



THE COVER:

The cover was designed by Dawn Oman, an artist born in Yellowknife of Dene and Welsh heritage. She lived in foster homes from the time she was born, and eventually moved to British Columbia as a teenager. It was there that she started applying herself to her art, and after exhibiting in dozens of galleries, she moved back home to Yellowknife in 1994. She has since had the good fortune to reunite with three of her six siblings, and learn what it is like to be part of a family.

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Thanks also to Helen Weber & Marie Woolsey for the use of recipes from their famous "BLUEBERRIES & POLAR BEARS" cookbook.

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The NORTH AMERICAN WATERFOWL MANAGEMENT PLAN (NAWMP) is an international partnership between Canada, the United States, and Mexico involving federal, provincial/state and local governments, non-government organizations, private individuals and landowners. Established in 1986, NAWMP has been fundamental to the conservation of waterfowl and wetland habitat across the continent.

A message from the
ARCTIC GOOSE JOINT VENTURE:

An overabundance of some snow goose populations are threatening Arctic habitats. The adaptability of snow geese to altered wintering grounds as well as other factors have increased the breeding population by 200% since the mid 1970's. This means we now have an unprecedented breeding population of more than 4 million birds. In the early spring, snow geese use a feeding behavior called "grubbing". They strip feeding areas in the Arctic of all edible plant material including plant roots. Arctic habitats may not recover for generations, if at all. As habitat declines or disappears altogether, other species will also be affected. The Arctic Goose Joint Venture (AGJV) is a key program within the North American Waterfowl Management Plan that conducts applied research and manages Arctic nesting geese. The AGJV recommends that the snow goose population be reduced to about 1.5 million geese, by increasing harvest. So get cooking!



*North American Waterfowl
Management Plan*

*Plan nord-américain de
gestion de la sauvagine*

*Plan de Manejo de Aves
Acuáticas de Norteamérica*

Snow Geese, properly taken care of, provide the finest gourmet dining, whether you're squatting by a campfire or seated at a candle-lit table draped with a lace cloth. Recipes in this book can serve as a point of departure for your own adventures in the kitchen or over the campfire. Change them, adapt them, season them with your own imagination and ingenuity, but always serve game with pride. It can't be surpassed.

Keith Sutton
Little Rock, Arkansas

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GREAT OFF THE GRILL

Barbecue Stuffed Snow Goose Breast

Pat Kehoe, Brooks, Alberta

8	SNOW GOOSE breast fillets
5 slices	bacon, diced
2 stalks	celery
1 medium	red onion, chopped
1	green pepper, chopped
1/4	red pepper, chopped
1/2 cup	cheddar cheese, shredded
1/2 cup	mozzarella cheese, shredded
1/4 cup	steak sauce

Fry bacon over medium heat until fat becomes translucent.

Add chopped vegetables to frying pan and cook until slightly softened, keeping heat at medium.

Add the steak sauce and simmer for an additional 5 minutes. Remove mixture from pan and cool. When sufficiently cool, so that cheese won't melt, add the cheese.

Slice each breast along one side to create a pocket.

Now stuff the goose pockets with the cheese and vegetable mixture.

Seal opening with toothpicks. Cook on barbecue until meat is medium rare.

Pat suggests serving with fries, rice or baked potato.

I prefer barbecued whole goose when I have a choice. However, some birds simply cannot be plucked because of wounds sustained during the hunt, and others may have low body fat or a high proportion of pinfeathers, which makes breasting them out a more reasonable option. In my experience, birds which are not really fat are not worth plucking as they tend to be stronger tasting when roasted. Lean birds are better skinned and breasted and used in alternate recipes.

Pat Kehoe, Brooks, Alberta

Jalapeno Snow Goose Breast Supreme

Blueberries & Polar Bears,
by Helen Weber and Marie Woolsey

Snow Goose Breasts

soy sauce

fresh garlic cloves, crushed

pickled jalapeno peppers & juice

bacon drippings

Use approximately 3 breasts per person. Put a single layer of goose breasts in a glass or plastic dish (a plastic ice-cream pail works well). Spread with 2 crushed garlic cloves and pour over 1/4 cup soy sauce. Add another layer of breasts, crushed garlic and soy sauce until all breasts have been used. Be sure that the soy sauce almost covers the meat.

About an hour before serving, remove the breasts from the marinade and put a small slit on each side of the breast with a sharp knife. Into each of these slits, stuff a small slice of pickled jalapeno pepper. Now pile the breasts back into the dish or onto a tray to be taken out to the barbecue. On the tray put a small dish of melted bacon drippings and a dish of jalapeno juice from the pickle jar. You will also need a pair of tongs, a pastry brush and a small knife to check for doneness.

Barbecue the breasts over medium-high heat, brushing with bacon drippings and jalapeno juice until medium (still pink in the middle), about 4-6 minutes per side. Do not overcook.

How Big is a Snow Goose?

A snow goose typically weighs 5.5 to 6 pounds, with females slightly smaller than males. Plucked and prepared for cooking, each bird will yield 2 to 3 pounds of meat for the table, enough to serve two or three hungry hunters.

Keith Sutton,
Little Rock Arkansas

Caribbean Snow Goose

Lynn Schlueter,
Devil's Lake, North Dakota

2 pounds	SNOW GOOSE meat, sliced 1/2" thick
2 cups	orange juice
1/2 cup	rice wine
6 teaspoons	green onion, finely chopped
4 teaspoons	brown sugar
2 teaspoons	nutmeg
2 teaspoons	allspice
1 teaspoon	crushed red pepper
1 teaspoon	cloves
	salt to taste

To make marinade mix together orange juice, rice wine, brown sugar, green onion, nutmeg, allspice, red pepper, salt and cloves. Divide in half. Use half to marinate the goose meat for 2 - 4 hours.

Remove meat from marinade.

Grill goose meat on medium-high barbecue until cooked to medium rare.

