

Let the Game Begin

All is the ideal time to start enjoying game meats. Many may be turned off by the thought of a wild, gamey flavor; however, all game does not have the pungent flavor of a wild hare or pheasant. Three of my favorite game meats — rabbit, quail, and venison — are quite mild and can be purchased online through D’Artagnan. (Yes, I have mentioned this Newark, New Jersey, gourmet meat company several times before!)

Below are three simple recipes to prepare these game meats this October.

Stuffed Rabbit Loin

Ingredients

- 3 boneless rabbit loins
- 1 large handful arugula
- 1/4 pound prosciutto
- Fresh ground pepper

Unsalted butter (preferably French or Irish)

Extra virgin olive oil

D’Artagnan’s boneless rabbit loins come three to a package and are already cleaned and ready to go. Place the loins on the counter with the inner side facing up, and season with fresh ground pepper (not too much as the arugula is peppery.) Place some arugula down the center of each loin and roll the loins into cylinders. Then, wrap a layer of prosciutto around each loin. Place the stuffed loins in the refrigerator for about one hour so that the shape can set.

Place three tablespoons of unsalted butter and two tablespoons of olive oil in a nonstick pan over medium high heat. When the butter and oil are sizzling, place the loins in the pan and sauté on

all sides to crisp the prosciutto. The rabbit should cook for a total of 18 to 20 minutes. Remove the loins from the pan and let them rest for a few minutes before slicing into rounds. When plating the rounds, drizzle with the butter and oil mixture. The saltiness of the prosciutto and the pepperiness of the arugula balance out the very mild flavor of the rabbit.

Suggested Side Dish: Soft polenta

Grilled Apricot Quail

Ingredients

- 4 semi-boneless quail
- 4 tablespoons apricot jam (Bonne Maman is the best!)
- Extra virgin olive oil
- Sea salt
- Fresh ground pepper
- 1 lemon

Although D’Artagnan also offers bone-in quail, the semi-boneless quail is ideal for this recipe as it cooks much more evenly on the grill. A package of four of these tiny birds is just the right amount to serve two. Blend the jam and two tablespoons of olive oil in a small bowl. Use a kitchen brush to coat the quail with this mixture. Then, season the quail with sea salt and fresh ground pepper to taste.

Heat the grill to medium high heat. Use tongs to place the quail on the grill, and cook for two minutes with the lid down. Then, turn the quail, brush again with the jam mixture and grill for another three minutes with the lid down. Both sides of the quail should be nicely browned. Remove the quail from the grill and top with some freshly squeezed lemon juice before serving.

Suggested Side Dish: Roasted fingerling potatoes with fresh rosemary

Sautéed Medallions of Venison

Ingredients

- 4 venison medallions
- Unsalted butter (still French or Irish)
- Sea salt
- Fresh ground pepper

One package of D’Artagnan farm raised venison contains four medallions and will serve two hearty eaters or four lighter eaters. The mild flavor and tenderness of this cut are a treat.

Heat three tablespoons of butter in a nonstick pan until melted and bubbling. Before placing the medallions in the pan, crack fresh pepper on both sides. Sauté the medallions for 2 1/2 minutes per side for medium rare. The outside of the medallions will be browned yet the inside will be pink and tender. When serving, drizzle with the melted butter and season with sea salt to taste. Under no conditions should you cook beyond medium rare — that would be an unspeakable offense.

Suggested Side Dish: Celery root purée

Happy game-ing! 🍷



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