tbsps. dry white wine

Currant jelly

Preheat oven to 400°F.

Place the meat in a lightly greased roasting pan. Lay the onion, celery, garlic and orange slices on and around the meat. Combine the orange juice with the white wine and pour over meat.

Cover and roast 1 1/2 hours. Turn meat and baste occasionally with pan juices while cooking.

During the last half-hour of cooking time, brush meat with melted currant jelly, and leave the lid off the pan.

The cooking liquids may be served in a separate bowl to go along with the meat.

Serves 4 to 6.

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## Delicious Bear Roast

Try a well trimmed shoulder roast. Rub well with salt, pepper and garlic. Coat pan with shortening and rub a little on the roast itself. Roast for one hour at 350 then add 3 small quartered green apples (Granny Smith). On top of the stove in a medium saucepan, bring to a boil – 1 quart canned tomatoes mashed, 2 onions chopped, 1 tsp. Dry mustard, 1 oz. Soy sauce, 4 beef bouillon cubes, 1 tbsp. Worcester sauce, 2 tbsp. Honey. Pour over roast, cover and cook for about 2 hours or until very tender. Add water as needed to make a nice, rich gravy.

## Roast Saddle of Bear

Combine the following:

1 cup cider  
2 tbsps. Soy sauce  
1 tsp. ginger  
1 tbsps. lemon juice  
2 tbsps. honey

Season with salt and pepper and then lard a saddle of bear. Pour over the combined liquids and roast as directed for bear rump roast, basting with the pan juices.

## Braised Bear

1 2 to 3-pound bear roast  
Salt, pepper  
1 clove garlic, crushed  
2 tbsps. brown sugar  
1 tbsps. paprika  
1 tsp. dry mustard  
1/4 tsp. chili powder  
1/8 tsp. cayenne pepper  
2 tbsps. Worcestershire sauce  
1/4 cup vinegar  
1 cup tomato juice  
1/2 cup water

Place roast in small roaster. Season with salt, pepper, and garlic. Roast in 350-degree Fahrenheit oven 1 hour, or until well done. Slice into thin slices. Mix 1 teaspoon salt with remaining ingredients in heavy skillet. Simmer 15 minutes. Add meat and simmer 1 hour, or until meat is tender. Serves 6 to 8.

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## **Black Bear Marinated Roast**

1 cup dry red wine (cheapest)

1/2 cup olive oil

1 onion chopped

6 cloves garlic crushed

1 sliced carrot

1 tbsps. dried tarragon, may want to half this as tarragon is strong salt and pepper adjust to your own taste

Place meat in roaster, roast or steaks, in marinade and cover and refrigerate overnight turning often prior bedtime.

Remove from marinade approx., 2 hrs. prior cooking to allow meat to come to room temp. Strain marinade and reserve liquid for gravy.

Pre-Heat oven to 350 Deg. turning the roast and or steaks halfway through cooking time, about 3 hours for 4 1/2 lb. roast.

GRAVY; with broth in pan bring to medium boil on stove top and add marinade liquid, to thicken I use 1/2 cup flour mixed with 1 1/2 cups of water seasoned with celery salt, shake or stir well and gradually pour into pan keeping stirring constant.

Carve roast (boneless) into 1/4 inch slices and place on platter pouring gravy over meat, will serve 8, I think.

## **GAELIC STYLE-BLACK BEAR ROAST**

Do not forget marinade, and discard after refrigeration period with this recipe.

You want a 6-lb. roast (boneless, as all bear meat should be).

Rub mixture of dry mustard and butter and flour over entire roast.

Place roast on rack in pan and roast 30 mins. at 425 Deg.

Then reduce heat to 325, and roast about 3 to 3 1/2 Hrs.

DO NOT BASTE.

Now for the Gaelic Part, my favorite.