Cook the other half of the marinade in a saucepan on medium heat until it forms a thick sauce. Serve as a hot dip for the grilled meat.

Using Other Waterfowl Recipes

Almost any mallard recipe can be used for snow geese if you adjust the cooking time to account for the slightly larger bird. Likewise, if you use a goose recipe from a home cookbook, be sure to adjust cooking time for the weight of your bird(s). Most goose recipes you will find call for a 10 to 12 pound bird, but snow geese are only half that size.

Keith Sutton,
Little Rock, Arkansas

The Ultimate Barbeque Snow Goose

Tim Sopuck, Winnipeg, Manitoba

6	SNOW GOOSE breasts
1 cup	soy sauce
1 cup	water
4	garlic cloves crushed
3 tablespoons	fresh ginger grated

PREPARING THE MEAT:

Works best when the meat is carved from a plucked bird. Cut away the breast, wing and leg in one piece, held together by the skin, on each side of the carcass. You can also use skinned breasts, but it works better with the skin on. Bathe the meat in the marinade for a maximum of two hours. (Marinating in a sealable plastic bag works very well.)

BARBECUING

Start with a medium-high heat, skin side down, reducing to a medium-low heat after 1-2 minutes. As the meat cooks, fat will dribble and catch fire. If it doesn't get out of hand, continue to cook for about 12-15 minutes on the skin side. The skin will end up dark brown, even blackened. If you get excessive flaming, take all the meat off with a long fork, let the fat burn off and put the breasts, skin side down, back on the grill. Continue, for a total cooking time of 12-15 minutes. Flip over and cook for about 3-5 minutes on the flesh side. If you are using skinned breasts, barbecue for about 5 minutes on each side.

WHAT HAPPENS

During cooking the skin will contract to about half the original surface area, creating a "fillet" about 1 1/2 to 2" thick. This helps prevent overcooking. When done, it should be medium-rare to medium. If you keep cooking beyond medium, the meat goes downhill fast.

EATING

The breast meat can be separated from the skin with a knife and fork, but the leg and bit of meat on the wing bone are best eaten with your fingers.

PARTING SHOTS:

It's a bit of work, but, when done right, should please even the most sensitive, urbane palate.

Skewered Snow Goose

Bill Lenhart, Bethany, Missouri

4	SNOW GOOSE breasts, filleted, cut into 1" cubes
1 large jar	Italian salad dressing
8 slices	bacon, cut in thirds
	Worcestershire sauce
	Liquid Barbecue Smoke®
	seasoning salt

Marinate goose pieces in mixture of Italian dressing, liquid smoke and Worcestershire sauce for 24 hours in covered bowl in fridge.

Drain marinade and sprinkle all pieces with seasoning salt. Wrap each fillet piece with a bacon piece and secure with a toothpick or skewer pin.

Cook on barbecue grill for about 30 minutes (until bacon is cooked).

Bill suggests using barbecue sauce, cocktail sauce or horseradish for dips.

PARTING SHOTS:

This is a very popular recipe, variations of which were submitted by Snow Goose lovers from all over North America. Try wrapping the goose strips around water chestnuts, chunks of green pepper, and experiment with the seasonings as well.

STEAMIN' FROM THE STOVE



Green Curried Snow Goose

Pat Kehoe, Brooks, Alberta

2	SNOW GEESE, cut in 1" cubes
24 ounces	coconut milk, canned
2 tablespoons	oil
2 tablespoons	fish sauce
1 teaspoon	salt
4 tablespoons	coriander leaves, fresh chopped
3 tablespoons	curry paste, green
2	green chiles, fresh chopped
1 tablespoon	grated lemon rind

Simmer half the coconut milk and oil over medium-high heat for 4-5 minutes, or until it begins to thicken.

Add curry paste and simmer for 5 minutes while stirring constantly.

Add goose meat and cook over medium-high heat for about 15 minutes.

Add the remaining half of coconut milk, lemon rind, salt and fish sauce.

Stir until the mixture begins to boil.

Reduce heat, remove cover and simmer for 35 minutes.

Add chopped chilies and herbs. Simmer 5 minutes.

Pat suggests serving over rice.

Roost to Roast in 5 Minutes!

You can prepare a snow goose for the oven without plucking and eviscerating the whole bird. Simply pluck the breast (and legs if you want) up to the wings. Cut off the head and tail. Take a pair of game scissors and cut through the back on both sides of the bird from tail to head. The back can now be pulled away, including the innards. (Remember to leave a wing attached if you're still in the field.) This leaves the breasts covered with skin on the outside and ribcage on the inside. To roast, place in a pan, and add your favourite spices.

Dale Caswell
Winnipeg, Manitoba

PARTING SHOTS:

Fish sauce is a Thai product available at specialty stores or may be found in your local grocery.

Green curry paste can now be found in many large grocery stores, or in specialty Oriental and Indian groceries. You can also make your own green curry paste – see recipe following.

Green Curry Paste

Pat Kehoe, Brooks, Alberta

4 whole	green chiles, fresh
3 cloves	garlic
2 tablespoons	fresh coriander, chopped
2 stems	lemon grass, chopped
2 teaspoons	ground coriander
1 tablespoon	oil
1 small	onion, chopped
1 teaspoon	black pepper
1 teaspoon	salt
1 teaspoon	ground cumin
1 teaspoon	ground turmeric

Place all ingredients in blender adding enough water to form a smooth, thick paste.

PARTING SHOTS:

This paste can be frozen for future use.

Moist Heat Cooking

If the geese will be prepared using a moist-heat method of cooking, they can be skinned. Part the feathers along the breastbone, slice through the skin from neck to tail, then pull back the feathered skin until the meat on the breast and legs is exposed. Run a sharp knife close along both sides of the breastbone to remove the two thick fillets. Then remove the legs and put them in a resealable plastic bag. The wings and back have very little meat. After removing shot pellets and bloodshot meat, you're ready to cook or freeze the bird.

