The background of the cover is a rustic kitchen scene. A wooden wall is covered with several hanging copper pots and lids. On a shelf, there are fresh herbs, including a bunch of dill and a head of green cabbage. To the right, a whole rabbit is hanging vertically by its hind legs. In the foreground, a copper pot sits on a blue metal stove with a blue flame. A wooden spoon lies on the surface to the left.

THE WILD GAME COOKBOOK

Simple Recipes for
Hunters and Gourmets

gestalten

MIKAEL EINARSSON
HUBBE LEMON



Preface

It's hard to put into words what it is that makes hunting so special. It may be a cliché, but there is something primal and original about hunting. To seek out, kill and cook a wild animal. But that it feels primal is not the same as it necessarily being barbaric or uncivilised. On the contrary. Hunting requires organisation, discipline, self-awareness, a great deal of knowledge and also an ongoing ethical debate in your head. Hunting is euphoria and heart palpitations, stillness and sadness, silence and explosions.

It is easy for two hunters to understand each other. You don't have to explain to another hunter why you can willingly go up into the hog pen to sit gazeless and dead silent in a lonely hunting tower for hours with lashing rain on your face and icy toes. Why you can ski for hours over a lack of shear over a white jumpsuit and crack a smile as a grouse disappears over the treetops. Why you don't flinch when your hunting companion carves up the hanging buck from belly to neck, letting gravity make the entrails and organs fall out of their own accord. Maybe it's a question of how close you want to be to nature. For some, the hunt is too intrusive, for us it adds a value that we find hard to find elsewhere.

That's probably the contrast hunters are looking for. Between the gaze that scouts for movement in the forest fringe and the gaze that seeks a free parking space in the chaos outside the supermarket. To be able to exchange the sound of the subway squeaking for the crackle of birch chips in the fire.

For those of you who are already hunters, this book aims to ignite your interest in cooking really good game meat. "The better the cook, the better the hunter" may not have been said by any wise person, but we think it is. If you do everything you can to make the end product as good as possible, you will also make sure you shoot really well. Learning more about game cooking means that less game meat needs to be minced unnecessarily.

If you feel you can get something enjoyable out of all the elements of hunting - preparation, practice, the hunt itself and the work of finding and cooking the animal - then hunting really is for you, and you have a lifetime of companionship, beautiful nature experiences and good dinners ahead of you.

/Mikael & Hubbe

HUNTING & COOKING



**Preparation time**

30 minutes

Cooking time

about 18 hours

Enough for

6-8 servings

Roastbeef (elk meat)

approx. 1 kg of frozen beef

1 litre of water

50 g salt

50 g Japanese soy

1 tbsp caster sugar

1 clove of garlic

1 tsp crushed black pepper

1 tsp dried thyme

Pickled red onion

2 red onions

2 dl water

1 dl vinegar spirit, 12 %

1 dl caster sugar

Panzanella

8 slices of day-old bread

6 red tomatoes

6 yellow tomatoes

1 cucumber

1 ½ dl red wine vinegar

1 ½ dl olive oil

2 dl pickled red onions,
see next page

1-2 bunch green asparagus,
cooked

8 grilled lettuces

heads

4 shredded spring onions

fresh herbs, e.g. basil,
chervil, parsley

salt and black pepper

Roastbeef on Panzanella

A perfect summer dish if you have a piece of moose roast beef left in the freezer. I'm very fond of bread in all forms, and if you haven't tried making a salad on day-old bread, I really think it's time to try a panzanella.

Roastbeef

Set the oven to 70 degrees.

Place the frozen meat in an ovenproof dish. Place the meat in the oven and cook for about 8 hours.

Bring the marinade ingredients to a good boil and then leave to cool. Place the baked meat in a bowl and pour the marinade over it. It is also possible to place the meat in a vacuum bag or a sealable plastic bag. Leave the meat to marinate in the refrigerator for at least 10 hours. Dry the meat with some kitchen paper, cut into thin slices and serve.

