

WEST VIRGINIA

WILDLIFE COOKBOOK



West Virginia DEPARTMENT OF
AGRICULTURE
COMMISSIONER, KENT A. LEONHARDT



TABLE OF Contents

4 | Safe Internal Temperatures for Wild Game

USDA Food Safety Minimums.....	4
WV Department of Health Food Code.....	4
Chef recommended doneness (for personal preference, not required by law).....	5
Key Tips.....	5

6 | Fruits & Vegetables

Forest Stir Fry.....	6
Upside-Down Apple Cake with Butterscotch.....	7
Ramp Compound Butter.....	8
Blackberry Cobbler.....	9
Apple Butter Cake Roll.....	10
Pawpaw Oat Chocolate Chip Cookies.....	11

12 | Fish

Arbaugh Cornmeal-Crusted Trout.....	12
Sorghum Butter.....	12
Trout Tacos with Bourbon Slaw.....	13
Beer-Battered Fish.....	14
Roasted Trout with Herbs and Citrus.....	15

16 | Meat

Welsh Chicken or Rabbit.....	16
Venison Pizza.....	17
Shepherd's Pie with Garlic Mash and Gravy.....	18-19
Venison Chili.....	20
Smoked Bear Ribs with BBQ Sauce.....	21
Ways To Use Ronk Knock Dead Seasoning.....	22-23
Bacon Wrapped Venison Jalapeno Onion Rings.....	24-25
Boozy Bird Sauce.....	26
Drunken Dogs Chili Sauce.....	27
Bear and Wild Mushroom Pie.....	28-29
Deer Stew.....	30

Wild Game & Mountain TRADITIONS

From the rushing mountain streams to the hardwood ridges and rolling valleys, the Appalachian Mountains of West Virginia are home to an abundance of fish and wildlife that have helped sustain families for generations. Hunting, fishing, gathering, and sharing a meal have long been woven into the fabric of life in these hills. This cookbook celebrates those traditions while bringing them to the modern table with recipes that highlight the incredible ingredients grown, raised, caught, and made right here in West Virginia.

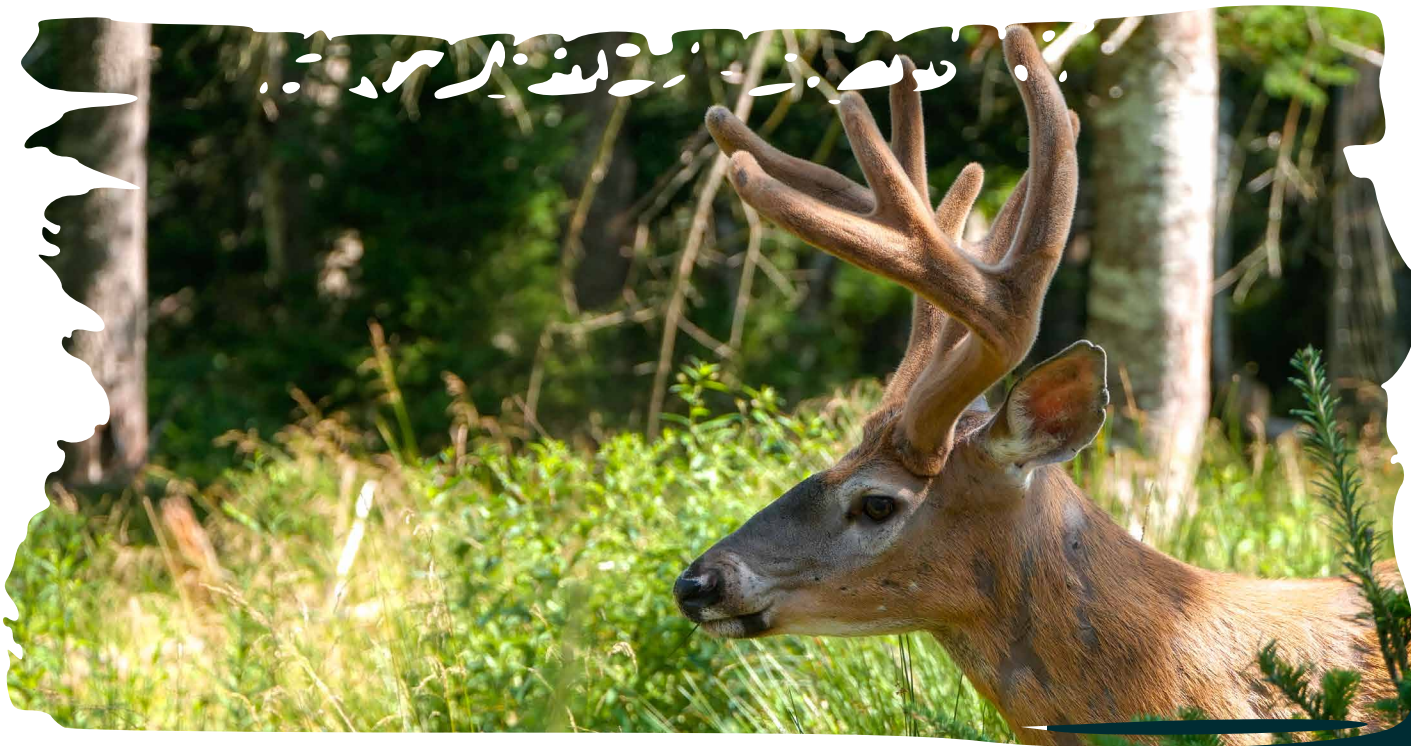
From venison and wild turkey to trout and other Appalachian favorites, each dish offers an opportunity to connect with both the land and the people who call it home. By pairing our fish and wildlife with fresh, local ingredients, we can honor the traditions passed down through generations while creating new ones around our own tables. These recipes are an invitation to explore the flavors of West Virginia, support local producers, and make the most of the natural resources that surround us. So, gather your harvest, share your stories, and enjoy a taste of the Mountain State—straight from our mountains to your table.