Keith Sutton,
Little Rock, Arkansas

Snow Goose Fajitas

Pat Kekoe, Brooks, Alberta

1 pound	SNOW GOOSE meat, cut into thin strips
1	green pepper
1	red pepper
1	yellow pepper
1	red onion
4 ounces	beer or apple juice
2 tablespoons	oil
2 tablespoons	chili powder
1/2	lime, squeezed
1/4 teaspoon	cayenne pepper
	salt and pepper to taste
	flour tortillas
	salsa
	sour cream

Slice all vegetables into strips.

Heat oil in cast iron frying pan until smoking hot. Add goose meat and spices.

Stir fry quickly until meat is medium rare, then add vegetables and fry, still on high heat until vegetables are tendercrisp (about 3-5 minutes).

Add beer or apple juice and squeeze of lime, continue to stir until well mixed.

Serve from pan to tortilla and garnish with salsa and sour cream to taste.

Plucking a Goose

To pluck a snow goose I generally make two passes over the bird. In the first pass, I remove the guard feathers by pulling no more than about six at a time, any more and the skin will rip. I pull with the thumb and forefinger and in the direction from head to tail, or “with the grain”. Once all the guard feathers are removed, I then work on the down. In this step I wet my fingers and “roll the down” against the grain or from tail to head. Then, once most of the down is removed, I wax the bird. Waxing leaves a clean bird and will remove all pinfeathers, down and those hair-like philoplumes. Waxing is definitely worthwhile if dealing with a volume of geese.

Pat Kehoe, Brooks, Alberta

PARTING SHOTS:

Commercially prepared fajita spice mixes are available at most supermarkets and work well also.

Snow Goose in Pesto

Lynn Schlueter, Devil's Lake, North Dakota

3 pounds	SNOW GOOSE meat, sliced
3 cups	white wine
3/4 cup	pesto sauce
1 teaspoon	fennel seeds, crushed
1 teaspoon	caraway seeds
1 teaspoon	coriander, ground
1/2 teaspoon	sugar

Marinate goose meat in white wine overnight in fridge.

Drain meat.

Brown meat in electric skillet. Add fennel, sugar, coriander, caraway and pesto.

Simmer for 1 hour.

Lynn suggests serving over wide egg noodles with cheese.

PARTING SHOTS:

Can use ground goose meat instead of sliced.

Stir Fried Snow Goose

Lynn Schleuter, Devil's Lake, North Dakota

	SNOW GOOSE meat, sliced 1/2" thick
1 cup	teriyaki sauce
1 cup	white wine
5 teaspoons	five-spice powder
3 cups	Chinese vegetables, sliced

To make marinade, mix teriyaki sauce, white wine and five spice powder. Marinate meat for 2-4 hours (the longer the better). Drain. Stir fry in hot wok or black skillet in sesame oil. Add vegetables and fry until vegetables are tender-crisp.

Lynn suggests serving with rice.

PARTING SHOTS:

Substitute fresh crushed ginger in place of five-spice powder. Substitute fresh ground pineapple for marinade.

Waxing Geese

To wax geese, you need a deep stockpot or canner, water and wax, and Coleman stove or other portable burner. (Unless you don't mind trashing your indoor stove!) Fill the stockpot 2/3 full of water, you will want a pot that can hold at least 8" of water and be 12" in diameter. Place cubes of wax in the water and heat slowly, don't boil. You will want to use a couple of pounds of wax to form a layer at least 1" thick when melted. The melted wax will float on top of the water. Paraffin wax is probably the most widely available and works, but is not the best product to use. If you are serious about waxing, you will want to get a softer grade of wax. Local cheese factories or poultry processors are a good bet. The wax they use to coat cheese is softer than paraffin and removes easily from the bird whereas paraffin can crack into small pieces and be difficult to remove. Poultry processors often carry a wax specifically for this purpose. To prepare the geese, remove the legs and wings, leave the head on and don't open the body cavity While holding the birds by the wing, dip it through the hot wax and into the water, pull back out and hang or pile on newspapers to dry After 10-15 minutes, peel the wax off. The bird should then be clean and ready to be eviscerated. Once eviscerated, wash the bird thoroughly, and prepare to cook or freeze. The wax can be reheated and reused, however, after a couple of uses it should be strained to remove any feathers which may have accumulated. The water should be discarded after each waxing.

Pat Kehoe,
Brooks, Alberta

Snow Goose Medallions

Barry Batsell, Brownsville, Texas

1	SNOW GOOSE breast
1/3 cup	cognac
1/3 cup	white wine
1/3 cup	cream
2 tablespoons	clarified butter
	flour for dredging
	salt and pepper to taste

Mix flour with salt and pepper to taste. Lightly flour the sliced goose meat. Quickly saute in the clarified butter over medium-high heat. After having sauteed the meat, set aside in separate dish. (Do not overcook.)

Deglaze the pan with the cognac first, then the wine. Once the alcohol is burned off, slowly stir in the cream. Cook until well blended and thickened. Pour over the sauteed goose meat and serve.

Snow Goose T-Bone Steak

Allison Arnold, Arlington, Virginia

2 SNOW GOOSE breasts, sliced 1/2' thick
1/2 cup Caesar salad dressing

Marinate meat overnight in salad dressing.
Heat up a teflon pan on high.
Put breasts in pan and sear the meat surface.
Reduce heat and cook to medium rare.

PARTING SHOTS: Add 1
teaspoon of sour cream to meat while
searing. Give meat a "BAM" of cooking
sherry.

Setting Up Decoys

Setting decoys, more decoys and even more decoys is the plan. 500 decoys is considered a bare minimum. 800 to 1000 decoys consistently produce results. The lightweight and portable Texas rag and windsock styles make this chore practical and possible to achieve in a couple of hours. Arrangement is not particularly important, keeping in mind the farther these counterfeits are spaced and spread out the larger your flock appears and the more visible the decoy spread becomes to distant flocks. A large oval pattern and the traditional fish hook pattern can provide good results. Dispersing individual shooter positions throughout the spread increases shot opportunities and helps ensure safety. As much as possible, make use of natural cover for concealment. Ditches, weedy field edges and waterways within the decoy pattern are ideal.

