

# *Black Bear Recipes*

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## **Red Mountain Barbecued Bear**

Prep Time: 35 mins Total Time: 4 hrs 35 mins Yield: 1 roast

### **Ingredients**

1/4 cup vinegar  
2 tablespoons sugar  
1/2 teaspoon pepper  
1/4 teaspoon garlic powder  
1 onion, minced  
1 teaspoon chili powder  
5 drops Tabasco sauce  
1/2 cup water  
1 teaspoon dry mustard  
1 1/2 teaspoons salt  
1 tablespoon lemon juice  
1/4 cup salad oil  
1/2 cup ketchup  
2 tablespoons Worcestershire sauce  
1 bear roast

### **Directions**

Mix all sauce ingredients except ketchup and Worcestershire sauce.  
Simmer 20 minutes, uncovered.  
Add ketchup 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.

From: <http://www.food.com/recipe/red-mountain-barbecued-bear-74956>

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## **Bear Venison Jerky**

### **Ingredients**

4 pounds of venison shopping list  
1 cup of barbecue sauce shopping list  
2 tablespoon of liquid smoke shopping list  
1 teaspoon of chili powder shopping list  
1 tablespoon of worcestershire sauce shopping list  
And just a few grains of cayenne pepper shopping list

### **Directions**

Cut meat into strips of your liking.  
Combine ingredients and marinate meat in the fridge over night.  
Dehydrator - go accordingly to your dehydrator's manual.  
Oven: Set oven to lowest temp., lay out on foil over racks and keep door propped open for ventilation.

From: <http://www.groupprecipes.com/83979/bears-venison-jerky.html>

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## **Black Bear Chili**

### **Ingredients**

4 cup dry black beans  
2 tbs cumin  
2 tbs oregano  
1/2 cup olive oil  
2 lbs flank steak, cut into cubes  
2 large onions, chopped  
1 green pepper, diced  
3 cloves garlic, minced  
4 1/2 tsp paprika  
1 tsp cayenne pepper  
1 tsp salt  
1 large can crushed tomatoes  
1/4 cup jalapenos, sliced  
1 red bell pepper 6 Oz  
Romano cheese, grated  
Sour cream  
Warm flour tortillas

### **Directions**

Place beans in large pot and cover with cold water. Bring to boil. Remove from heat and let stand 2hrs. Drain beans and return to pot. Add enough cold water to cover by 2in. Cover and bring to boil. Reduce heat and simmer until beans are tender about 2hrs. Add water as necessary. Drain beans into Dutch oven, reserving 3c liquid. Add 1 cup of liquid to beans. Heat olive oil in large skillet and brown steak. Add onions, green pepper, and garlic. Stir for 3min. Add spices and cook for 10min, stirring often. Mix in jalapenos and tomatoes. Bring to boil then add to beans. Add remaining reserved liquid to thin. Simmer covered 1/2hr. Serve over tortillas. Top with sour cream, Romano cheese, and diced red bell peppers.

From: <http://www.chilicookin.com/Recipes/Web/Bear.htm>

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## **Bear Sausage**

### **Per pound of meat**

1/4 lb. pork fat  
1 tsp. salt  
1/2 tsp. dried parsley  
1/4 tsp. rubbed sage  
1/4 tsp. ground black pepper  
1/4 tsp. dried thyme  
1/4 tsp. crushed red pepper  
1/4 tsp. coriander

### **Directions**

Run meat through grinder to desired consistency. Mix pork fat evenly. In a bowl, combine salt, parsley, sage, pepper, thyme, red pepper, and coriander. Sprinkle evenly over ground meat mixture and mix with hands to distribute evenly throughout.

It is important to note that bear meat can carry the trichinosis parasite also once found in raw pork; therefore it must be cooked thoroughly in order to kill it.