Source: Venison Processing & Preservation | Extension

West Virginia University Proper Handling of Deer Meat | WVDNR

Safe Internal Temperature for Wild Game in West Virginia

In West Virginia, wild game meat (venison, elk, wild boar, duck, goose) must be cooked to specific minimum internal temperatures to ensure safety, especially to prevent trichinosis in wild boar and other parasitic risks.



USDA Food Safety & Inspection Service (FSIS) Minimums:

Whole cuts of game (steaks, roasts): 145°F (62.8°C) minimum, with a 3-minute rest time after cooking.

Ground game meat: 160°F (71.1°C) minimum — no rest needed.

Wild boar: 145°F (62.8°C) minimum for safety against trichinosis; ground boar must reach 165°F (73.9°C).

Wild duck and goose: 165°F (73.9°C) minimum for all cuts, including ground meat, with a 3-minute rest time after cooking.

Poultry (wild or domestic): 165°F (73.9°C) minimum for all cuts, including ground meat.

WV Department of Health:

Wild game animals (meat): 165°F (74°C) minimum, with a 2-minute post cooking hold.

Microwave cooking: For raw animal foods, cook covered, rotate/stir, and hold for 2 minutes.

Ratites (e.g., ostrich, emu): 145°F (63°C) and hold for 3 minutes.

Injected meats: 155°F (68°C) for 15 seconds or 158°F (70°C) for <1 second.

Chef-recommended doneness (for personal preference, not required by law):

Venison: 130°F medium-rare (5 min rest for steaks, 15 min for roasts).

Elk: 130°F medium rare (5 min rest for steaks, 20 min for roasts).

Wild boar: 145°F minimum (5 min rest for steaks, 15 min for roasts).

Duck: 135°F medium rare (3 min rest for steaks, 10 min for roasts).

Goose: 135°F medium rare (5 min rest for steaks, 15 min for roasts).

KEY TIPS:

Always use a food thermometer to check internal temperature.

Pull meat from heat 5–10°F below target to allow carryover cooking.

Follow WV Department of Health hot holding rules ($\geq 135^{\circ}\text{F}$ for cooked foods) if serving later.

Separate raw game meat from other foods to prevent cross contamination.

Meeting these minimums, helps ensure wild game is safe to eat in West Virginia while still allowing for personal taste preferences.

Forest Stir Fry

Featuring Ramps, Shiitake Mushrooms & WV Maple Syrup

Submitted by Yew Mountain Center

INGREDIENTS

- 1 Tbsp. West Virginia maple syrup
- 2 Tbsp. soy sauce or liquid aminos
- 2 tsp. cooking oil
- 3–4 ramp bulbs, coarsely chopped
- Shiitake mushrooms, sliced
- Thinly sliced onion
- Broccoli, chopped
- Bell peppers, sliced
- Cooked rice, for serving

DIRECTIONS

1. Whisk together the maple syrup and soy sauce or liquid aminos. Set aside.
2. Heat oil in a skillet over medium heat. Add the chopped ramp bulbs and cook until they begin to brown. Remove with a slotted spoon and add them to the maple-soy sauce mixture.
3. Add the sliced shiitake mushrooms to the skillet and sauté for about 5 minutes.
4. Add the onion, broccoli, bell peppers, or other desired vegetables. Sauté until they begin to soften.
5. Pour the maple-soy sauce mixture over the vegetables and stir until evenly coated. Sauté for about 1 additional minute.
6. Serve warm over rice.