Pickled red onions

Peel and shred the onion. Measure the remaining ingredients into a saucepan and bring to a good boil. Put the onions in a jar and pour the hot mixture over them. Leave to cool and store in the fridge.

Panzanella

Dice or grate the bread into coarse pieces and place in a large bowl. Wash and slice the tomatoes and cucumber and add to the bread. Add the vinegar, olive oil, salt and pepper. Add the other ingredients and mix. Season to taste and serve with the meat.

**Preparation time**

40 minutes

Cooking time

30 minutes

Enough for

4 servings

Elk steak600-800 g elk steak
oil and butter
salt and black pepper

1 shallot

1 tbsp butter
2 tbsp brandy3 dl wild game stock,
see page 78**Fried asparagus**1 bunch of green
asparagus
lemon juice
butter
salt and black pepper3 dl whipping cream
1 teaspoon of pickled
green peppersherry vinegar
lemon juicepossibly cornstarch
salt**Green pepper sauce**1 tbsp whole black pepper
2 tbsp chopped pickled
green pepper**To serve**

freshly fried French fries

Elk steak with green pepper sauce

Elk steak

Very often it is the sauce that determines whether a dish is good or a smash hit. So take the time to make the sauce properly, and the moose steak and accompaniments will really come into their own. However, the green pepper sauce contains not only green pepper, but also black pepper, which has a little more bite than the green variety. To soften the black pepper, I quickly blanch it twice so it doesn't become dominant.

Set the oven to 150 degrees.

Trim any sinews from the meat. Cut the steak into 4 portions.

Fry the steaks in equal parts of butter and oil in a frying pan over a high heat until golden brown. Season with salt and pepper. Place the steaks in an ovenproof dish and bake the meat in the middle of the oven until the internal temperature is 48 degrees (for a final temperature of 56 degrees). Remove the meat and let it rest for at least 5 minutes before serving.

**Preparation time**

30 minutes

Cooking time

1 ½ hours

Enough for

4 servings

Tomato sauce

½ carrot

¼ celery stalk

1 banana shallot

2 cloves of garlic

100 g pancetta

1 dl red wine

2 dl game stock, see page 78

1 tbsp dried oregano

2 cans of 400 g whole

peeled tomatoes

olive and rapeseed oil

salt and black pepper

Meatballs

600 g wild boar mince

½ dl breadcrumbs

½ dl dry white wine

2 eggs

½ clove of garlic

1 ½ dl grated parmesan

2 tsp dried oregano

2 tsp salt

black pepper

To serve

freshly cooked pasta

grated parmesan

shredded basil

grated lemon zest

olive oil

black pepper

Wild boar meatballs in tomato sauce

Tomato sauce

I often make this dish at home. It's a version of Sunday sauce, and for me it's exactly what the name suggests: a really cosy Sunday afternoon at home in the kitchen with tomato sauce simmering in the back of the stove. Feel free to cook it for a long time, but remember to dilute it with more stock or water from time to time. At about the same time as it's time to put the pasta water on, finish off by adding the meatballs.

Peel and dice the carrot into fine cubes, about 3 x 3 mm. Rinse and dice the celery in the same size.

Peel and finely chop the onion and garlic. Finely dice the pancetta.

Brown the carrot, celery, onion, garlic and pancetta in equal parts rapeseed and olive oil in a high saucepan or cast-iron pan for about 4-5 minutes over medium heat, stirring.

Pour in the wine and bring to the boil. Then add the game stock, oregano and tomatoes and bring back to the boil before reducing the heat to low. Simmer about 1 hour with the lid ajar, adding water if necessary.

about 1 hour with the lid ajar, adding water if necessary.