### **Scotch Whiskey Gravy**

Req'd 3 tbs. butter

1 bunch green onion 1/4 cup flour blended with 1 cup of water, pinch of celery salt 3 ts soy sauce

1 lb. sliced mushrooms 1 quart of JOHNNY WALKER RED LABEL SCOTCH WHISKEY

Bring pan juices to medium boil on stove top, adding butter, green onions and soy sauce,

whisking in flour mixture gradually until thickens thereby adding 1/3 cup of heavy cream and

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according to old timer 3 tbs. of scotch but nae i sae Ha! be a man, BOBO SAYS ADD A CUP, AND KEEP REMAINING SCOTCH CLOSE TO HAND. Guesstimate on measurements as at camp we cook by trial and error and I have tried with my knowledge of kitchen duties over a 20 year period. BON APPETIT

## Steaks and Chops

### Marinated Bear Steak

Thick slices of bear loin cut into steaks

1 onion, chopped fine  
1 carrot, diced  
1 tsp. paprika  
1 cup cider  
1 tbsps. lemon juice  
1 clove garlic, crushed  
1 bay leaf  
1/4 tsp. Nutmeg  
1/2 tsp. dry mustard  
2 tbsps. Orange juice  
1 clove garlic crushed  
4 tbsps. Butter  
1 tsp. prepared mustard  
1/4 tsp. Worcestershire sauce  
1/2 tsp. salt  
1/8 tsp. pepper  
1/2 tsp. paprika  
2 tbsp. tomato juice

Combine the first 11 ingredients, except the meat, and bring slowly to a boil. Boil 5 minutes, then cool. Use to marinate bear steaks 24 hours in refrigerator. Remove steaks from marinade and sear on both sides in broiler under high heat. Reduce heat and broil, basting often with a mixture of the last 8 ingredients. When steaks are done, dust with salt, pepper, and parsley. Serve with mushrooms sautéed in butter.

### Mohawk Marinated Bear Steak

4 Bear steaks, 1 1/2" thick  
2 Wild onions, sliced  
1 cup Indian vinegar

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1 cup Water  
1/2 cup Maple syrup  
2 tbsp. Spice bush powder  
1 tbsp. Salt  
1 tbsp. Bear fat, rendered  
Salt and pepper

Get a bear just before hibernation, as they are usually fat and rich at this time. All fat should be trimmed off the meat, which is very easy, as bear meat is not marbled like beef. Marinating the meat makes it taste better and makes the meat tender and juicy.

In a large pottery bowl mix the onions, Indian vinegar, water, maple syrup, spice bush powder and salt. Let stand for a couple of hours, then put in the bear steaks. Put in a cool place for about 24 hours, turning the steaks every once in a while.

Remove the steaks from the marinade, let them drain and pat them dry. Heat a heavy frying pan and rub the pan with the rendered bear fat. Place the steaks in the pan and sear on both sides. Lower the heat and finish cooking, adding more fat to prevent sticking. Remove steaks from the frying pan. Add a little flour and water to thicken the gravy. Pour gravy over the individual steaks on the serving dish. Serve with potatoes.

## Bear Steaks with Greek Seasonings

2 lb. Bear steaks  
1/2 cup Olive oil  
1/2 cup Lemon juice  
1 tbsp. Garlic powder  
1 tsp. Salt  
1 tsp. Pepper  
1 tsp. Combination of oregano, marjoram, rosemary and/or mint

Trim all visible fat from the bear as it turns rancid rapidly.

Whisk the other ingredients together until emulsified. Use the emulsion to marinate the meat for 2-3 hours, refrigerated. Longer marinating before cooking does not improve the meat as the remaining bear fat will go rancid despite refrigeration. Grill, broil or sauté the steaks until WELL DONE. Bear should always be thoroughly cooked as a trichinosis precaution. Serve immediately.

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Do not try making a gravy from the marinade as it will usually have picked up a gamey taste from the bear meat.

## **Bear Steak Recipe**

1-2 lb. of venison or bear steaks  
1 qt of tomato juice  
3/4 cup brown sugar  
2 tbsp Worcestershire sauce  
1/2 tsp. black pepper  
1/2 tsp. celery seed  
1 medium onion (diced)

Cook meat until thoroughly cooked in a slow cooker or crock-pot. Drain off fat and add ingredients above. Let simmer for at least 4 hours.

I recommend serving with mashed potatoes, as the gravy is excellent on them. This recipe is simple to prepare and doesn't take a lot of special ingredients. Everyone that I have served venison or bear with this recipe loves it and would swear that it was not wild game.