Harold Kerns & John Thomas,
St. Joseph, Missouri

Snow Goose Gumbo

Alan D. Afton, Baton Rouge, Louisiana

4 whole	SNOW GEESE, boned and skinned
1 whole	chicken, cut into cubes
4 quarts	water
28 ounces	stewed tomatoes, canned
1 pound	smoked sausage, chopped
1 pound	okra, frozen, sliced
2 cups	white onions, chopped
2 cups	green bell pepper, chopped
1 cup	oil
3/4 cup	flour
3 tablespoons	creole seasoning
1 tablespoon	Tabasco sauce
2 teaspoons	black pepper
1 teaspoon	sasafras leaves, finely ground

In a large pot, cover whole chicken with water (about 4 quarts). Boil until the meat falls off the bone (about 1/2 hour). Remove bones and skin, and leave chicken meat in broth and save.

In a large iron skillet, combine oil and flour, cook at medium high and stir continually until it browns. This is what Cajuns call a roux and forms the basis of many of their foods.

Once the roux is made, add onions, green pepper, goose meat and smoked sausage. Cook it all for approximately 10 minutes. Then add all to the large pot of chicken broth.

Season with creole seasoning, black pepper, cayenne pepper and tabasco.

Bring to a boil while stirring, then let simmer for a couple of hours.

Add stewed tomatoes and okra. Boil for 15 minutes. Add a little more water if necessary (I don't like it too thick) and simmer until ready to eat. After it has simmered a bit, taste the liquid to see if more spice is needed. If you do add more spice, simmer a little bit more to blend the flavours.

About 5 minutes before eating, add the sasafras (gumbo file) and stir well.

Leftover gumbo freezes well. Take a frozen batch to the duck camp if you do not have time to spend cooking. It gets better as it ages (spicier too)!

Alan suggests serving over a bed of cooked white rice.

PARTING SHOTS: You will have to experiment with the amounts of seasoning because I like mine spicy, probably more so than most "northerners" like it. You can also substitute the smoked sausage with 1 pound of shrimp or crawfish tails.

Szechuan Snow Goose

Pat Kehoe, Brooks, Alberta

2	SNOW GEESE, skinned and boned, 1/4 inch thick strips
2	eggs
4 tablespoons	corn starch
2 teaspoons	salt
4 cloves	garlic, chopped
1 large	onion, chopped
1/4 cup	chicken stock
3 tablespoons	soy sauce
2 tablespoons	fresh ginger root, minced
2 tablespoons	ketchup
2 tablespoons	hoisin sauce
2 tablespoons	sherry or rice wine
1 tablespoon	hot peppers, diced
1 tablespoon	sugar
1 tablespoon	red wine vinegar
1 teaspoon	chili peppers, dried and crushed

Blend egg, salt and cornstarch into thin batter. Coat meat with mixture.

Cook in deep fryer. Remove, drain and set aside.

Heat oil in a large skillet, add garlic, onion, ginger, hot and chili peppers and saute over high heat for 2-3 minutes or until onion just starts to brown. Add chicken stock, soy sauce, ketchup, hoisin sauce, sherry or rice wine, red wine vinegar and sugar and stir over medium-high heat until sauce thickens.

Add the cooked goose and cook over low heat for an additional 5 minutes.

Pat suggests serving over rice or noodles.

Keep 'em Cool

Poor field preparation accounts for some hunters' dislike of snow geese. All geese are well-insulated with feathers and down, and unless the birds are drawn and cooled as soon as possible after killing them, body heat may render the meat unfit to eat. This should be done even during the frigid days of January. In warm weather it's also wise to pluck the feathers from the breast to promote quicker cooling.

Keith Sutton,
Little Rock, Arkansas

Uncle Ken's Snow Goose Stew

Ken Cox, Ottawa, Ontario

2 pounds	SNOW GOOSE meat, cubed
2 packages	fresh linguini or fettucine
1 pound	shrimp, large, uncooked, peeled
2 large	Italian sausage, spicy, sliced
1 cup	mushrooms, chopped
4	shallots, chopped
1 can	cream of mushroom soup, condensed
1	red pepper, chopped
3/4 cup	grated parmesan cheese
1 teaspoon	savory

Saute together goose meat and sausages for 5 minutes in a skillet.

Drain.

Put mushroom soup into saucepan. Add goose and sausage. Stir. Add mushrooms, shallots, red pepper and savory. Stir. Simmer on low heat.

Add fluid (water/wine) if required. If fresh mushrooms are used, there will be enough fluid generated. Simmer for at least 30 minutes to conclude cooking and blending of flavours. Add shrimp, cook without boiling, for an additional 3-5 minutes. 15 minutes before serving, prepare pasta.

Place pasta in a large bowl. Cover with stew and sprinkle with parmesan cheese.

Ken suggests serving with crusty rolls and hot sauce.

Field Dressing

To field dress a goose, open the body cavity just below the end of the breast bone, then pull out the innards. Save the giblets - heart and gizzard, liver if you like in a small, resealable plastic bag. These are used in gumbo, giblet gravy, dressing and other dishes. Lay the field-dressed birds in a cool place outside, or, better yet, place them on ice in a large cooler.

Keith Sutton,
Little Rock, Arkansas

PARTING SHOTS:

Hearty. Spicy. Filling. Easy.
You'll love this one.

Snow Goose Cutlets

Pat Kehoe, Brooks, Alberta

1	Snow Goose breast, halved
	flour
	salt and pepper to taste
1	egg
3/4 cups	milk
1 cup	crackers, finely ground

Slice breasts horizontally, so that three flat, oval fillets are made per half a breast.

Coat breast by rolling in flour, spiced with salt and pepper. Beat egg and milk together.