Hasselback potatoes

Set the oven to 225 degrees. A trick when cutting hazelnut baking potatoes is to put the potatoes in a wooden spoon so that you don't cut through and split the potatoes. Another trick is to smooth the bottom of the potato so it sits more firmly on the cutting board. Cut thin slices without cutting through the potato completely. Rinse the potatoes in cold water and let them dry on paper towels. Grease an oven dish or pan with a small amount of butter. Add the potatoes, making sure they are fairly close together to ensure even baking. Salt the potatoes and top with the rest of the butter, add 2 whole cloves of garlic to the pan. Bake the potatoes for 20-30 minutes, removing and occasionally brushing the potatoes with the butter. Spread the breadcrumbs over the potatoes after half the time and bake until the potatoes are done and have a nice golden brown colour.

Café de Paris-butter

Dice the butter and place in a bowl. Leave the butter to room temperature (takes about 1 hour). Finely chop the onion and garlic and place in a pan with the oil and curry. Let it sweat on medium heat for a few minutes. Remove from the heat and mix all the ingredients with the butter. Stir or whisk lightly to mix everything well. Serve the butter as it is or make rolls using butter paper and put in the fridge so that you can cut slices of the butter when serving.

French beans & vinaigrette

Peel and finely chop the onion. Place the onion in a bowl and add the Dijon mustard, vinegar, salt and sugar. Whisk until the salt and sugar are dissolved. Add the rapeseed oil and olive oil a little at a time, continuing to whisk so that the vinaigrette emulsifies (thickens). Finish with tarragon and a few strokes of the black pepper mill. Shred the beans and boil them in plenty of salted water for about 2 minutes. Drain the beans in a colander and add them to the vinaigrette, stirring to mix the beans well with the vinaigrette.





Dragon Mayonnaise

Peel the tarragon and remove the coarsest stems. Heat the oil in a saucepan over medium heat until 60 degrees. Pour the hot oil over the tarragon and blend in a blender or with a hand blender for about 3 minutes. Strain the oil and leave to cool. Put the egg yolk in a bowl and add the salt, vinegar and mustard. Whisk in the oil slowly. If the mayonnaise becomes very thick before all the oil is in, you can add a few drops of water. Continue until the oil is gone, seasoning with salt and a little freshly ground black pepper. Leave the mayonnaise in the fridge.

Tartar

Peel and finely chop the onion. Slice and dice the meat into very small cubes. Mix the meat with the onion in a bowl and season with a little olive oil, salt and pepper. Slice the bread in half and fry it in butter on both sides in a pan over medium heat. Place the bread on a platter, spread the meat on the bread and top with tarragon mayonnaise, chanterelles and grilled tomatoes.



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From the woods and the field to the table.
Delicious recipes for cooking game. Expertly
cooked and explained.

This is a recipe book for both the aspiring home cook and the hands-on gourmet who is prepared to reframe their view on wild game. *The Wild Game Cookbook* helps keen cooks rediscover this organic, sustainable, and versatile meat. The book features delicious recipes that range from fine dining, to everyday meals, insightful information of handling and preparation, and aesthetic photography.

WHAT TO EXPECT

- 39 easy, varied, and tasty game recipes using the whole animal
- Extensive information about the animals and preparation techniques
- Info on the necessities of game hunting and its environmental benefits

MIKAEL EINARSSON

is the chef of Brasserie Astoria in Stockholm. Einarsson has extensive culinary experience, having worked in a variety of kitchens. *The Wild Game Cookbook* is his fourth book and his first with gestalten.

HUBBE LEMON

is a forester, hunter and game manager at Skebo mill in Sweden. He has been hunting and fishing since he was 10 years old, and spends time in the forest throughout the year. This is his first book.

FALL 22



SAMPLE COVER

Biology & Ecology

Before the buck premiere on 10 August, I take out my 223 with full stock from the gun safe. I test fire, check the scope and pick up my game shoes, which I wash in well. At dawn or dusk I go out. The feeling is incredible because it's the first real hunt of the season. Sometimes the deer foglights a bit in the early morning and I finally see a lot of animals, deer on the snow and maybe a deer goat and kid out in a field. Now, though, it's only the deer buck that needs to be on the lookout for hunters. Often he stands and trembles in the bushes not far from the gun. Once he arrives, he's easy to identify by his horns, which incidentally make a nice trophy on the wall if you want.