## **Bear Steak**

1 lb. bear steak per person  
1 cup oily Italian salad dressing  
Trim all fat from steak and marinate in dressing for 20 minutes.

Cook at medium heat. Rare steak 4-6 minutes and medium steaks 7-10 minutes. Don't overcook.

## **Parmesan Bear Chops**

4 to 6 bear chops  
3 tbsp flour  
2 tbsp Parmesan cheese  
1/2 tsp. salt  
1/2 tsp. crushed dried thyme  
1/4 tsp. pepper  
2 small onions, sliced  
1/3 cup water  
3 zucchini, sliced  
3 tbsp Parmesan cheese  
1/2 tsp. paprika

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Combine flour, 2 tablespoons Parmesan cheese, salt, thyme and pepper in a paper sack, or on a pie plate and Mix well. Dredge chops in Mixture. Brown meat in a small amount of oil in a heavy skillet. Lay onion slices atop meat, add water; cover, reduce heat; simmer for 15 minutes. Add zucchini. Combine the leftover flour Mixture with the additional 3 Tablespoons Parmesan cheese and the paprika. Sprinkle over ingredients in the skillet, but do not stir. Cover and simmer over low heat another 25 minutes. Serves 6.

## Barbecue

### Barbecued Bear Leg

Spit the bear leg and roast over deep bed of coals in a pit. Be sure you're on sandy or clay soil, not humus or root-filled soil, especially where shallow-rooted evergreens are present. The fire in your cooking pit could start such roots smoldering and the results are disastrous. To get back to your bear - baste frequently with your favorite barbecue sauce, made in rather large quantities, for this will be a fairly lengthy procedure. Remember that bear must be well done - the time, of course, will not depend not only on the bear's size, but on your fire.

### Barbecued Bear

1/4 cup Vinegar  
2 tbsp. Sugar  
1/2 tsp. Pepper  
1/4 tsp. Garlic powder  
1 Onion, minced  
1 tsp. Chili powder  
5 drops Tabasco sauce  
1/2 cup Water  
1 tsp. Dry mustard  
1 1/2 tsp. Salt  
1 tbsp. Lemon juice  
1/4 cup Salad oil  
1/2 cup Catsup  
2 tbsp. Worcestershire sauce  
1 Bear roast

Mix all sauce ingredients except catsup and Worcestershire sauce. Simmer 20 minutes, uncovered. Add catsup and Worcestershire sauce and bring to a boil. Remove from heat. Place bear roast in oven at 325 degrees. Roast 3-4 hours or until tender. Baste frequently with sauce.

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## Barbecued Bear

3 lb. Bear steak cut in 2" cubes  
1 sl Salt pork, cut up  
1 cup Catsup  
1/3 cup Steak sauce  
2 tbsp. Tarragon vinegar  
1 Onion, diced  
1 tbsp. Lemon juice  
1 tsp. Salt  
1 tbsp. Chili powder

Trim all fat from bear steak and cut into 2 inch cubes. Sear meat on all sides with salt pork in a heavy fry pan.

Place meat in casserole. Add rest of ingredients to fry pan and bring to a boil, stirring constantly. Pour sauce over meat in casserole. Cover and bake for at least 2 hours in a 325 degree F. oven, stirring occasionally until meat is tender.

## Barbecued Bear

1 3-lb. bear roast  
Salt and pepper  
1 clove of garlic, crushed  
2 tsp. brown sugar  
1 tbsp. paprika  
1 tsp. dry mustard  
1/4 tsp. chili powder  
1/8 tsp. cayenne pepper  
2 tbsp. Worcestershire sauce  
1/4 cup vinegar  
1 cup tomato juice  
1/4 cup catsup

**NOTE:** Clean bear immediately and cure for several days. When ready to cook, remove all fat. Do not lard. Broil or roast according to specific recipe directions. Do not undercook bear, treat it like pork leaving no traces of pink in the meat.

Place roast in small roaster. Season to taste with salt and pepper; rub with garlic. Bake at 350 degrees for 1 hour or until well done. Cut into thin slices. Combine 1 teaspoon salt, brown sugar, seasonings, vinegar, tomato juice, catsup and 1/2 cup water in heavy skillet. Simmer for 15 minutes. Add meat; simmer for 1 hour or until roast is tender.