From: <http://queensofcamo.com/bear-sausage-recipe-great-for-biscuits-and-gravy/>

## **Black Bear Meatballs**

### **Ingredients**

A pound or two of ground black bear meat  
1 egg  
1/4 cup or so bread crumbs  
1/4 cup or so grated Parmesan cheese  
Salt and pepper  
Couple tsp. Italian seasoning (or parsley, thyme, etc.)

### **Directions**

Combine everything above and form into little meatballs. Heat a skillet with olive oil over medium-high heat. When hot, add meatballs and turn frequently to brown the outside. Add pasta sauce (we used Vodka sauce, but you could use red sauce or anything) into the pan and simmer over low until the meatballs are cooked through. Serve this all over pasta.

From: <http://alaskagraphy.wordpress.com/2012/06/10/black-bear-recipes-part-ii/>

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## **Bear Meat Loaf**

### **Ingredients**

2 lbs ground bear-meat  
½ cup milk  
2 eggs  
¼ tsp thyme  
¼ tsp oregano  
¾ cup tomato sauce  
1 cup onions (minced)  
1 ½ cups dry mustard  
1 small can mushrooms  
1 cup breadcrumbs  
½ finely chopped green pepper  
salt and pepper to taste

### **Directions**

Mix all ingredients well and place in a roasting pan. Pre heat oven at 350° and bake for 45 minutes. Remove from oven and spread ketchup/BBQ sauce over the top. Replace in oven and bake for another 15 minutes till done. Serve warm.

From: [http://www.huntingtipsandtricks.com/a/Bear\\_Meat\\_Recipes](http://www.huntingtipsandtricks.com/a/Bear_Meat_Recipes)

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## Corned Bear

This recipe can be used for any cut of meat, but it is especially useful for turning those less tender portions of the animal into melt-in-your-mouth deliciousness. The brining process takes seven days, but is not labor intensive. Eat hot or cold, by itself or on a sandwich with rye bread and mustard, or make some corned hash. It doesn't get much better than this.

**Prep Time:** A long time, but it takes little effort and is definitely worth the wait.

**Cook Time:** 3-4 hours

**Servings:** A whole bunch!

### Ingredients

2 quarts of distilled water

1/2 cup of canning or pickling salt

1/2 cup of tenderizing salt

3 tablespoons sugar

2 tblsp mixed pickling spices (You can find this in the spice aisle of most grocery stores)

2 bay leaves

8 whole black peppercorns

2 cloves of garlic, minced

3-5 pounds of bear, venison, or moose meat

### Directions

Combine the water, salt, sugar, pickling spices, bay leaves, peppercorns, and garlic in a bowl. Mix until ingredients are dissolved.

Put the mixture in a boiling pan and bring to a boil for 2 minutes, then cool.

If you have a meat syringe, it is recommended to inject some of the brine solution into the center area of the cut of meat. (This is optional, but does produce a corned flavor throughout the whole cut of meat.)

In a large zip-close storage bag or container with lid, submerge the meat in brine solution.

Marinate in the refrigerator at least seven days, turning the meat daily.

When you are ready to cook it, rinse off the brine solution with fresh water and cover the meat with water in a pot just large enough to hold it and cover it with water.

Bring water to a boil, and then reduce the heat, simmering until tender, about 3-4 hours.

Serve hot or cold with your favorite garnishings.

From: <http://www.foxworthyoutdoors.com/blog/wild-game-recipe-of-the-week-corned-bear-venison-or-moose>

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# Bear Meat Quiche

## Directions

Line a 9 x 9 baking pan or pie plate with pie crust

Layer: (don't mix)

## Ingredients

2 cups of shredded cheese on top of the crust.

1 pound of precooked bear sausage on top of the cheese.

1 c chopped onions

2 c sliced fresh mushrooms

6 eggs, scrambled with 1 oz cream or milk per egg

Salt and pepper to taste

Bake for 45 to 60 minutes at 350°. It's done when a knife removes cleanly from the center. Let cool 10 minutes before cutting.

From: <http://robinfollette.com/bear-meat-quiche/>

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