Hunting seasons

I always take one dog with me, if I bring two dogs it tends to get a bit too mischievous. But you can also go out on your own. When I go often has to do with where the wind does go out in the summer. Have a buck in a certain wooded area by a field during the summer. It's usual over there. Otherwise, I just sit by a field and wait. It's a nice time to fiddle with your phone, right? It turns up, sometimes just 20 yards away from you. Keep watching.

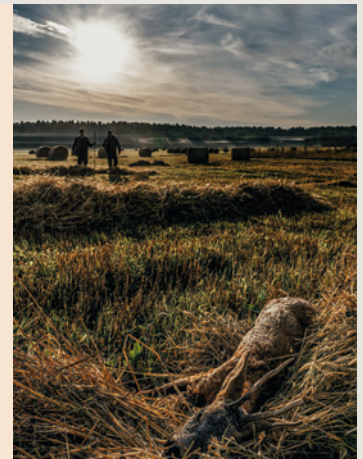
Hunting methods

With a gun, as usual, you need a good scope for a safe shot. Often there can be some very good shots in the top of a hunt. The buck may be standing still and grazing at 80 yards and you may be in a tower or have your rifle on a support leg. You should be able to spot an area the size of a coffee cup at that distance with no problem. The buck will probably collapse fairly immediately after the shot, but sometimes it will take off for a bit anyway. But don't take an unnecessary second shot if you know you should have hit it right. When you get to the shot site it will often give you some clues, if you find some hair, lung contents and light frothy blood it's a sign that you hit it well. You definitely don't want to find pieces of pipe from, which would indicate you hit a horn. If you have access to a large hunting ground, you can do more stalks and snuff from fields or fields, all the time focusing on the direction of the wind. But it's in the moments right it dawn and dusk that the opportunities present themselves, and since you can't be in several places at once, you have to be lucky. During the day, when it is warm, the buck stays in the woods or runs in some bushes.

Dog

Deer hunting with a dachshund or other driving dog is also a fun form of hunting. You release a dachshund that picks up scent on a deer, and since it moves fairly slowly, it's a quiet drive and the deer come quietly to the passenger's side.

The Cook & the Hunter



Preparation time
30 minutes
Cooking time
20 minutes
Enough for
2 servings

Fried pigeon breast
4 pigeon breasts
butter

Curry & garlic oil
1 clove of garlic
1 tbsp rapeseed oil
2 tsp curry
1 tbsp browned butter
1 tbsp olive oil
salt and black pepper

Curried vegetables
1 yellow courgette
1 green courgette

1/2 hand of cauliflower
salt and black pepper
1 x 6 curry sauce
1 yellow onion
1 green apple
1 green onion
1/4 white wine
2 dl chicken stock
1 dl standard milk
1 dl whipped cream
1 dl pass
1 tbsp rapeseed lemon juice
2 tbsp butter
salt and black pepper

Pigeon breasts

The inspiration for this dish comes from chicken flavoured with curry. As the pigeons have been attracted to a pea patch. Freshly harvested peas are a natural accompaniment. In this recipe, I have plucked the birds to keep the skin. Ring-necked pigeons in particular have super-thick skin, but it's still always worth plucking the feathers by hand rather than just cutting off the breast meat. It both protects the meat and adds a little extra flavour to the dish. Think of plucking as a moment of resistance.

Fried pigeon breast

Brown the pigeon breasts skin side down in butter in a frying pan over medium heat. Season with salt and pepper. Brown the skin side for about 2 minutes, then reduce the heat to low and turn the breasts. Fry for about 2 minutes, the breasts should be cooked and the internal temperature is 48 degrees. Lift the breasts from the pan and let them rest for a few minutes before serving. Cut the breasts into two or three pieces and serve with the other accompaniments.

Curry & garlic oil

Peel and mince the garlic in a small recipient. Add the rapeseed oil and curry and fry slowly, stirring, for about 1 minute on a low heat. Remove from the heat, season with salt and pepper. Add hot browned butter and olive oil.