Upside-Down Apple Cake with Butterscotch

INGREDIENTS

- ¼ cup butter, softened
- ⅓ cup sugar
- 1 large egg, room temperature
- ¾ tsp. vanilla extract
- ¾ cup all-purpose flour
- ¾ tsp. baking powder
- ¼ tsp. salt
- ¼ cup sour cream
- ⅔ cup finely chopped peeled tart apple

Butterscotch apple topping

- 2 Tbsp. butter
- 2 Tbsp. butterscotch chips
- 2 Tbsp. brown sugar
- ¾ cup thinly sliced peeled apple



DIRECTIONS

1. In a small bowl, cream butter and sugar until light and fluffy, 5–7 minutes. Beat in egg. Beat in vanilla. Combine the flour, baking powder and salt; add to the creamed mixture alternately with sour cream, beating well after each addition. Fold in chopped apple; set aside.
2. In a 7-in. cast iron or other ovenproof skillet, melt butter and chips with brown sugar over medium heat. Stir in sliced apple. Spoon and spread batter over apple mixture.
3. Bake at 375°F until a toothpick inserted in the center comes out clean, 20–25 minutes. Cool for 5 minutes before inverting onto a serving plate. Serve warm.

Ramp Compound Butter



INGREDIENTS

- 1 lb. unsalted butter
- 3 cups ramp leaves (as well as bulbs)
- 1 Tbsp. lemon juice
- 2 tsp. grated lemon zest
- Kosher salt and freshly ground black pepper
- 1 tsp. of garlic (*optional*)

DIRECTIONS

1. Clean the ramps: Rinse thoroughly, remove roots, and discard any tough or damaged leaves.
2. Blanch or sauté (optional): For a milder flavor, blanch ramps in boiling water for 30–60 seconds, then shock in ice water and drain. Alternatively, sauté chopped ramps in a small amount of butter for 2–3 minutes until softened but still vibrant. Raw ramps can also be used for a stronger, garlicky flavor.
3. Chop ramps: roughly chop the ramps into smaller pieces to make them easier to process.
4. Combine with butter: In a food processor, blend the ramps with softened butter, lemon zest, lemon juice, salt, and garlic (if using) until smooth and fully incorporated.
5. Adjust seasoning: Taste and add more salt, pepper, or extra chopped ramps if desired.
6. Shape the butter: Transfer the mixture onto parchment paper or plastic wrap. Roll it into a log and twist the ends to seal.
7. Chill: Refrigerate for 2 hours or freeze for 30 minutes to firm up.
8. Storage: Keep refrigerated for up to one week or freeze for 3–6 months. Slice off portions as needed. Vacuum sealing or wrapping tightly helps preserve flavor and color.

Blackberry Cobbler

INGREDIENTS

- 1 stick of butter
- 2 cups sugar (divided)
- 1 ½ cups flour
- 2 tsp. baking powder
- 1 tsp. salt
- 1 cup milk
- 2 cups blackberries
- 1 cup water

DIRECTIONS

1. Preheat oven to 350°F. Simmer 1 cup of water. Melt 1 stick of butter separately.
2. Combine 1 cup sugar, flour, baking powder, and salt. Add 1 cup milk, then the melted butter. Stir until well combined.
3. Grease the skillet with butter. Pour batter into the greased cast iron skillet. Sprinkle blackberries on top of the batter. Add 1 cup sugar on top of the berries. Pour 1 cup of simmering water evenly over the top of everything. Do not stir.
4. Bake for 35–40 minutes.



Apple Butter Cake Roll

INGREDIENTS

- 3 large eggs
- 1 cup all-purpose flour, divided
- 2 Tbsp. plus ½ cup sugar, divided
- 2 tsp. ground cinnamon
- 1 tsp. baking powder
- 1 tsp. ground ginger
- 1 tsp. ground cloves
- ¼ tsp. baking soda
- ¼ cup butter, melted
- ¼ cup molasses
- 2 Tbsp. water
- 1 Tbsp. confectioners' sugar
- 2 cups apple butter

DIRECTIONS

1. Preheat oven to 375°F. Place egg whites in a small bowl; let stand at room temperature for 30 minutes. Line a greased 15 x 10 x 1-in. baking pan with waxed paper and grease the paper. Sprinkle with 1 Tbsp. flour and 2 Tbsp. sugar; set aside.
2. In a large bowl, combine remaining flour and ½ cup sugar; add the cinnamon, baking powder, ginger, cloves and baking soda. In another bowl, whisk the egg yolks, butter, molasses and water. Add to dry ingredients and beat until blended. Beat egg whites on medium speed until soft peaks form; fold into batter. Pour into prepared pan.
3. Bake for 12-14 minutes or until cake springs back when lightly touched. Cool for 5 minutes. Turn cake onto a kitchen towel dusted with confectioners' sugar. Gently peel off waxed paper. Roll up cake in the towel jelly-roll style, starting with a short side. Cool completely on a wire rack.
4. Unroll cake; spread apple butter to within ½ in. of edges. Roll up again. Cover and chill for 1 hour before serving. Refrigerate leftovers.

