**Bear Swiss Steak**

- 2 pounds bear backstrap or steaks
- ½ cup all-purpose flour
- 1 large onion, thinly sliced
- 3 cloves garlic, minced
- ¼ cup bacon drippings
- 1 quart tomato juice
- ¼ cup dark brown sugar
- 3 tablespoons Worcestershire
- Fresh cracked black pepper to taste

Trim all fat off the meat. Pound steaks with a mallet to tenderize, and then dredge in flour. Fry steak on both sides in a skillet with bacon drippings. Combine remaining ingredients and pour over steaks in a 5-quart Dutch oven. Cover and cook at 325 degrees for 1½ hours, or until the meat is tender. Serve over mashed potatoes.

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**Crock Pot Bear Roast**

- 2 pounds bear shoulder roast
- 2 10-ounce cans Campbell's Condensed Golden Mushroom Soup
- 2 ¾ ounce packages of McCormick Brown Onion Gravy Mix
- Salt and pepper to taste

Trim every bit of fat off the roast. Salt and pepper the roast and place in a slow cooker. Add condensed soup and cook on low for 7 hours. Open slow cooker and skim fat off the top (there shouldn’t be much if you did a good job of trimming). Stir in gravy mix and cook an additional 30 minutes. Serve over rice or noodles.
Foil-Broiled Bear Steak

2 bear steaks, about 1 pound each
1 envelope dried onion soup mix
2 potatoes, quartered
2 onions, quartered
2 stalks celery, chopped
2 cloves garlic, minced
½ cup red wine

Place each bear steak on a large piece of foil. Sprinkle half the packet of onion soup mix over the top of each steak, and then top each one with half the vegetables, butter and wine. Fold the foil securely to hold in all the juices, then place on a grill or campfire coals providing medium heat. Cook 30 minutes, or until meat is well done, turning each packet several times to allow the juices to work through steak. Serves two to four.

Black Skillet Hash

1 cup onion, diced
½ cup celery, diced
3 tablespoons vegetable oil
1 large baking potato, peeled, diced
1 teaspoon paprika
1 tablespoon chopped celery leaves
1 tablespoon chopped parsley
3 cups cooked bear meat, cut in cubes
1½ cups beef broth
½ teaspoon dried thyme
1/8 teaspoon cayenne
½ teaspoon black pepper
1 teaspoon Worcestershire sauce

Combine onion, celery and oil in large cast-iron skillet. Cook over medium heat until vegetables are soft. Add the potato cubes and stir to coat with oil. Add paprika, celery leaves and parsley and heat one minute. Add the meat and mix ingredients well. Add broth and bring to a simmer. Add thyme, cayenne, black pepper, salt and Worcestershire sauce. Adjust the heat to maintain a steady simmer and cook, stirring occasionally, until the liquid has thickened, about 30 minutes. Serves three to six.

Bayou Bluff Bear Loin

4 pounds bear loin
2 teaspoons salt
2 teaspoons black pepper
1 bay leaf, crumbled
1 cup vinegar
½ cup water
½ cup vegetable oil
Lemon pepper seasoning
Butter

Place loin in a large zip-seal bag. Sprinkle with salt, pepper and bay leaf. Pour on vinegar, water and oil. Refrigerate for two days, turning meat once or twice daily. When ready to cook, wipe the meat dry and cut into 1½-inch-thick slices. Season with lemon pepper, and then sear both sides on a hot grill or under the oven broiler. Place a pat of butter on each piece of meat, then reduce heat and continue grilling or broiling until well done. Serves four to eight.

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