Dip coated fillet in egg and milk mixture. Then roll fillet in soda crackers. Fry in hot oil until golden brown and meat has been cooled to medium rare (about 3 minutes per side).

Pat suggests serving sauce over cutlets on rice.

Catch a Back-Shoot

If you don't have a lot of decoys, or if the birds have settled down for an undisturbed feeding session, position yourself between the birds and their roosting marsh, about 1/2 mile from the feeding birds. If the flock is undisturbed, they will generally filter back to their roost at fairly low altitude in small groups. So long as you are far enough away that your gunfire won't alarm those birds still feeding, you can often be in for a great shoot!

Dave Duncan,
Edmonton, Alberta

Cajun Sauce for Snow Goose Cutlets

Pat Kehoe, Brooks, Alberta

16 ounces	tomatoes, canned
2 tablespoons	oil
3 stalks	celery, chopped
2 cloves	garlic, minced
1 medium	onion, diced
1	green pepper, chopped
1/2 teaspoon	basil
1/4 teaspoon	cayenne pepper
1/4 teaspoon	marjoram
	salt and pepper

Saute onion, celery, garlic and spices in oil until onion is translucent (about 10 minutes on medium heat).

Add tomatoes and simmer over medium-low heat for 10 minutes, stirring occasionally.

Pat suggests serving sauce over cutlets on rice.

Follow the Regs!

Remember, US federal waterfowl regulations require that the head or one fully-feathered wing remain attached to all such birds while being transported from the field to one's home or to a commercial preservation facility. Canadian federal regulations require only the wing to be attached.

Keith Sutton,
Little Rock, Arkansas

Mole of Snow Goose

Tom & Ann Rothe, Anchorage, Alaska

1	SNOW GOOSE breast
1/4 pound	butter
1/4 cup	green pepper, minced
1/4 cup	almonds, minced
3 bars	chocolate
1/2 cup	grapefruit rind
1 cup	cream
	cinnamon & clove spices to taste
	sesame seeds as garnish

Saute goose breast halves in 4 tablespoons butter for 10 minutes until cooked.

In a separate step, lightly saute minced green pepper, almonds, and ground cinnamon/clove spices in the remaining butter.

Add chocolate bars and grapefruit rind, stirring until blended.

Add cream and heat through.

Pour mixture over the goose breasts and simmer for a few minutes.

Serve goose and sauce, garnished with sesame seeds.

Tom and Ann suggest serving with Spanish rice.

(From Mary Land's Louisiana Cookery, (1954) LSU Press)

Choosing a Place to Hunt

The best snow goose hunting occurs on private land in grain fields that surround snow goose concentrations. Typically, goose behavior involves two feeding flights each day, usually each morning and afternoon. This is the time when the geese become most vulnerable to hunting. The next order of business is locating feeding areas. Arm yourself with a full tank of gas, binoculars and county road maps. Feeder flocks may make flights as short as one-half mile to perhaps as far as 20 or more miles in search of food. When you locate a field being used by the geese, carefully watch until they leave. Geese disturbed or frightened off a field will not likely return. Flocks also leave a field because the food source has been eliminated. When a field is "fed-out" it won't be used again. Choose the field the birds last fed in when possible. Opt for large, open, isolated fields. It is imperative to locate the landowner and secure permission before the hunt. An ownership map is invaluable at this point.

Harold Kerns & John Thomas, St. Joseph, Missouri



CASSEROLES WITH A KICK

Seasoned Snow Goose

Bill Lenhart, Bethany, Missouri

4	SNOW GOOSE breasts, filleted
8 slices	bacon
1 1/2 sticks	butter, sliced
1	bay leaf, crushed
1 tablespoon	poultry seasoning
1 teaspoon	parsley
1 teaspoon	salt
1 dash	black pepper
1 dash	red chili peppers
1 dash	cinnamon

Preheat oven to 350°F.

Rinse fillets. Wrap bacon around fillets and arrange in baking dish lined with a large piece of aluminum foil.

Add butter slices, sprinkle with seasonings and seal foil tightly at top.

Bake for 1 1/2 hours.

Wear Your Camos

Camouflage clothing is the rule and nothing is more important than covering the face. A face mask, scarf or camouflage makeup is a must. Pure white clothing can work well, but brown or dark brown/gray or cattail (in picked cornfields) camouflage patterns work best. Cover yourself with whatever crop residue is available and avoid any movement when geese are near.

Harold Kerns & John Thomas,
St. Joseph, Missouri

Snow Goose Runza

Lynn Schlueter, Devil's Lake, North Dakota

1 pound	SNOW GOOSE meat, coarsely ground
	bread dough, enough for one loaf
6 slices	Canadian bacon, finely chopped
5 cups	cabbage, chopped
1 cup	onions, chopped
1 cup	cheddar cheese, grated
2 tablespoons	caraway seed
1/2	bay leaf, ground
	salt and pepper to taste
	water

Preheat oven to 350°F.

Spread bread dough out to 1/4 inch of raised dough. Cut into 6" by 6" squares.

Lightly saute the goose meat with the bacon. Add salt and pepper to taste.

Transfer from skillet to mixing bowl. Saute cabbage and onions in same skillet. Transfer to same mixing bowl.

Add caraway, bay leaf and cheese.

Mix thoroughly and spread the mixture onto each of the dough squares. Coat the edge of dough with water or egg whites and pinch shut.

Bake in oven for 1 1/2 hours.

This freezes well, and can be microwaved to thaw and eat.

PARTING SHOTS:

Instead of caraway and bay leaf, add sun dried tomatoes and Italian type spices. Instead of cabbage, use cooked rice and broccoli.

Snow goose skin tends to rip easily when plucking, and this often causes the hunter frustration and adds to the negative attitude surrounding this species. But when plucked and properly cooked, the snow goose rivals any other species at the table.

