



BLACK BEAR RECIPES



Bear Meat Loaf

Ingredients

2 lbs. bear burger	3 eggs, beaten
1 tbsp. dry minced onion	¾ cup seasoned breadcrumbs which have been mixed with crushed cornflake crumbs
1 tbsp. parsley flakes	
½ tsp. garlic powder	
1 regular size can tomato soup, undiluted	2 tbsp. Kikkoman's Teriyaki Sauce

Directions

1. Mix well and place in a greased large loaf pan or baking dish.
2. Shape into a loaf and top with pan spray.
3. Bake at 350° for approximately 1 hour. Place foil over the top until the last 20 minutes.

From: Diana Spear

Bear Meat Loaf

Ingredients

2 lbs. ground bear-meat	¾ cup tomato sauce	½ finely chopped green pepper
½ cup milk	1 cup onions (minced)	salt and pepper to taste
2 eggs	1½ cups dry mustard	
¼ tsp. thyme	1 small can mushrooms	
¼ tsp. oregano	1 cup breadcrumbs	

Directions

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

From: http://www.huntingtipsandtricks.com/a/Bear_Meat_Recipes

Bear Meat Quiche

Ingredients

2 cups of shredded cheese on top of the crust	2 cups sliced fresh mushrooms
1 lb. of precooked bear sausage on top of the cheese	6 eggs, scrambled with 1 oz. cream or milk per egg
1 cup chopped onions	Salt and pepper to taste

Directions

1. Line a 9 x 9 baking pan or pie plate with pie crust.
2. Layer: (don't mix).
3. 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/>

Bear Roast

Ingredients

5 lbs. bear roast	¼ cup Kikkoman's Teriyaki Marinade
2 cloves garlic, sliced thin	1 large can cream of mushroom soup plus
1 large onion, chopped	1½ cans of water

Directions

1. Place in a large crockpot which has been sprayed with pan spray.
2. Add all the other ingredients and spray the top of the roast with pan spray to seal in juices and moisture.
3. Cook on low setting for 8-9 hours. Never cook bear meat on high.

You can also use the same ingredients minus a full can of water in a browning oven bag which is coated with tbsp. flour. Spray top of roast and seal bag with tie. Place in a pre-heated oven at 275° for 5 hours or so as needed.

From: Diana Spear

Bear Sausage Shepherd's Pie

Ingredients

1 ½ lbs. bear sausage (or bear burger if no sausage available)	1 can cream-style corn
1 medium chopped onion	1 can niblet corn
½ tsp. garlic powder	4 cups mashed potatoes
1 can of cream of mushroom soup	1 cup cheddar cheese, grated
	Butter, melted

Directions

1. Brown bear sausage with chopped onion and garlic powder until cooked well.
2. Add cream of mushroom soup (undiluted) and place in the bottom of a sprayed 13x9 baking pan.
3. Add a can of cream-style corn and a can of niblet corn over the top of the meat mixture.
4. Spread mashed potatoes over the top of the corn layer and top with melted butter and cover with foil.
5. Bake at 375° for 30 minutes until bubbly then remove foil and add grated cheddar cheese over the top and continue to bake for 20 minutes until cheese is melted and browned.

From: Diana Spear

Bear Sausage

Per pound of meat

¼ lb. pork fat	¼ tsp. rubbed sage	¼ tsp. crushed red pepper
1 tsp. salt	¼ tsp. ground black pepper	¼ tsp. coriander
½ tsp. dried parsley	¼ tsp. dried thyme	

Directions

1. Run meat through grinder to desired consistency. Mix pork fat evenly.
2. In a bowl, combine salt, parsley, sage, pepper, thyme, and coriander. Sprinkle evenly over ground meat mixture and mix with hands to distribute evenly throughout.
3. 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/>

Bear Venison Jerky

Ingredients

4 lbs. of venison shopping list	1 tbsp. of Worcestershire sauce shopping list
1 cup of barbecue sauce shopping list	And just a few grains of cayenne pepper shopping list
2 tbsp. of liquid smoke shopping list	
1 tsp. of chili powder shopping list	

Directions

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

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

Black Bear Chili

Ingredients

4 cups dry black beans	1 green pepper, diced	1/4 cup jalapenos, sliced
2 tbsp. cumin	3 cloves garlic, minced	1 red bell pepper 6 Oz.
2 tbsp. oregano	4½ tsp. paprika	Romano cheese, grated
1/2 cup olive oil	1 tsp. cayenne pepper	Sour cream
2 lbs. flank steak, cut into cubes	1 tsp. salt	Warm flour tortillas
2 large onions, chopped	1 large can crushed tomatoes	

Directions

1. Place beans in large pot and cover with cold water. Bring to boil. Remove from heat and let stand 2 hrs.
2. Drain beans and return to pot. Add enough cold water to cover by 2 inches. Cover and bring to boil. Reduce heat and simmer until beans are tender about 2 hrs. Add water as necessary.
3. 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.
4. Add spices and cook for 10 min, stirring often. Mix in jalapenos and tomatoes. Bring to boil then add to beans. Add remaining reserved liquid to thin. Simmer covered 1/2hr.
5. Serve over tortillas. Top with sour cream, Romano cheese, and diced red bell peppers.

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

Black Bear Meatballs

Ingredients

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

Directions

1. Combine everything above and form into little meatballs.
2. Heat a skillet with olive oil over medium-high heat. When hot, add meatballs and turn frequently to brown the outside.
3. 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.
4. Serve this all over pasta.