Pawpaw Oat Chocolate Chip Cookies

INGREDIENTS

- ½ cup pawpaw pulp
- ½ cup packed brown sugar
- ¼ cup granulated sugar
- 5 Tbsp. butter
- 1 tsp. pure vanilla extract
- 1 egg
- 1 ¼ cups all-purpose flour
- 2 cups quick oats
- 1 tsp. baking soda
- ½ tsp. salt
- 1 cup semi-sweet chocolate chips

DIRECTIONS

1. Cream together butter and sugars until light and fluffy.
2. Add egg, vanilla and pawpaw and beat until well combined.
3. In a separate bowl, combine flour, oats, baking soda, and salt and mix well.
4. Fold the dry ingredients into the wet ingredients until combined, being careful not to overmix.
5. Stir in chocolate chips.
6. Using a Tbsp. cookie scoop, drop the cookies by spoonfuls onto a greased baking sheet.
7. Bake at 350°F for 10 minutes until golden brown.
8. Cool and store in an airtight container.



Arbaugh Cornmeal Crusted Trout

Submitted by Arbaugh Farm

INGREDIENTS

- 4 trout fillets
- 1 cup Arbaugh Farm cornmeal
- ¼ cup Arbaugh Farm Seasoned Flour
- 1 tsp. salt
- ½ tsp. black pepper
- ½ tsp. paprika
- 1 egg
- ½ cup milk
- Oil or shortening for frying
- Lemon wedges

DIRECTIONS

1. Mix the cornmeal, seasoned flour, salt, pepper, and paprika in a shallow dish. Beat the egg and milk together in another dish. Dip each trout fillet into the egg mixture and then coat thoroughly with the cornmeal mixture.
2. Heat about ¼ inch of oil in a heavy skillet over medium heat. Fry the trout for about 3–4 minutes per side, or until golden brown and the fish flakes easily.

Sorghum Butter

Submitted by Arbaugh Farm

INGREDIENTS

- ½ cup softened butter
- 2 Tbsp. Arbaugh Farm Sorghum Molasses
- Pinch of salt

DIRECTIONS

1. Beat together until smooth.

Trout Tacos with Bourbon Slaw

INGREDIENTS

- ¾ cup cornmeal
- 2 tsp. chili powder
- 1 tsp. salt
- ½ tsp. garlic powder
- ¼ tsp. black pepper
- ¾ cup milk
- 1 pound trout
- Olive oil
- 1 package of corn tortillas
- Bourbon slaw
- 1 package bacon
- ½ cup fresh cilantro

Bourbon Slaw

- ½ cup mayo
- 2 Tbsp. bourbon
- 2 Tbsp. brown sugar
- 1 Tbsp. Dijon mustard
- 2 tsp. chili powder
- 1 tsp. salt
- ½ tsp. garlic powder
- ¼ tsp. pepper
- Juice of 1 lime
- 1 medium head cabbage, sliced

DIRECTIONS

1. Heat nonstick skillet over medium-high heat.
2. Mix the cornmeal, chili powder, salt, garlic powder and pepper in a large shallow bowl or pie plate. Pour the milk into another bowl or pie plate. Dip the fish in the milk then in the cornmeal mix.
3. Add enough oil to coat the bottom of the skillet. Cook the fish until golden brown and just cooked through, about 3 minutes, flipping halfway through. Remove from the pan and drain on a paper-towel-lined sheet tray.
4. Heat the tortillas on a cast-iron griddle. Layer each tortilla with a couple pieces of fish, a spoonful of Bourbon Slaw, crumbled bacon, and cilantro. Repeat with the remaining fish and tortillas.
5. In a small bowl, stir together the mayo, bourbon, sugar, mustard, chili powder, salt, garlic powder, pepper and lime juice until well combined. Pour the dressing over the cabbage in a large bowl and toss to coat. Serve immediately.



Beer-Battered Fish

Submitted by WV Division of Natural Resources

For more recipes: <https://wvdnr.gov/fishing/fish-recipes/>



INGREDIENTS

- Choice of Bluegill, walleye, sauger, yellow perch, crappie or bass
- 1 ½ pounds fish fillets
- 2 cups beer (dark stout works best). Unflavored seltzer or carbonated water can be used.
- 1 tsp. salt
- 1 tsp. onion powder
- 1 tsp. garlic powder
- ½ tsp. black pepper
- 1 egg
- Self-rising flour

DIRECTIONS

1. In a large mixing bowl, add beer, baking soda, salt, pepper, onion powder, garlic powder and egg.
2. With a whisk, slowly add enough flour until the batter is thick and sticks to a wooden spoon.
3. In a separate bowl, add enough flour to dredge fish fillets.
4. Heat oil to 350°F in a deep fryer or in a deep pan, such as a cast iron Dutch oven.
5. Once oil is heated, dredge fillets in flour, then dip into batter covering fillets.
6. Place fish into heated oil and cook 6-8 minutes, depending on thickness of filets.

Roasted Trout with Herbs and Citrus

Featuring J.Q. Dickinson Salt-Works Products

Submitted by J.Q. Dickinson Salt-Works

INGREDIENTS

- 4 skin-on trout fillets
- ¼ cup olive oil
- 1 lemon, zested and juiced
- 2 Tbsp. Allegheny Herb and Citrus Blend
- ½ tsp. coarse salt, J.Q. Dickinson Heirloom Finishing Salt

DIRECTIONS

1. Preheat the oven to 400°F.
2. Add the olive oil, lemon zest and juice, and the herb and citrus blend to a baking dish that will hold the fillets in a single layer. Mix well. Add the trout to the dish coating both sides with the marinade, skin side down. Let sit in the marinade while the oven heats.