Pat Kehoe, Brooks, Alberta

Snow Goose Pie

Blueberries & Polar Bears

By Helen Webber & Marie Woolsey

	legs and breasts from 2 SNOW GEESE
4	beef bouillon cubes
2 cups	potatoes, diced
1 cup	carrots, diced
1 cup	cold water
1/2 cup	onions, chopped
1/4 cup	flour
1	garlic clove
2 tablespoons	seasoned salt
1 teaspoon	worcestershire sauce
1	10" pie shell, uncooked

Place the first 6 ingredients in a large Dutch oven and cover with water. Simmer until the meat falls off the leg bones, about 3 to 4 hours. Let cool, remove meat from bones. Discard any meat that is still tough. That bird was too old! Chop up the breasts if they have not already fallen apart. Return the meat to the broth in the Dutch oven and add the vegetables. Cook until vegetables are tender, about 30 minutes. Taste to check the seasoning and add a little salt or more seasoning to taste. Blend the flour into the cold water, shaking it in a jar or using a hand blender. Stir into the pie filling; simmer and stir for about 2 minutes. Pour into uncooked pie shell. Cover with top crust, cut slits to allow the steam to escape and bake at 425°F for 10 minutes. This pie freezes very well, baked or unbaked. If unbaked, thaw it before baking and increase the final baking time if necessary - we like it to be bubbling hot in the middle with a nicely browned crust. If baked, just heat through until hot and bubbly.

Smoked Hawaiian Snow Goose

Vernon Bevill, Austin, Texas

4	SNOW GOOSE breast fillets
14 ounces	crushed pineapple, canned
2 slices	bacon
3/4 cup	honey mustard sauce
1/2 cup	honey mustard sauce
3 tablespoons	liquid smoke flavoring
	juice from 1 lemon
1/2 teaspoon	garlic salt or powder
	pepper to taste

Mix together olive oil, mustard sauce, liquid smoke flavouring, lemon juice, pepper and garlic spice into a shallow baking pan. Add snow goose breasts and marinate for 18-36 hours.

Preheat oven to 325°F.

Cook in same pan for 45 minutes with a 3 inch slice of bacon on top of each breast.

Add pineapple and cook for another 40 minutes.

PARTING SHOTS:

The remaining sauce is great for dunking.
People will fight over it!

I prefer to let my geese cool before plucking, and I usually pluck snow geese by hand rather than using an electric plucker which can invariably cause ripping.

Pat Kehoe, Brooks, Alberta

Snow Goose Cassoulet

Keith Sutton, Little Rock, Arkansas

1 pound	SNOW GOOSE meat, cooked and chopped
1 pound	dried great northern beans
1 pound	pork sausage, mild
1 1/2 cups	white wine
1 cup	onion, chopped
1/2 cup	dry bread crumbs
1/2 cup	dry bread crumbs
1/2 cup	fresh parsley, chopped
1/4 cup	butter
2 sprigs	fresh parsley
2 cloves	garlic
1	bay leaf
1 sprig	fresh thyme or marjoram
2 teaspoons	salt
1 teaspoon	black pepper

Soak the beans overnight in water to cover.

Next day, simmer with bay leaf, parsley sprigs, thyme or marjoram sprig, salt, black pepper and one clove of garlic until almost tender.

Mince the remaining clove of garlic, and saute with crumbled sausage and chopped onion until sausage is brown.

Arrange a layer of the cooked beans in the bottom of a large casserole dish.

Add a layer of goose meat, then more beans and then sausage.

Continue layering this way almost to the top of the dish. Now mix the wine and tomato puree, and pour over the casserole. Top with dried bread crumbs mixed with the parsley and butter. Bake in a 350°F until the beans are tender.

Assessing the Table Quality of the Bird

Once the bird has cooled, I proceed to pluck a section of the breast first to assess the table quality of the bird. I check how many pinfeathers there are and how fat the bird is. (Birds with low fat or too many pinfeathers are better skinned.) From this I will decide to continue to pluck, or to skin and remove the breast and legs.

Pat Kehoe, Brooks, Alberta

Snow Goose Breast Fillets in White Wine Sauce

Barry Davidson, Ottawa, Ontario

1	SNOW GOOSE, filleted
2 cups	white wine
1 cup	chicken stock
1 tablespoon	basil
1 tablespoon	thyme
1 tablespoon	rosemary
1 teaspoon	onion salt
1 teaspoon	celery salt
1 teaspoon	paprika
1 teaspoon	black pepper
6 slices	bacon
3/4 cup	white wine
1/2 cup	mushrooms, diced
1/2 cup	carrot, diced
3 tablespoon	onion, minced
4 tablespoon	cold water
3 tablespoon	sour cream
1 tablespoon	butter
1 tablespoon	flour
	fresh ground pepper to taste
	parsley, as garnish

To make sauce, place pan liquid into a saucepan, adding an additional 1/2 to 1 cup of white wine depending on amount of liquid remaining. In a cup, add flour to cold water, mix and stir into pan. Meanwhile, quickly stir fry mushrooms, onion and carrot in a small fry pan. Remove 1/2 cup of the pans liquid into a cup and thoroughly mix sour cream into the mixture. Return to pan. Add mushrooms and vegetables. Remove bacon from meat and discard, then pour sauce over meat.

Sprinkle with parsley and serve.

Preheat oven to 325°F.

First slice each goose breast fillet in two so there are four pieces.

Slice along length of fillet. Place fillets and drumstick meat in a baking dish. Add 2 cups white wine. Sprinkle half of each of the seasonings over the meat while adding the other half to the wine. Cover each piece of fillet with a strip of bacon and use half a strip per section of drumstick meat. Add chicken stock.

Cover with tin foil and place in oven for approximately 2 hours. After one hour, check liquid and add an additional cup of white wine if necessary.

Remove tin foil for last 15 minutes. Check to ensure meat is thoroughly cooked and place on serving tray. Return to warm oven that has been turned off.