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

Canned Bear Meat

Directions

1. Chop bear meat into 1-inch cubes and pack into quart jars to within 2 inches of top.
2. Add a half onion (cut up), ½ tsp. salt, and ¼ tsp. black pepper, and a clove of sliced garlic.
3. Pour hot water into jars to within 1 inch of top – run a knife down the inside of jars to release any air bubbles and add more water to reach the desired 1-inch space.
4. Wipe top of jar and place a hot lid and ring and tighten.
5. Place in a pressure cooker that holds quarters (I do 7 at a time and add 2 quarts of hot water to canner).
6. Place lid on canner and place pressure valve at 15 lbs. of pressure.
7. Turn on burner and when the canner pressure valve jiggles, time for the hour and it should jiggle approximately 3-4 times a minute which is controlled by the setting on the heated burner.
8. Shut off the canner and let cool for a couple of hours until the pressure is gone in canner.
9. Do not force the pressure out as it will loosen the lids and not seal properly.
10. You can do this in a water bath canner if you don't have a pressure cooker, but the water has to be at least 2-3 inches over the top of the jars, and it will need to be timed for 3 hours after it comes to a boil.

This is a handy way to have cooked meat available for stews or meat pies and can be thickened and have over mashed potatoes or noodles.

From: Diana Spear

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	2 bay leaves
1/2 cup of canning or pickling salt	8 whole black peppercorns
1/2 cup of tenderizing salt	2 cloves of garlic, minced
3 tbsp. sugar	3-5 lbs. of bear, venison, or moose meat
2 tbsp. mixed pickling spices (<i>You can find this in the spice aisle of most grocery stores</i>)	

Directions

1. Combine the water, salt, sugar, pickling spices, bay leaves, peppercorns, and garlic in a bowl. Mix until ingredients are dissolved.
2. Put the mixture in a boiling pan and bring to a boil for 2 minutes, then cool.
3. 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.)
4. In a large zip-close storage bag or container with lid, submerge the meat in brine solution.
5. Marinate in the refrigerator at least seven days, turning the meat daily.
6. 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.
7. Bring water to a boil, and then reduce the heat, simmering until tender, about 3-4 hours.
8. 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>

Crock Pot Bear Chili

Ingredients

2 lbs. bear steaks, cubed	1 can diced tomatoes
1 can red beans	1 can tomato sauce
1 can jalapeno black beans	1 can diced green chilis
1 lb. pork sausage	

Directions

1. First cube up all your bear steaks to a uniform size.
2. Add sausage and bear to your crock pot.
3. Add all the cans into your crock pot.
4. Cook on high for 4-6 hours or until the meat has finished cooking.

From: www.thisiswhyimfull.com/recipe/crock-pot-bear-chili-recipe/

Marinade for Skewered Bear Meat

Ingredients

½ cup soy sauce	1 tsp. curry powder	2 garlic cloves, mashed
1 tbsp. honey	1 tsp. chili powder	½ tsp. salt
¼ cup peanut oil	1 onion, large, finely chopped	¼ tsp. pepper
¼ cup lemon juice		

Directions

1. Cut bear meat into bite-size pieces.
2. Mix all the ingredients together and put into a plastic zip lock bag or glass bowl with lid.
3. Add bear meat and place in fridge for several hours turning to coat as needed.
4. Soak skewers in water for an hour and thread bear meat onto skewers along with any veggies you may want or the bear meat alone.
5. Grill to your preference of doneness.

From: <https://www.geniuskitchen.com/recipe/marinade-for-skewered-bear-meat-126266>

Red Mountain Barbecued Bear

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

Ingredients

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

Directions

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

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

Teriyaki Jerky

Ingredients

3 lbs. boneless bear meat	1 tbsp. liquid smoke
1/2 cup Worcestershire sauce	1/2 tsp. salt
1/2 cup teriyaki sauce	1/2 tsp. pepper

Directions

1. Combine all wet ingredients together.
2. Add meat to wet mixture and soak in refrigerator overnight.
3. Sprinkle salt and pepper onto meat before drying it.
4. Smoke it on a low heat until dry, 5 hours or longer.
5. Rearrange racks periodically and add more wood chips when necessary.
6. When dried, sprinkle jerky with salt and pepper to taste.
7. Refrigerate jerky for storage.

From: https://www.state.nj.us/dep/fgw/pdf/bear_recipeguide.pdf

WildCheff's Root-Bear Barbacoa

Ingredients

1½-2 lbs. of bear meat, trimmed of sinew and cubed
½-1 tbsp. of WildCheff blackening seasoning
2 tsp. of WildCheff roasted garlic powder
WildCheff Mexican oregano, to taste
1 tbsp. of brown sugar
WildCheff lime olive oil
½ large sweet onion, small sliced into half moons

3-4 garlic cloves, minced
juice of 1 lime
2 cups veal stock (beef can be substituted)
1 all-natural root beer (made with unrefined cane sugar) or Not Your Father's Root Beer

All WildCheff products available at WildCheff.com

Directions

1. Place the cubed bear meat into a large bowl.
2. Season the meat by coating with lime olive oil, followed by blackening seasoning, roasted garlic powder, Mexican oregano, and brown sugar.
3. Place 1-2 tablespoons of lime oil into a small porcelain-coated cast iron pot. Heat the oil over medium high heat, and then add the meat to the pot.
4. Sear the meat so it is browned and then remove.
5. Add onions and cook until they are past the raw stage, then add the minced garlic. Stir until fragrant (about 2 minutes).
6. Add the meat and juices back to pot, followed by the stock, root beer, and lime juice.
7. Bring to a boil, and then lower to a simmer and cover pot.
8. Braise meat for 90-120 minutes until tender enough to shred. (You may need to add more stock during the cooking process).
9. Allow meat to cool. Shred with two forks and use for your favorite recipe ideas.

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