3. Sprinkle with the salt.
4. Bake for 10-12 minutes until the trout is fully opaque and flakes easily with a fork.
5. Transfer to plates and serve immediately.

Welsh Chicken or Rabbit

Submitted by Pasture in the Hills

INGREDIENTS

- 2-3 raw chicken breasts or 12-18 ounces of deboned raw rabbit meat, diced into 1-2 inch pieces
- 3 Tbsp. butter
- 1 ½ Tbsp. fresh diced onion or 1 ½ tsp. dried, minced onion
- 3 apples, peeled, cored and diced
- ¾ tsp. paprika
- 1 Tbsp. curry powder
- ¾ cup flour
- 1 ½ cups broth (chicken or rabbit)
- 1 ½ cups heavy cream
- Salt and pepper
- Egg noodles

DIRECTIONS

1. Melt butter in pot on stove.
2. Cook onion and apples in melted butter until slightly soft.
3. Stir in curry powder and paprika to coat apples and onions.
4. Gradually stir in flour and add broth.
5. When sauce has thickened a little, allow it to cool slightly, then add cream.
6. Butter a 9x13 casserole dish.
7. Put chicken/rabbit pieces in casserole dish and season with salt and pepper.
8. Pour sauce over chicken/rabbit.
9. Bake uncovered at 350°F for 25-45 minutes until meat is cooked through.
10. Serve over cooked egg noodles (prepared according to package directions).

Venison Pizza

Featuring Oliverio Pizza Sauce

Submitted by Cindy Martel

INGREDIENTS

- 1 premade or homemade pizza dough
- ½ lb. ground venison*
- 1 Tbsp. olive oil
- ½ tsp. garlic powder
- 1 tsp. Italian seasoning
- ½ cup Oliverio Pizza Sauce
- 1 ½ cups shredded mozzarella
- Sliced onions (*optional*)
- Bell peppers (*optional*)
- Chopped mushrooms (*optional*)

* Venison sausage or pepperoni may also be substituted; adjust seasonings to taste.



DIRECTIONS

1. Preheat & Prep: Preheat oven to 450°F. Brown the venison in olive oil with garlic powder, Italian seasoning, salt, and pepper.
2. Assemble: Roll out dough and spread with sauce. Top with mozzarella, cooked venison, and desired toppings.
3. Bake: Bake for 12-15 minutes until the crust is golden and cheese is melted.
4. Garnish with toppings if desired.



Shepherd's Pie with Garlic Mash and Gravy

INGREDIENTS

- 5 large potatoes, quartered
- 1 cup whole milk
- ¼ cup butter
- 2 pounds ground meat (lamb/mutton, beef, or goat)
- 1 medium sized onion, diced
- 1 medium bulb garlic
- 1 tsp. each of onion powder & garlic powder
- 1 tsp. each of dried rosemary, dried thyme
- 3 Tbsp. olive oil
- 1 tsp. salt, plus more to taste
- ½ tsp. of ground black pepper
- 2 cups mixed vegetables, such as diced carrots, corn, peas
- ½ cup shredded cheese

For the gravy:

- 4 cups bone broth (beef/lamb/goat)
- 6 Tbsp. butter, plus more if thickening needed
- 6 Tbsp. flour, plus more if thickening is needed



DIRECTIONS

Prep the potatoes & meat

1. Preheat oven to 350°F.
2. Place the quartered potatoes in a medium sized pot. Cover with at least an inch of cold water. Add a tsp. of salt. Bring to a boil, reduce to a simmer, and cook until fork tender.
3. Add whole milk, butter, roasted garlic and mash.
4. In a large skillet, add 2 Tbsp. olive oil, diced onion and cook until translucent.
5. Add the ground meat and cook until browned, breaking it into crumbles. Add onion powder, garlic powder, salt, and ground black pepper to taste.

Make the gravy

6. In a medium pot, bring broth to a simmer.
7. In a separate bowl, make a mixture of 1 part flour to 1 part butter (approximately 6 Tbsp. of each).
8. In the simmering broth, add the mixture 1 Tbsp. at a time, until mixture has reached desired thickness (similar to a gravy).

Make the pie

9. Combine the ground meat into the gravy mixture.
10. Spread gravy-meat mixture onto the bottom of a 9x13 casserole dish. Spread the vegetable mixture on top, then cover with mashed potatoes. Top with shredded cheese.
11. Place into preheated oven for 30 minutes, then broil until the top reaches the desired level of browning.
12. Freezer-friendly: Skip step 10, and cover with tin foil and freeze. When ready to eat, heat oven to 350°F and cook covered for 70 minutes then cook uncovered for another 10 minutes.