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## Oven-Barbecued Bear Loin

3 to 4 pounds tenderloin of bear

2 large onions, sliced

BARBECUE SAUCE:

1 cup catsup

1 tsp. salt (optional)

1/2 tsp. Tabasco sauce

1/4 tsp. chili powder

1 cup water

1 tsp. prepared mustard

2 to 3 tbsp brown sugar

1/4 tsp. liquid smoke.

Preheat oven to 350°F.

Cut loin into half-inch slices place in a baking pan and cook in oven for a half hour. Prepare barbecue sauce by combining all sauce ingredients in a saucepan and simmering gently until time to pour it over the meat slices. When the half-hour is up, strain off juices and fat from bear. Layer onion slices on top of the meat, pour the sauce over all, cover and bake another hour. Serves 6.

Note: This sauce can be made in quantity and frozen for future use.

## Bear Kabobs

This is a great grill recipe for bear, venison and even the lesser meats like beef and chicken, Sometimes I even spring for some large shrimp.

Cherry Tomatoes

Green Peppers

Big Mushrooms

Onions

Bear Meat cut into 1-½ inch chunks

1 Bottle Russian salad dressing

Canola oil

Vinegar

Worcester sauce

Soy Sauce

Salt and Pepper

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**Marinade**-Mix the dressing in a big glass bowl with equal parts oil and vinegar. Add a dash of the Worcester sauce, soy sauce, salt and pepper. Marinate the red meat (not chicken or shrimp) in the marinade for a couple of hours or all day.

Get your coals lit or fire up your gas grill and on coals adjust the heat to about four hipopotamus.(Hold your hand at about the level of the spears, then go....one hipopotamus, two hippo, three...ouch!!) Put the goodies on the spears, alternating items. The pieces of meat will pick up the flavor from the onions and the peppers, so vary the order that these are assembled.

Line your kabobs over the heat, cover loosely and go into the house and get the remaining marinade and a soft brush. Turn over kabobs and brush the marinade over all, repeat this several times. This does not take long to cook, usually when the tomatoes start looking like they want to fall off the kabob its done. Bear meat is like pork in that it has to be cooked through.

## Meat loaf

### **Bear Meat loaf**

2 lb. ground meat  
1/2 cup milk  
2 eggs  
Salt and pepper to taste  
1/4 tsp. thyme  
1/4 tsp. oregano  
3/4 cup tomato sauce  
1 cup onion, minced  
1 1/2 tsp. dry mustard  
1 cup bread crumbs  
1/2 green pepper, finely chopped  
I also add 1 small can of mushrooms or fresh mushrooms.

Bake at 350 until done (about an hour). When it looks close to being done, maybe 15 minutes, I spread either BBQ sauce or ketchup over the top.

### **Bear Meat Loaf**

3 lbs. ground bear meat 1 lb. ground beef (fatty)  
3 cans Campbell's French onion soup  
3 eggs  
1 1/2 cups of bread crumbs  
1 can mushrooms 8 oz or larger  
1/4 cup ketchup

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garlic powder (to taste)  
black pepper (to taste)

This recipe is very simple heck I invented it so how hard can it be?

First drain the broth out of 2 cans of the French onion soup and set aside. Next put the other ingredients (except 3rd can of soup) into a mixing bowl. Add the onions from the two cans of soup and mix well.

Put into roasting pan and pour broth and the third can of onion soup over top. Set oven at 350 degrees and cook for 2 1/2 hours or until done. Make sure that the meat is thoroughly cooked. The guys at the dinner loved it I hope it helps somebody out.

