

# Eat Game? Eat Fish? Want to?

In celebration of the culinary bounty of fish and game found in New York State, this web resource offers recipes and information based on fish and game that is currently or soon to be in season.

Check it out at www.wildharvesttable.com!



Cornell Cooperative Extension provides equal program and employment opportunities.



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#### Slow-Cooked BBQ Canada Goose

Breast meat from 1 goose, about 2 lbs., boneless and skinless, or duck breasts 1 large onion, chopped 3 cloves garlic, crushed 2 – 4 cups apple cider juice or chicken stock favorite barbecue sauce

Place goose breasts in a slow cooker and add the onion, garlic, and enough juice or stock to cover the meat. Simmer on low heat for 6-8 hours. This can also be done in a Dutch oven or braising pan placed in the oven at 300 degrees for 3+ hours (make sure the liquid does not cook off). The meat should be tender and easily shredded when done. Remove the goose meat from the pan and shred the meat. Discard the cooking liquid and veggies. Mix the goose meat with your favorite BBQ sauce and heat through. Great for sandwiches. Serves about 8.

Nutriti Serving Size 3 of Servings Per Co	Z.		cts —
Amount Per Serving			
Calories 160	Cald	ories fron	n Fat 40
		% Da	aily Value*
Total Fat 4.5g			7%
Saturated Fat	0.5g		3%
Trans Fat 0g			
Cholesterol 90mg 30%			
Sodium 60mg 3%			
Total Carbohyd	rate 2	2g	1%
Dietary Fiber	0g		0%
Sugars 2g			
Protein 28g			
Vitamin A 0%	• '	Vitamin (	2%
Calcium 0%	•	Iron 35%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Saturated Fat Les Cholesterol Les	s than s than s than s than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

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Servings Per	3 oz. Contain	er ~8	
		0. 0	
Amount Per Serv			
Calories 160	Cal	ories fron	n Fat 40
		% Da	ily Value
Total Fat 4.5	g		<b>7</b> %
Saturated I	Fat 0.5g		3%
Trans Fat (	)g		
Cholesterol	90mg		30%
Sodium 60m	g		3%
Total Carboh	ydrate	2g	19
Dietary Fib	er 0g		0%
Sugars 2g			
Protein 28g			
Vitamin A 0%	•	Vitamin (	2%
Calcium 0%	•	Iron 35%	
*Percent Daily Va diet. Your daily va depending on you	lues may b	e higher or l	
Saturated Fat Cholesterol		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

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N	utı	riti	on	Fa	cts
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Serving Size 3 oz. Servings Per Container ~8

Amount Per Serving	g
Calories 160	Calories from Fat 40
	% Daily Value
Total Fat 4.5g	7%
Saturated Fa	t 0.5g 3%
Trans Fat 0g	
Cholesterol 90	mg <b>30</b> %
Sodium 60mg	3%
Total Carbohyo	drate 2g 1%
Dietary Fiber	0g <b>0</b> %
Sugars 2g	
Protein 28g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	• Iron 35%
*Percent Daily Values	s are based on a 2,000 calorie

diet. Your daily values may be higher or lower

Calories:

Less than

Less than

Less than 65g

Fat 9 • Carbohydrate 4 • Protein 4

2,000

20a

300ma

300g

25g

2,400mg

80g

25a

300mg

2,400mg

375g

30g

depending on your calorie needs

Saturated Fat Less than

Total Fat

Sodium

Cholesterol

Total Carbohydrate

Dietary Fiber Calories per gram

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## **Nutrition Facts**

Serving Size 3 oz. Servings Per Container ~8

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Amount Per Serving	3	
Calories 160	Calorie	s from Fat 40
		% Daily Value*
Total Fat 4.5g		7%
Saturated Fat	t 0.5g	3%
Trans Fat 0g		
Cholesterol 90	mg	30%
Sodium 60mg		3%
Total Carbohyo	Irate 2g	1%
Dietary Fiber	0g	0%
Sugars 2g		
Protein 28g		

# Vitamin A 0% • Vitamin C 2% Calcium 0% • Iron 35%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydra	300g	375g	
Dietary Fiber		25g	30g
Calories per gra	m·		

Fat 9 • Carbohydrate 4 • Protein 4