Venison Chili



INGREDIENTS

- 1 Tbsp. olive oil
- 1 yellow onion, diced
- 2 green bell peppers, diced
- 1 lb. ground venison
- 4–5 garlic cloves, minced
- 2 Tbsp. chili powder
- 1 Tbsp. cumin
- 1 tsp. paprika
- ½ tsp. cinnamon (optional)
- 1 ½ tsp. salt
- ½ tsp. pepper
- 3 Tbsp. tomato paste
- 1 tsp. Worcestershire sauce
- 1 orange, juiced
- 1 lime, juiced
- 1 ½ cups venison or beef stock
- 28 oz. diced tomatoes, drained
- 15 oz. black beans, drained and rinsed
- 15 oz. kidney beans, drained and rinsed

DIRECTIONS

1. Begin by heating the olive oil in a large pot over medium heat.
2. Add the onion and peppers and cook until the onions start to brown on the edges, about 5-7 minutes. Then, add the venison and brown.
3. Once the venison is browned add the garlic, chili powder, cumin, paprika, cinnamon, salt, and pepper. Sauté for 1-2 minutes and then add the tomato paste. Cook for an additional minute, incorporating the tomato paste.
4. Deglaze the pot with Worcestershire sauce, orange juice, and lime juice. Scrape the bottom of the pot and add the stock, tomatoes, and beans.
5. Stir well and bring the chili to a boil. Once boiling, reduce the heat to low, cover partially with a lid and let the pot simmer for at least 30 minutes but up to all day. If cooking for longer than an hour, cover the pot fully to prevent the liquid from evaporating.

Smoked Bear Ribs with BBQ Sauce

INGREDIENTS

- 2 racks of wild bear ribs (about 4 pounds total)
- ¼ cup of coarse kosher salt
- 2 Tbsp. of fresh cracked pepper
- 1 Tbsp. smoked paprika
- ½ cup dark brown sugar
- 1 cup of preferred bold barbecue sauce
- 2 cups hickory wood chips, soaked in water for 30 minutes

DIRECTIONS

1. Preheat the smoker to 225°F using indirect heat.
2. Pat the wild bear ribs completely dry with paper towels on all surfaces.
3. In a small bowl, combine the coarse kosher salt, freshly cracked black pepper, smoked paprika, and dark brown sugar to create a dry rub.
4. Generously coat both sides of the ribs with the dry rub mixture, pressing it into the meat.
5. Place the soaked hickory wood chips directly onto the hot coals or in the smoker's chip box.
6. Arrange the seasoned ribs bone-side down on the smoker grate, away from direct heat.
7. Close the smoker lid and maintain a steady temperature of 225°F for 4 hours.
8. Check the internal temperature of the ribs using a meat thermometer; they should reach 165°F for food safety.
9. Brush a generous layer of bold barbecue sauce over the top of the ribs using a silicone basting brush.
10. Continue smoking for another 30 minutes until the sauce caramelizes and forms a sticky glaze.
11. Remove the ribs from the smoker and let them rest on a cutting board for 15 minutes.
12. Slice between the bones with a sharp chef's knife to separate into individual ribs.

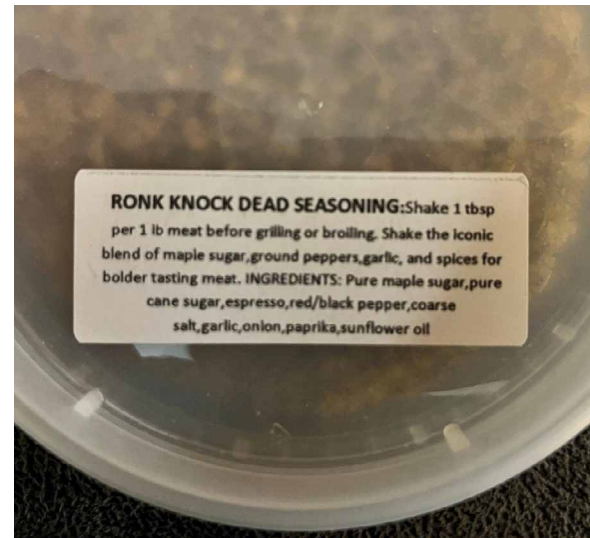
Tip: Keep a spray bottle of water handy to spritz any flare-ups.

Tip: Rotate the ribs halfway through for even cooking.

Tip: Tent with foil to keep warm while resting.

Ronk Knock Dead Seasoning

Ronk Knock Dead Seasoning and pure West Virginia maple syrup bring the perfect balance of savory and sweet to your favorite wild game dishes. Use them in marinades, glazes, rubs, or sauces to add bold Mountain State flavor to every bite.



Maple Glazed Roast

Rub a bottom round or loin roast with Ronk Knock Dead Seasoning, smoke or grill it low and slow, and glaze it with Pure WV maple syrup during the final stages of cooking.

