



GOOSE / DUCK **POPPERS**

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PART OF THE
AHEIA "O.W.L. SERIES"

OUTDOOR WILDLIFE LEARNING

MODULE #10





Duck or Goose Poppers

Workbook



There are many variations of this recipe but one thing in common is that they all taste spectacular! These delicious appetizers go by many names but we call 'em "Poppers" because you "pop 'em in" and they are gone just like that!

Use the duck or goose you have, but many prefer to use birds that may have been "shot up" instead of those that were hit by that one single "magic BB". This is a great use for some of that less-than-perfect fowl, as there are numerous ways to cut and utilize the duck or goose breast. Either way... there is no excuse for ever letting waterfowl go to waste with this scrumptious recipe!

If you really enjoy spicy hot food, then instead of using pieces of jalapeño as done in this recipe calls for, use smaller jalapeño peppers and cut them in half, using a full half per popper. If you want extra heat you can leave the stem on and Whomever eats the popper can decide if they want to eat the stem, as it is an



extra hot portion of the pepper. In this recipe we remove the jalapeño seeds but they could be added back in, depending on your taste. Perhaps sprinkle them on the cream cheese and roll into the popper - experiment to your liking.

Ingredient List:

- 1/2 cup of cream cheese
- 1 package bacon
- Jalapeño or bell peppers - sweet or hot - your choice
- Red onion
- Duck or goose breasts (8 duck or goose breasts requires a full pound of bacon and yields about 24 poppers depending on the size you chop or slice them).

Marinade Ingredient List:

- Olive oil (approximately 1/3 cup)
- Red wine vinegar or white vinegar - balsamic can be too strong (approximately 3 tablespoons)
- Steak salt - or your favorite seasoning (approximately 1 - 2 teaspoons)
- Other options for marinades include French or Zesty Italian dressings
- Again... experiment and find what you enjoy best. Simply pour enough dressing into the bag or container to cover the meat and then allow time for the marinade to do its job.



How to Marinade:

Place the breast meat in a Ziploc bag or your favorite plastic container, ensuring all the meat is covered, for a minimum of 30 minutes to overnight. Experiment, but the author marinates the above recipe for 30 minutes to an hour.



Materials list:

- Toothpicks or small wooden skewers. The bigger the poppers the more you will need. (You may want to soak them in water for approximately 20 minutes to prevent them catching fire on the BBQ or in the oven.
- Sharp knife
- Cutting board



If jalapeño pepper seeds are a bother to you, it may be necessary to wear gloves when removing and discarding the seeds.



How:

1) Slice the goose or duck meat into $\frac{1}{2}$ " to $\frac{3}{4}$ " strips which will yield about 4 strips per breast on a duck and up to 6 strips per breast for a good size goose. Alternatively, you can cube the breast meat into approximately $\frac{3}{4}$ " to 1" pieces. Experiment and see which you like best.



2) Place into the marinade and let it sit in the fridge for the period of time you are comfortable with. You can use a pyrex dish and soak in the dressing as described or you can combine all the ingredients in a ziploc bag and let it sit. Once the marinade has done its job, you can remove the slices or chunks and start assembling the poppers.

3) Cover a bacon slice with cream cheese or alternatively, you can cut the cream cheese into chunks and place it on the bacon. Place the meat, a piece of jalapeño or bell pepper and a piece of red onion on the bacon and roll it up.



4) Once the roll is complete, skewer the assembly with a toothpick



5) Now you are ready to cook!

Be sure to cook them fast under high heat regardless if using a barbecue or oven. Grill on the barbecue a couple minutes per side (x 4) or place them on a pan or oven-safe dish if cooking in the oven, at 350 – 400 degrees.



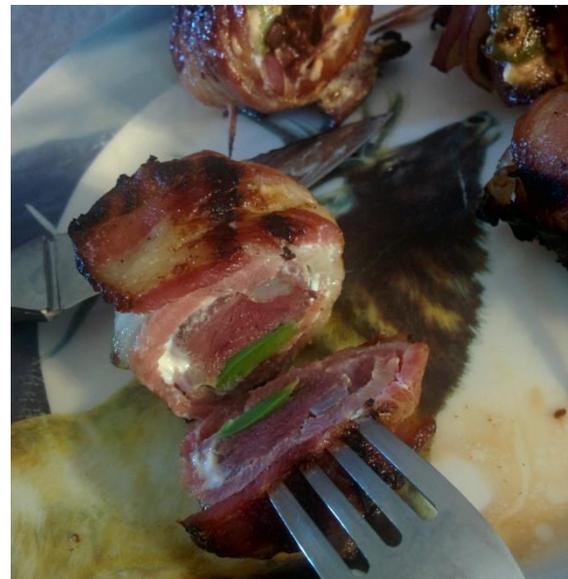
In the oven, allow approximately 4 minutes per side or until the bacon is crispy and browned. Turn them over once, then set the oven to broil and allow an additional few minutes to finish cooking. You can add a barbecue style sauce at this time if you wish.



6) Once they are done, remove from heat and allow them to rest for a minute or so. Serve the poppers hot - they are so much better fresh off the BBQ or out of the oven!



7) When the bacon is crispy the meat is generally medium rare to medium. Experiment and decide what you think tastes best.



Tips and ideas for experimentation:

- Do you like Cilantro? Chop some up and sprinkle it on top of the cream cheese where it will stick when you roll up the popper.
- Try some Monterey Jack cheese in addition to the cream cheese. You will be surprised at just how little of the cheese melts out of the popper, especially if you do a good job of rolling and skewering the bacon.
- If you prefer them really spicy - use jalapeño peppers from a jar. Yowsa!
- Some people like to use the jalapeño juice from the jar and add to the marinade.
- Don't touch your face after cleaning the seeds out of the jalapeño peppers.
- Try slicing water chestnuts and placing a slice on the roll up.
- Try a small slice of pineapple on the top of the finished product.



We hope that this Duck or Goose Poppers workbook will encourage you to try this tasty recipe, and with a little practice you will be expertly cooking them for grateful family and friends. Although other types of bird meat can be substituted, the strong waterfowl flavors combined with smoky bacon and the fervor of jalapeños create a perfect balance that is irresistible. These Poppers are a favorite of the AHEIA staff, and we guarantee they will soon become one of your favorites as well!

Enjoy!

For many other ideas or recipes, check out our colleagues at -

Harvestyourown.ca



This site is all about food. From mouth watering venison, to stuffed roast duck or pheasant snacks... you will find an abundance of recipes to make the most out of your wild game!

AHEIA offers numerous resources and training to ensure the safe and responsible use of the great outdoors.

Our mission is to

Make wildlife and fish part of the value system of every Albertan.

Courses, manuals, seminars and workbooks, such as this, proactively educate the user to be safe and to enjoy their wilderness experience while perpetuating Alberta's vast natural heritage.

This workbook is one in a series of informational, entertaining and proactive materials produced for Conservation Education.

For more information, or to review additional resources, please visit our website or contact us directly.

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