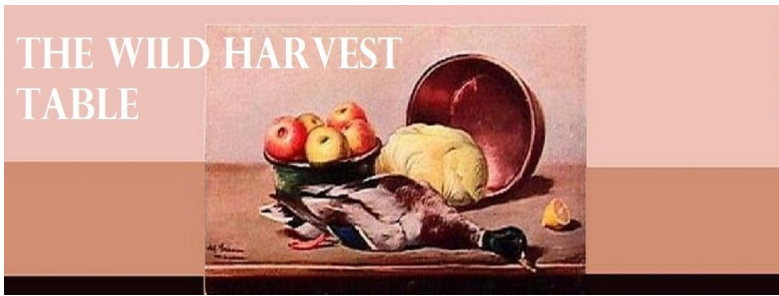


Eat Game? Eat Fish? Want to?



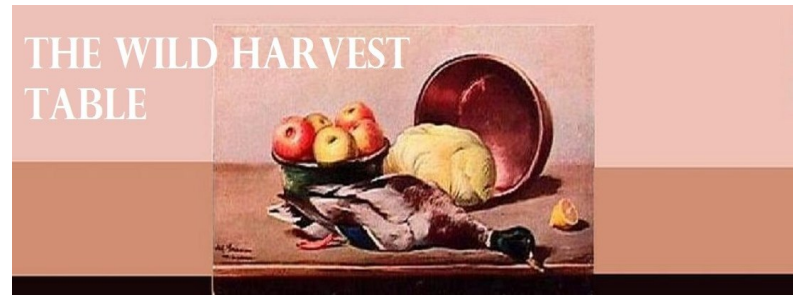
In celebration of the culinary bounty of fish and game found in New York State, this web resource offers recipes and information based on fish and game that is currently or soon to be in season. Check it out at www.wildharvesttable.com!



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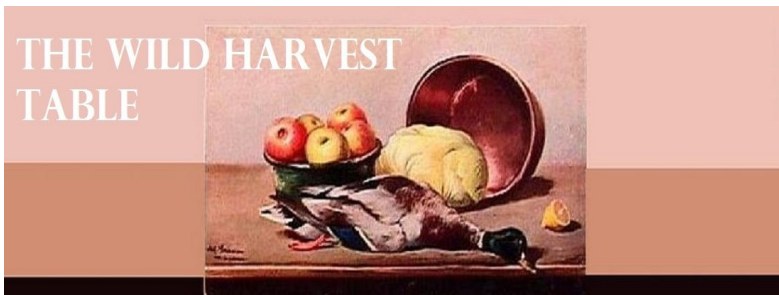
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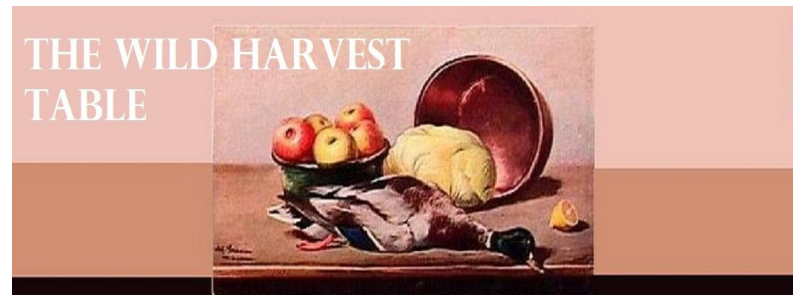
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Squirrel Braised in Apple Cider

- 1 T. butter
- 1 T. olive oil
- 2 cleaned squirrels cut in pieces (thighs and midsection) and very lightly floured
- 1 small onion or shallot, diced
- 2 medium carrots, diced
- 1-1/2 cups apple cider
- 1/4-1/2 t. dried thyme
- 1 bay leaf
- salt and pepper to taste
- 2 medium cooking apples, cored and quartered



In a Dutch oven or similar braising pan, melt butter and olive oil over medium heat. Add squirrel pieces and brown on all sides. Add onions and carrots and cook for 3-5 minutes. Stir in cider and scrape up any brown bits in the pan. Add thyme, salt, pepper and bay leaf. Reduce heat and cover, braising until squirrel is tender and cooked through, about 45 minutes. Add apple pieces on top, cover and cook an additional 15 minutes, until apples are tender. Remove the squirrel pieces and take the meat off the bone (it should easily fall off at this point). Place the meat back in the pan and increase the heat, bringing the cooking liquid up to a gentle simmer. Reduce the cooking liquid to a nice thick sauce (about 5 minutes). The mixture can be served on toast or crackers as an appetizer or served over whole grain rice as a main course.

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