Maple Venison Sausage

Mix ground wild game with 25% to 30% pork fat or pork shoulder (to keep it moist), Pure WV maple syrup, Ronk Knock Dead Seasoning, and finely chopped onion for breakfast patties or links.



Venison Maple Bacon

Combine equal parts wild game trim and pork shoulder, mix with Pure WV maple syrup and Ronk Knock Dead Seasoning, shape into blocks, and smoke at 180°F until it reaches an internal temperature of 150°F.



Bacon-Wrapped Venison Jalapeno Onion Rings

Featuring Pigs & Pits BBQ All Purpose Pit Rub

Submitted by Pigs & Pits BBQ

INGREDIENTS

- 1 large sweet onion
- 2 packs (12-ounce) regular sliced bacon
- 1 pound ground venison
- 2 jalapeno peppers, minced
- 4 cloves garlic, minced
- ½ cup shredded cheese
- 1 tsp. kosher salt
- 1 tsp. black pepper
- Pigs & Pits BBQ All Purpose Pit Rub
- A favorite barbecue sauce

DIRECTIONS

1. First, slice the onion into ½-inch slices. Pop the centers out and set them aside, leaving the outside ring. Place the outside rings onto a sheet pan or cutting board for filling.
2. In a large bowl, gently mix the minced garlic, jalapeno peppers, salt, pepper, and shredded cheese into the ground venison. Next, make a ring of the meat mixture along the inside of the onion rings. From the onion rings you set aside, find one that fits inside the center of each meat-filled ring.
3. Last but not least, wrap each meat-filled onion ring with a couple of slices of bacon and season with Pigs & Pits BBQ All Purpose Pit Rub.



4. Preheat the smoker or grill to 275–300°F. Place the onion rings directly on the grate or on a grill pan. Cook for about 45 minutes, then check the bacon for doneness. Continue cooking until the ground venison reaches an internal temperature of 160°F. Brush with barbecue sauce or glaze and cook for a few additional minutes to allow the sauce to set.
5. Serve the onion rings as-is or use them to make sandwiches. Place each onion ring on a bun, fill the center with coleslaw, add desired toppings, and finish with a drizzle of barbecue sauce.

Boozy Bird Sauce

Featuring Tippy Roo's Brew Berry Sauce

Submitted by Tippy Roo's



INGREDIENTS

- 1 whole turkey breast
- Yellow mustard
- Barbecue rub
- Tippy Roo's Brew Berry Sauce
- Brine mix
- Mild smoking pellets (apple, cherry, oak, or pecan)

DIRECTIONS

1. Brine the turkey breast for 12–24 hours in the refrigerator.
2. Remove the turkey from the brine and pat dry. Coat with a thin layer of yellow mustard as a binder, then liberally season with your favorite barbecue rub. Allow the turkey to come to room temperature.
3. Open a beer and enjoy!
4. Preheat the smoker to 275°F. Place the turkey directly on the smoker grates and smoke until the internal temperature reaches 140°F.
5. Transfer the turkey to a foil pan to help contain the mess. Baste with Brew Berry Sauce every 15–20 minutes until the internal temperature reaches 165°F.
6. Remove from the smoker and allow the turkey to rest for at least 20–30 minutes before slicing.



Drunken Dogs Chili Sauce

Featuring Tippy Roo's B.U.I. Sauce

Submitted by Tippy Roo's

INGREDIENTS

- 1 lb. ground meat (beef, turkey, or deer)
- 1 Tbsp. mustard
- 1 tsp. garlic powder
- 1 beef bouillon cube
- ¼ cup B.U.I. sauce
- ¼ tsp. cayenne pepper
- 1 Tbsp. chili powder
- ½ tsp. salt, or to taste
- 1 tsp. paprika
- ½ tsp. black pepper
- 1 tsp. onion powder
- 1 tsp. sugar

DIRECTIONS

1. Brown the ground meat in a skillet and drain off the liquid. Make a well in the center of the meat. Add the tomato paste to the skillet and cook for a couple of minutes, then incorporate it into the meat.
2. Open the beer, being sure to drink half, then add the remaining beer to the skillet.
3. Add the remaining ingredients to the skillet and mix well. Simmer until the chili reaches your desired thickness, about 20 minutes.
4. Serve the only way it should be—on a grilled hot dog with onions, slaw, ketchup, mustard, and this delicious chili! Known as the West Virginia dog.



Bear and Wild Mushroom Pie

INGREDIENTS

- 2 pounds bear meat, cut into cubes
- 2 cups wild mushrooms, chopped
- 1 large yellow onion, diced
- 2 cloves of garlic, minced
- 1 cup beef broth
- ½ cup full-bodied red wine
- 2 Tbsp. unsalted butter
- 2 Tbsp. all-purpose flour
- 1 tsp. fresh thyme leaves
- 1 prepared pie crust
- 1 egg, beaten, for egg wash
- Salt and ground pepper

DIRECTIONS

1. Preheat the oven to 375°F to ensure it's ready for baking later.
2. In a large skillet over medium-high heat, melt the unsalted butter until it sizzles lightly.
3. Add the cubed bear meat and sear for 5-7 minutes, turning occasionally, until browned on all sides for a deep flavor base.
Tip: Don't overcrowd the skillet to achieve a proper sear without steaming the meat.
4. Transfer the seared bear meat to a plate and set it aside.
5. In the same skillet, add the finely diced yellow onion and sauté for 4-5 minutes until softened and translucent.
6. Stir in the minced garlic and cook for another 1 minute until fragrant.
7. Add the roughly chopped wild mushrooms and cook for 6-8 minutes, stirring occasionally, until they release their moisture and turn golden brown.

