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## *CHEF JOHN FOLSE'S BRAISED TEAL DUCK*

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**Prep Time:** 3–3½ Hours

**Yields:** 6 Servings

**Comment:**

From the moment I tasted this teal recipe, I knew I had to have it, but I had to wait until hunting season was over for my friend Chip Veillon to write it out for me. Hunters are a focused bunch! Chip suggests a feeding syringe for getting the seasoning mixture into the breast (check at medical or farm supply stores). A pastry bag would work in a pinch, though.

**Ingredients:**

12 teal ducks, dressed

1 cup diced onions

½ cup diced celery

¼ cup diced green bell pepper

¼ cup diced red bell pepper

¼ cup chopped garlic

½ cup green onion sausage or ground pork

Creole seasoning to taste

½ cup vegetable oil

1 cup red wine

3–4 cups chicken stock

**Method:**

In a food processor or blender, purée onions, celery, bell peppers and chopped garlic. Add sausage or ground pork and continue to blend. Add Creole seasoning to taste. Mixture should be a smooth paste, thin enough to pass through a large syringe, but not liquid. Set aside. Season teal inside and out with Creole seasoning. Starting from the back, run a sharp knife along each side of the sternum, being careful not to break the skin on the front of the breast. Fill syringe with puréed mixture and inject into each side of breast until it “puffs up.” In a large pot, heat vegetable oil over medium-high heat then place teal, breast side up, in pan. Brown 7–8 minutes then rotate and brown breast an additional 7–8 minutes. Deglaze the pan with wine and allow to steam 6–8 minutes. Add enough chicken stock to cover birds three-quarters of the way. Bring to a boil then cover and reduce to simmer. Cook 2–3 hours or until backbones start to become defined. Add water or chicken stock as necessary to keep pot from drying out. Remove from heat and serve hot with pan juices.

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## *CREOLE MIRLITON AND SHRIMP CASSEROLE*

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**Comment:**

Here, we take a traditional vegetable of Bayou Country and give it a different twist by mixing it with shellfish. The result is a delicious, simple dish that is fit to feed any hunting or fishing crowd.

**Ingredients:**

8 medium mirlitons (Chayote squash), halved lengthwise and seeded  
2 pounds (70–90 count) shrimp, peeled and deveined  
2 tbsps liquid crab boil  
¼ pound butter  
3 cups diced onions  
1 cup diced celery  
½ cup diced red bell peppers  
½ cup diced yellow bell peppers  
¼ cup minced garlic  
salt and black pepper to taste  
granulated garlic to taste  
1 cup thinly sliced green onions  
¾ cup chopped parsley  
2–3 cups seasoned Italian bread crumbs, divided

**Method:**

Preheat oven to 350°F. Place mirliton halves in a large pot and cover with salted water and crab boil. Bring to a boil over medium-high heat and cook approximately 45 minutes or until tender. Drain mirlitons and discard water. Scope out meat from shell and mash the pulp then set aside. NOTE: If the skin of the mirliton is smooth and soft, you may incorporate it into the casserole along with the pulp rather than scope out the meat from the shell. In a large, heavy-bottomed skillet, melt butter over medium heat. Add onions, celery, bell peppers and minced garlic then sauté 5–7 minutes or until vegetables are wilted, stirring occasionally. Add shrimp and cook 5–7 minutes or until pink and curled. Add mirliton pulp then season to taste with salt, pepper and granulated garlic, mixing well. Cook 30 minutes, stirring occasionally. Add green onions and parsley, mixing well. Transfer mixture to a greased 9" x 13" casserole dishes and sprinkle with 2 cups bread crumbs. NOTE: Additional bread crumbs might be needed to achieve desired texture. Bake 30–40 minutes or until golden brown. Remove from oven and let rest 10 minutes before serving.