## Stroganoff, Stews, etc.

### Bear Stroganoff

1 lb. bear meat cubed  
1 tbsp olive oil  
1 med. onion-chopped  
1 10 1/2 ounce can cream of mushroom soup  
1 cup sour cream  
1 3 ounce can of sliced mushrooms  
2 tbsp catsup  
2 tsp. Worcestershire sauce  
Garlic, pepper and parsley to your liking!(I just sprinkle some in until it looks and tastes right. Usually a half of tsp of minced garlic)  
Egg noodles

Cut meat in 1/4 inch strips.(If using canned meat use 1 qt jar) Brown in olive oil and add onions and garlic. Combine remaining ingredients except noodles. If need more juice then use beef cubes or beef base and reconstitute with boiling waters following directions on pkg. Usually need 1-2 cups if using the canned meat only 1 cup for fresh or frozen meat. Serve over noodles. Makes 6-8 servings

### Bear Stew

3 sl Bacon, cut up  
4 med. Onions, quartered  
4 med. Potatoes, quartered  
1 pack Fresh or frozen green beans  
3 Bay leaves  
2 lb. Bear, cubed (or venison, elk, etc. )  
4 Carrots, sliced  
1 pack Fresh or frozen peas  
1 (46 oz.) can tomato juice

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Brown bacon in heavy kettle. Add bear and brown on all sides. Add onions and sauté. Add all remaining ingredients and simmer 1 hour or until flavors are mixed and vegetables and meat are tender. Remove bay leaves.

## **Black Bear Stew**

4 to 5 lb. bear meat cut in 1 inch cubes

1/4 cup flour

1 tbs. Italian seasoning

4 tbs. butter

2 tbs. vegetable or corn oil

1 large onion diced

1 8 oz. tin beef broth

4 bay leaves (do not eat)

2 lb. small. potatoes

1 lb. fresh mushrooms if button size do not slice

5 carrots sliced

1 turnip cubed (important ingredient)

5 parsnip sliced (optional)

Here's how Bobo does it Preheat oven to 325 Deg.. put flour with seasonings in plastic bag and shake until bear meat coated, combine oil and butter in skillet and brown meat and drain off grease from meat. In a large Dutch oven add 2 or 3 qts. of water and all ingredients. Cook approx. 2 to 3 hrs. adding water, if necessary, checking every 30 mins. Serve with fresh rolls or Italian bread.

## **Bear Stew a l'Espagnole**

3 lb. Bear meat

1/4 cup Vinegar

1 tbsp. Salt

4 cup Water

1/4 cup Shortening

1 med. onion, sliced

1 Green pepper, chopped

1 clove Garlic

1/2 cup Chopped celery

1 7 oz. can tomato paste

2 cup Canned tomatoes

1 dash Tabasco Sauce

1/2 tsp. Salt

1/4 tsp. Pepper

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Trim all fat of meat and wash meat well in cold water. Cut into 1 1/2 inch cubes and soak at least 15 minutes in 4 cups of water to which has been added 1/4 cup vinegar and 1 tablespoon salt. Drain and pat dry.

Melt shortening in a heavy fry pan, add bear meat and brown well on all sides. Add onion, garlic and celery and simmer until onion becomes translucent. Add remaining ingredients, mix well, cover and simmer for 30 minutes or until meat is tender. Serves 4 to 6.

## **Bear 'N Beans**

8 1/4-inch slices of leftover bear roast  
1/2 pound sliced bacon  
1 onion, chopped  
1 green pepper, chopped  
1 1-pound 15-ounce can of baked beans  
2 tbsp brown sugar  
2 tbsp prepared mustard  
1/2 cup or more of catsup, to taste. (Or use 1/2 cup of the barbecue sauce recipe with the Oven Barbecued Bear recipe).

Preheat oven to 350°F. Chop bacon and fry until crisp in a large skillet. Remove bacon and set aside. Drain off bacon grease leaving 1-2 Tablespoons in the pan. Sauté the onion and green pepper. Combine all the ingredients, except the bear slices. Layer half the bean Mixture in a lightly oiled two-quart casserole dish. Place meat on top and cover with remaining bean Mixture. Cover and bake until Mixture bubbles, about one-half hour.  
Serves 4.

Variation: Use ground or chopped cooked bear meat. (Would work well with beef).