8. Sprinkle the all-purpose flour over the mushroom mixture and stir continuously for 2 minutes to cook out the raw flour taste.
9. Gradually pour in the full-bodied red wine, scraping up any browned bits from the bottom of the skillet.
10. Add the rich beef stock and fresh thyme leaves, then bring the mixture to a simmer.
11. Return the seared bear meat to the skillet, reduce the heat to low, and let it simmer uncovered for 45-50 minutes until the sauce thickens and the meat is tender.

Tip: Taste and adjust seasoning with salt and freshly ground black pepper halfway through simmering for balanced flavors.

12. Remove from heat and allow the filling to cool slightly for about 10 minutes.
13. Pour the filling into a 9-inch pie dish and cover with the prepared pie crust, crimping the edges to seal.
14. Brush the top of the crust with the beaten egg wash for a golden, shiny finish.
15. Cut a few small slits in the center of the crust to allow steam to escape during baking.
16. Bake in the preheated oven for 30-35 minutes until the crust is golden brown and flaky.
17. Allow the pie to rest for 10 minutes before slicing. Serve warm with mashed potatoes or a simple green salad.

Deer Stew

INGREDIENTS

- 3 lbs. cubed venison
- Salt
- Pepper
- Oil of choice
- 2 celery stalks, sliced
- 3 large carrots, sliced
- 1 large onion, diced
- 5 cloves garlic, minced
- ½ cup all-purpose flour
- 1 dark beer
- 4 cups preferred broth
- 2 Tbsp. parsley
- 3 spicebush berries, seeds removed
- 2 bay leaves
- 2 potatoes, diced
- 2 turnips, diced

DIRECTIONS

1. In a large Dutch oven, heat ¼ cup of oil over medium heat.
2. Season the meat generously with salt and pepper. Once the oil heats up enough that the meat sizzles when dropped in, add the meat to the Dutch oven. Brown on all sides, which should take 7-8 minutes.
3. Remove meat from the pot and set to the side. If any juices have gathered in the pot, leave them.
4. Add celery, carrots, onions, and garlic to the pot, adding more oil if needed. Cook until slightly softened, which should take 7-8 minutes.
5. Add the meat back to the pot. Cover the meat and vegetables with the all-purpose flour, stirring thoroughly. Add beer, broth, parsley, spicebush berries, and bay leaves. Again, stir thoroughly.
6. Increase heat and bring to a boil. Cover the Dutch oven with a lid, reduce heat, and simmer for an hour.
7. Add potatoes and turnips. Cover the pot again, and simmer until they are tender, which should take 25-30 minutes. Then discard bay leaves.



PROTECT the Trees You Love From Tree-killing BUGS

They give you shade. They provide oxygen. Let's make sure trees everywhere can do the same for future generations. If you're a camper heading out for a trip — or just getting firewood for your wood stove — do nature a favor. Don't move firewood long distances — it can potentially transport invasive species. Instead, buy it where you'll burn it, buy certified heat-treated firewood — or gather on site where permitted. The forests, and your great-great-grandkids, will thank you.

WHY IS MOVING FIREWOOD SUCH A BAD IDEA?

Tree-killing insects and diseases can lurk in or on firewood. These insects and diseases can't move far on their own, but when people move firewood they can jump hundreds of miles. New infestations destroy our forests, property values, and cost huge sums of money to control.

HOW FAR IS TOO FAR TO MOVE FIREWOOD?

When we say local firewood, we are referring to the closest convenient source of wood that you can find. That might be from down the street, or a state forest in your county. As a very general rule of thumb, 50 miles is too far, and 10 miles or less is best.

YOU HAVE THE POWER TO SAVE TREES!

Don't take firewood with you on your camping trip, RV adventure, or up to your hunting camp. Don't bring firewood back from your second home to your place in the suburbs. Don't bring it with you on your scout's camping trip. Instead, buy it where you'll burn it, or gather firewood on site when permitted.



BUY IT WHERE YOU BURN IT.

FOR MORE INFORMATION, VISIT:

<https://www.dont-movefirewood.org/>





<https://www.facebook.com/DontMoveFirewood/>
[@dontmovefirewood](https://twitter.com/dontmovefirewood)
<https://www.youtube.com/user/dontmovefirewood>



West Virginia DEPARTMENT OF
AGRICULTURE
COMMISSIONER, KENT A. LEDNARDT