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## *Don's Hungarian Mushroom Soup*

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1 pound mushrooms, thinly sliced  
2 T. Olive Oil  
6 cups beef stock  
2 cups heavy cream  
1 cup sour cream  
2 T. paprika (go light)  
1/2 T. dill  
2 T. flour  
salt and pepper to taste

Sautee mushrooms in olive oil over high heat until slightly browned, then reduce heat and add paprika and flour, stirring until no lumps remain. Add beef stock and cream and simmer, uncovered for 15 minutes. Just before serving, add sour cream, dill, and salt and pepper. Serve with a dollop of sour cream on top if you like.

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## *DR. WATER'S BBQ GOOSE*

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Place in a crock pot:

3 goose breasts (6 half breasts)

One package of onion soup and enough water to cover meat

Cook on low for 8-12 hours

Remove meat and allow to cool (discard onion soup)

Shred meat with 2 forks (check for shot)

Place meat in crock pot with BBQ sauce and reheat

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## *DUCK TERIYAKI*

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1. Cut duck breast cross grain to size of little finger.
2. Soak in Teriyaki sauce 4-24 hours
3. Cook 3 minutes

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## *FRY'S GOOSE JERKY RECIPE*

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YOU WILL NEED:

3-geese = 6 breasts  
1/3 c. Worcestershire sauce  
¼ c. salt  
½ c brown sugar  
1 T. onion powder  
1 T. garlic powder  
1 T. black pepper  
1 T. Cajun spice  
½ T. cup liquid smoke (if making in oven)

Cut ¼" thick pieces (go w/ grain of meat)

Put all ingredients in 1 gallon Ziploc bag and refrigerate for 48 hours

In Smoker for 8-12 hours; OR low set oven for 3-4 hours

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## *BOB'S GOOSE RECIPE*

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**Slice goose breasts**

**Ingredients**

**Extra light olive oil (Bertolli)**

**Kikkoman soy sauce**

**McCormick Montreal Steak Sauce**

**Mix**

**9 oz. olive oil**

**4 tablespoons soy sauce**

**2 handfuls steak seasoning**

**Mix marinade, allow to set 15 min.**

**Handful of strips in marinade and stir. Leave in 4-5 hours.**

**Never add soy, can add oil and seasoning for more strips**

**Heat strips to room temp before put on grill**

**Grill to maximum heat**

**Sear 2 min. turn and sear 2 min.**

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## *SWEET FARRE (FARCE) DRESSING*

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**Prep Time:** 3–3½ Hours

**Yields:** 8–10 Servings

**Comment:**

In many Cajun and German communities of the River Road west of New Orleans, “farre” (a mispronunciation of the French “farce” meaning forcemeat or dressing) was often seen as a sandwich spread at weddings, parties and funerals. This is one of our many variations, which includes sweet potatoes and is undoubtedly from the German Coast of Louisiana.

**Ingredients:**

2 cups shredded sweet potatoes  
1½ pounds ground beef  
1½ pounds ground pork  
½ pound chicken livers  
1 quart chicken stock  
2 cups diced onions  
1 cup diced celery  
½ cup diced green bell peppers  
¼ cup diced red bell pepper  
2 tbsps minced garlic  
1 cup sliced green onions  
½ cup chopped parsley  
salt and black pepper to taste  
granulated garlic to taste

**Method:**

In a cast iron skillet, sauté ground beef and pork over medium-high heat. Cook 30 minutes, chopping occasionally until meat is golden brown and grains are separated. This process is extremely important, as the slow browning method will increase flavor in the finished dish. While meat is browning, poach livers in chicken stock for approximately 20 minutes. Drain livers and reserve stock for later use. Once meat is browned, add livers, onions, celery, bell peppers, minced garlic and sweet potatoes. Sauté 12–15 minutes or until vegetables are wilted, stirring occasionally. Using side of cooking spoon, chop livers into meat mixture. Reduce heat to simmer and add stock as necessary to retain moisture. Simmer 2 hours, stirring occasionally until meat is extremely tender and sweet potatoes have disappeared. Continue to add stock as needed. Stir in green onions and parsley. Season with salt, pepper and granulated garlic. The final consistency should be soft and tender. This dish can be mixed with an equal amount of cooked white rice and used as a stuffing or dressing.