

The following recipes have been graciously provided, tested and approved by:



Bear Kabobs

Ingredients

- 1 3-4 lb bear roast cut into 1" squares
- 2 onions cut into 1" chunks
- 3 green peppers cut into 1" chunks
- 1 can of pineapple chunks
- 1 pack of mushrooms with stems individually cut in half
- 1 bottle of marinade (Chef prefers Dale's steak marinade)
- Steak seasoning (Chef prefers Montreal steak seasoning)
- 1 pack of 12" skewers

Directions

- Prep meat and coat with seasoning
- Pour marinade over meat and let it soak for at least 4 hours
- Prepare skewers with meat ,veggies, and pineapple, follow sequence until skewer is full
- Once all skewers are put together place on grill heated to 250° F
- Turn kabobs every 6-7 minutes
- Normal cook time is around 25 minutes

Tips from the Chef

- *The main key is not to let the flame get to close to the meat, when this happens, the meat overcooks.
- *If the flame does get to close to meat, use a spray bottle with water and occasionally mist the kabobs.

Crockpot Bear Ribs

Ingredients

1-½ rack of bear ribs

1 diced onion

Favorite dry rub (Chef prefers Honky Tonk Pig Rub)

Bottle of favorite BBQ sauce (Chef prefers Famous Dave's)

Directions

- The night before cooking you need to coat and thoroughly rub seasoning into meat
- Wrap ribs in saran wrap and place in refrigerator over night
- Next day place in crock pot and add the diced onion over top of ribs
- Coat ribs with BBQ sauce
- Cook on medium heat for about 5 ½ hours

Tips from the Chef

*If you like the sauce to be really thick, once the ribs come out of the crockpot you can add additional BBQ sauce and place in the oven at 350° F for 10-15 minutes.

Richard's Best Bear Recipe

Ingredients

Bear meat (roast meat)

Enough Coke or Pepsi to cover amount of meat you are using

Salt and Pepper

Your preferred spices and seasonings

Directions

- Prepare meat by cutting off the white membrane between the sections and cleaning thoroughly
- Cut meat into chunks
- Soak meat chunks in Coke or Pepsi for 24 hours in fridge (sounds strange but it is the deal, trust me)
- Remove meat, drain and season with salt and pepper and your favorite spices and seasoning
- Cook in oven covered (use a baking dish because you will collect juices) for 5 hours at 300° F
- Check meat after 3 hours and check for tenderness, you may want to cut the temperature back to 200°F to finish cooking (Don't be afraid to lower the temperature and cook longer, it will not make it tough, meat will shred apart when finished)
- Add more spices if you wish but not necessary, use your judgment on this
- Use the bear broth to make gravy

Tips from the Chef

*This is best recipe I have tried by far, and I have had some good ones. Sounds strange to use Coke or Pepsi but that is the trick.

* Use good meat, I would rather have less meat that is good than more that is not as good, I think that of all game.

*Homemade biscuits are the crowning touch.