Snow Goose and Wild Rice Casserole

Autumn Downey, Yellowknife, Northwest Territories

2 cups	SNOW GOOSE meat, cubed
2 cups	water
1 1/2	cups evaporated milk
1 cup	fresh mushrooms, sliced
1 cup	water chestnuts, canned, drained and sliced
1/2 cup	wild rice, uncooked
1/2 cup	sliced almonds
1/3 cup	water
1/4 cup	margarine
1/4 cup	pimiento, drained and sliced
3 tablespoons	flour
2 teaspoons	chicken bouillon granules
1/2 teaspoon	water chestnuts, canned drained, and sliced
1/2 teaspoon	pimiento

In saucepan, combine 2 cups water, rice and salt.

Heat to boiling, stirring once.

Cover and simmer until rice is just tender (30-45 minutes).

Drain and set aside.

Heat oven to 350°F. Grease 1 1/2 quart casserole dish.

Melt butter, add mushrooms. Cook and stir until just tender.

Stir in flour, bouillon granules and 1/2 tsp salt.

Blend in milk and 1/3 cup water.

Cook, stirring constantly until thickened and bubbly, about 5 minutes.

Remove from heat, stir in goose, water chestnuts, rice and pimiento.

Pour into casserole and sprinkle with almonds.

Cover and bake for 30 minutes. Remove cover and continue baking another 15-30 minutes, until casserole is hot and bubbly.

Clog Your Arteries Snow Goose

Terry Armstrong, Saskatoon, Saskatchewan

1 pound	SNOW GOOSE meat, cut in 1" pieces
	flour for dredging
3 tablespoons	butter
1 pint	whipping cream
1 cup	brown sugar
1 teaspoon	cinnamon

Preheat oven to 350°F.

Dredge meat in flour.

In a skillet, brown meat in butter, then place browned pieces in a casserole dish.

To make sauce, mix whipping cream, sugar and cinnamon. (Adjust ratios to suit your tastes.)

Pour sauce over meat. Bake in oven for 1 hour.

Terry suggests serving with rice.

PARTING SHOTS:

Perhaps this dish should be served with the tune "Killing Me Softly" playing in the background!

Calling the Birds

For the most part, calling is unnecessary. Mimicking the sounds produced by several hundred geese is nearly impossible even with several callers. The clamor of an approaching flock will tend to overwhelm your efforts anyway. But don't leave the call at home, it can be useful on singles or small flocks. With just a little practice most people can imitate the snow goose without a call.

Harold Kerns & John Thomas,
St. Joseph, Missouri

Knife River Delta Snow Goose

Pat Rakowski, Winnipeg, Manitoba

1	SNOW GOOSE deboned, cut in 1/2 inch strips
1 packet	leek soup
1 cup	fresh mushrooms, sliced
1 cup	chicken broth
1/3 cup	sherry
4 tablespoons	flour
2 tablespoons	butter
1 tablespoon	oil
1 tablespoon	worcestershire sauce
1 tablespoon	garlic powder
1 teaspoon	pepper
1/2 teaspoon	nutmeg
1/2 teaspoon	salt (optional)

Preheat oven to 350°F.

Saute goose meat in half the butter and oil, about 5 minutes per side.

Set aside or place in a casserole. Saute mushrooms in the remainder of the butter until golden brown and add to the goose meat.

Combine worcestershire sauce, broth, sherry, and spices. Add the soup mix. Stir to dissolve the soup mixture. Add to sauted goose. I add a bit more sherry at this point (4-5 tablespoons) to enhance the sauce.

Bake in oven at 350°F for 1 1/2 hours.

You may have to add some liquid to keep the mixture from becoming too thick.

Pat suggests serving on a bed of rice or broad noodles.

PARTING SHOTS:

This recipe can be cooked in either a casserole dish or a deep frying pan with a lid. If you chose the stovetop method, be careful not to burn it, as it burns easily.



COOKING YOUR LIMIT

Snow Goose Jerky

John Corney, Cape May County, New Jersey

SNOW GOOSE breasts, cut in 1/4" strips

kosher salt

Place a layer of strips into the bottom of a crock or glass container. Sprinkle the layer lightly with kosher salt only. Add another layer of strips, crosswise to the first layer. Sprinkle this layer lightly with kosher salt. Continue until all strips are used. Place in the refrigerator overnight. The next morning quickly wash each strip to remove kosher salt. Place in dehydrator or smoker. Ensure that no strips touch each other. Dry meat until all strips are bone dry.

PARTING SHOTS:

Apple chips add a delightful flavour to the meat.

A Limit of Geese

When you harvest a limit of snow geese and you're not opposed to the idea of not plucking them, fillet the meat from the breast and remove the legs. Remove the meat from the legs, bag and refrigerate or freeze. In the U.S. most butcher shops and some markets will grind your goose into burger. I recommend adding 10-20% beef fat/tallow. This is a great way to utilize a large number of geese while adding to your flexibility for creative cooking: soups, spaghetti, lasagna, cheeseburgers, etc.

Jeff Gleason, London, Ontario

Jerk a Snow Goose

Wilmer Pich, Bismarck, North Dakota

1	SNOW GOOSE, deboned and cut in 1/2 " strips
3/4 cup	water
1/4 cup	soy sauce
2 teaspoons	garlic salt
1/2 teaspoon	pepper
dash	Liquid Barbecue Smoke®

Mix all ingredients together and marinate meat strips in fridge for 2 to 3 hours.

Using a very hot charcoal grill, cook about 12 minutes on first side. Then flip over until cooked to your taste.

For brittle jerky, place in oven and cook until dried out, otherwise, soft jerky will need to be kept refrigerated.

No successful goose hunt is complete unless the game is served up as a triumphant and delicious meal. Snow geese have dark, richly flavoured meat that is superb when properly prepared. But if you listen to some, you might wrongly conclude that snow geese aren't "fittin" to eat.