## **Bear Meatball Skillet**

1/2 lb. ground bear meat  
1 small onion, chopped  
2 garlic cloves, minced  
1/4 cup bread crumbs  
1 tsp. Dry mustard  
1/4 tsp. chili powder  
1/2 cup milk  
1 egg, beaten  
2 tbsp. fat

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1 1/4 cups tomato juice  
1 tsp. soy sauce  
1 large onion, sliced  
2 ribs celery, sliced  
2 carrots, sliced

Mix first eight ingredients together; shape into balls. Roll balls lightly in flour and brown in heavy skillet in the hot fat. Add tomato juice, soy sauce, onions, celery and carrots. Cover skillet and simmer on medium-low heat for 40-45 minutes. Serves about 6

## **Bear Lasagna**

Sauce:

1 can whole tomato  
1 can crushed tomato  
1 can tomato puree  
2 can tomato sauce  
1 can tomato paste  
1 finely chopped garlic clove  
1 half small onion  
1 tsp. basil  
2 tbsp. Italian seasoning (thyme , oregano ,rosemary )  
1 tsp. sugar to take acid out of sauce (optional) or baking soda  
1/4 cup red wine (optional)

Mint leaves

Pepper (optional)

Italian grated cheese (just a pinch)

Simmer on low heat for at least 6 hours

Bear:

1 lb. package sweet Bear sausage ( this is made half pork and half Bear meat )  
1 lb. package hot Bear sausage  
1 lb. package hamburger meat (you can use Bear hamburger)  
(Bear sausage is a blend of pork and Bear meat seasoned and stuffed in casings)

Take meat out of casings and fry over medium heat till browned add chopped onion for flavoring with crushed garlic. Fry hamburger till browned. Set aside in a bowl

In a large bowl mix 2 lbs of ricotta cheese /or cottage cheese, 2 tbsp. spoon parsley, 4 large eggs. Blend well set aside

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Use no bake lasagna noodles-- 2 boxes. In a large baking dish cover bottom of dish with sauce then lay noodles then sprinkle the meat out over the noodles then spoon ricotta cheese (about 4 large spoonfuls dropped indifferent areas) sprinkle mozzarella shredded cheese (two packages of mozzarella). Continue to layer (I layer one vertical then horizontal just easier to serve) top off with noodles and cover with sauce ,cover with foil. Bake at 350-degree F oven for 1 hour. Feeds 8 to 10 people

## Sausage and Jerky

### Bear Sausage

30 lbs. ground bear meat  
6 tsp. red pepper  
12 lbs. ground pork butt  
15 tsp. garlic salt  
3 lbs. slab bacon, ground  
7 1/2 tsp. pepper

Mix all together. Fry in pan for breakfast sausage, good on pizza, and makes great meatballs as well.

### Bear Sausage

5 Feet medium hog casings  
4 lb. Bear meat, trimmed of all fat, cubed  
1 lb. Pork fat, cubed  
2 1/2 tsp. Salt  
2 tsp. Black pepper  
1 tsp. Celery seed  
1/2 tsp. Dried thyme leaves  
1/2 tsp. Dried savory  
1/2 cup Dry red wine

Prepare casings. Combine ingredients and grind through the coarse disk. Grind through the fine disk, stuff casings, and tie off into 3" links. Age in the refrigerator for two days. Cook as for fresh pork sausage.

### The Best Bear Jerky you ever ate:

(Because of low temperature cooking, bear meat like pork, must be certified. To do this, put your meat in the freezer for 30 days prior to using.)

### **Mountain View Drifter**

P.O. Box 958 • Millinocket, ME 04462

Phone: (207) 723-5535

Guide@MountainViewDrifter.com

# Mountain View Drifter

For 5 lbs. of meat:

1 cup - Worcestershire sauce

1 cup - Soy Sauce

2 tbsp. - Liquid Smoke

1 tbsp. - Salt

1 tbsp. - Pepper

Add any spices you like. Marinate overnight.

Sprinkle Pepper or Cayenne Pepper on when you are ready to dry it or smoke it on low heat until dries. You may add salt to taste.

## Bear Pastry

### Bear Pastry

1 lb. bear lard

5 cups white flour

1 tsp. baking powder

1 tsp. salt

1 egg

1 tbsp. white vinegar

water

To render bear fat, set fat in a 200-250 degree F oven in a large pan, let set all day. Pour off into sealers. May be stored in freezer.

Mix bear lard, flour, baking powder and salt. Beat egg in measuring cup. To this egg add vinegar, then fill to 3/4 mark with cold water. Put all together and mix well. Shape in a roll and store in fridge.

This will make 3 large piecrusts.

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