Keith Sutton,
Little Rock, Arkansas

Snow Goose and Rice Sausage

Lynn Schlueter, Devil's Lake, North Dakota

10 pounds	SNOW GOOSE meat, ground
6 cups	rice, partially cooked
1 1/2 cups	honey
1 1/2 cups	teriyaki sauce
1 1/2 cups	white wine
6 teaspoons	Morton's® Quick & Tender
2 teaspoons	ginger
2 teaspoons	marjoram
	sausage casings

Mix goose meat with honey, teriyaki, wine, Morton's Quick and Tender, ginger and marjoram. Add in partially cooked rice and mix well. Stuff into hog casing or package into one pound packages using two layers of tin-foil with both seams on same side. Freeze. To cook, gently fry or simmer in hot water with foil packet seams up.

PARTING SHOTS: For spicy sausage, add 1 to 2 teaspoons crushed red peppers.

Choose Your Weapon

The type and size of shotguns and ammunition used varies with hunter preference. In this style of hunting, decoying birds are frequently inside of 20 yards. No need for a 10 gauge shotgun here. Twelve and 20 gauge shotguns with a modified or improved cylinder choke are adequate. Large shot sizes like Ts or Fs are not needed and prove to be a liability, due to low pellet counts. The smaller shot sizes are adequate, with No. 2 and No. 1 shot sizes preferred.

Harold Kerns & John Thomas,
St. Joseph, Missouri

Honey Garlic Snow Goose Sausage

Ed Houck, Regina, Saskatchewan

15 pounds	SNOW GOOSE meat, ground
15 pounds	lean pork, ground twice
¼ pound	pickling salt
1 cup	brown sugar
3 cloves	garlic, crushed
	binder (powdered milk and water)
	pepper to taste
	seasoned salt to taste
	sausage casings

Mix all ingredients together, encase and smoke-cure, preferably with Alder or Mesquite.

Best served as a broiled appetizer accompanied with mustard or barbecue sauce. A great entree if cooked on the barbecue over indirect heat. Can also be a great addition to Jambalaya.

Hunt the Wind

Ask a snow goose hunter the key to success and you will receive one single bit of advice that outweighs and precludes everything else. Hunt the wind. The higher the wind velocity the better. Regardless of all the weather factors waterfowl hunters dream of, including low skies, approaching fronts and freezing temperatures, a strong wind is foremost. A 60 degree cloudless sky day with a 30 mph wind can be an unbelievable snow goose day.

Harold Kerns & John Thomas,
St. Joseph, Missouri

ROASTING HEAVEN



Roast Snow Goose with Apple Apricot Dressing

Keith Sutton, Little Rock, Arkansas

1 whole	SNOW GOOSE
3 cups	soft bread crumbs
3	bacon strips
1 cup	chopped onion
1 cup	dried apricots, chopped
1 cup	boiling water
1	tart apple, cored and diced
1/2	cup melted butter
1/4 cup	lemon juice
1/4 cup	apple juice or apple cider
3 tablespoons	tart apple
1 teaspoon	salt
1/2 teaspoon	fresh ground black pepper

Preheat oven to 325°F.

Sprinkle the goose with lemon juice, salt and pepper.

To make dressing, place bacon grease in a large skillet. Saute onion until tender. Stir in apple, apricots and bread crumbs. Cook the dressing in a tightly sealed casserole.

Place goose, breast side up, on a rack in a roasting pan. Drape bacon strips over the breast of the goose. Place goose in the oven, and while it is cooking, baste several times with a heated mixture of melted butter and apple juice or cider.

Roast for 20 minutes per pound. At the end of the calculated cooking time, pour the cup of boiling water in the roaster, cover and cook 30 minutes more.

Be Careful!

Wild game birds should not be stuffed due to high potential for food poisoning.

Blue Flame Kitchen,
Edmonton, Alberta

Roast Applesauce Snow Goose

Pat Rakowski, Winnipeg, Manitoba

1	SNOW GOOSE
1 medium	onion, quartered
1 can	applesauce, unsweetened
1/2 cup	water
	garlic powder to taste
	salt and pepper to taste

Preheat oven to 325°F.

Season the snow goose inside and out with garlic powder, salt and pepper.

Place onion quarters inside cavity.

Smother the breast in applesauce, add water, and bake at 325°F for 4 hours in tightly sealed roaster (preferably cast iron).

Cooking Time.

When roasting snow geese, the recommended cooking time is 18 to 20 minutes per pound at 325F.

Keith Sutton,
Little Rock, Arkansas

The Cap Tourmente Snow Goose

Isabelle Ringuet, Ste. Foy, Quebec

1 whole	SNOW GOOSE
2	carrots, finely chopped
2 stalks	celery, finely chopped
2 teaspoons	apples, peeled, cored and diced
1	onion, chopped
1 cup	beef broth
3 tablespoons	butter
1	bay leaf
1/2 teaspoon	sugar
1/2 teaspoon	salt
	pepper to taste
pinch	allspice
1 cup	heavy cream
1 cup	mushrooms, whole or chopped
1/2 cup	dry white wine
1	lemon, squeezed
2 tablespoons	flour
1 teaspoon	mustard powder or hot mustard

Preheat oven to 350°F.

In a stew casserole, saute butter with carrots, celery and onion. Pepper generously, add bay leaf, sugar, spices, broth and apples. Salt and pepper the inside as well as the outside of the goose and place it in the middle of the casserole. Put in the oven and cook for not more than 2 hours, while frequently basting the bird with the sauce.

When it is done, remove the goose from the casserole and keep warm.

On top of the stove, heat the sauce (beef broth and vegetables from stew casserole). Add the cream and the flour, thoroughly mixed together. Mix well and heat until it thickens a little. Add the mustard and lemon juice. Simmer the mushrooms in a small amount of butter and add to the sauce. Add the wine. Adjust seasonings to taste.

Isabelle suggests for special occasions, you can pour some cognac over the bird and flambe just before serving.

PARTING SHOTS:

This recipe originates from the village of Saint-Joachim, Quebec, home of the Cap Tourmente National Wildlife Area.

For more information
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