

Versatile recipes bring out the best in a duck

By Bob Hirsch

A friend of mine came home one day with a pair of Canada geese. A maiden aunt was visiting and one of his daughters decided to make her a goose down pillow.

So she helped pick the birds, whipped up a pillow on the sewing machine, stuffed it with down and sewed it shut.

The feathers from the geese were donated to a 6th grade school teacher and her class used them to make all sorts of things, including some goose feather quill pens the kids then used to write thank you notes to my buddy.

When the family ate roast goose a few days later, the aunt said something about "using everything on the goose but the honk".

Taking all this a step further, the folks at Lawry's suggest two points of view.

First, when you head outdoors to have fun, pack a little concern, along with all your other gear. They invite you to join them in an aggressive program to insure wise use and respect for the great American outdoors. Give back more than you take.

Second, don't waste any resource, including that delicious game and fish you bring home.

If you love the dark, delicious taste of duck, this "double duck" recipe makes two different meals, using everything but the quack.

Stir Fry Duck Breast

4 whole ducks, skinned or

plucked
1 bottle (12 oz.) Lawry's Teriyaki with Pineapple Juice Marinade
1 medium white onion, diced
2 cups diced carrots
2 cups diced celery
1 pkg. frozen stir fry vegetables
1 small can sliced water chestnuts or bamboo shoots
1 cup cooked rice
4 quarts water
Lawry's Seasoned Salt
Lawry's Garlic Pepper
Sesame seed oil

In a plastic bag, marinate the four ducks, whole, with Teriyaki and Pineapple Juice Marinade, reserving 1/4 cup of marinade. Seal bag and refrigerate for at least 2 hours.

Fillet breast meat and dice it. In a wok, saute duck breasts in 2 Tbsp. of Teriyaki with Pineapple Juice Marinade; add Seasoned Salt and Garlic Pepper to taste.

Add the package of frozen stir fry vegetables and cook until hot.

Add a few shakes of sesame seed oil and drizzle the 1/4 cup of

reserved Teriyaki with Pineapple Juice Marinade over the veggies.

Cook one more minute and serve over rice.

Duck soup

In a pot large enough to hold four quarts of water, add Lawry's Seasoned Salt and Garlic Pepper (See Soup, Page 22)

Weather

heads and finish out with a gadwall or shoveler. It's been so mild down here that we've still got lots of bluewings hanging around.

Lobpries mentioned the upper coast has been relatively dry heading into the season, but a good rain could make marsh conditions right. "East of Houston, it's still pretty dry, but along the middle coast and the rice prairies there's ample water to hold birds and a lot of pumping will be going on between now and Nov. 1."

Typically, northeast Texas carries enough water into the fall to accommodate ducks, however, according to biologist Carl Frentress, more rain would be welcomed. "We need some rain. It's not as dry as last year, but generally speaking, we could use some rainy weather and runoff to get the creek bottoms covered."

Frentress said he expects wood ducks will be the focus for many hunters during the early nine-day split, although several other species have begun to show up, including gadwall, shoveler, wigeon and mallard.

"The situation with wood ducks is excellent," he stated. "We already have good habitat conditions right now and resident wood ducks are everywhere. They'll probably be a mainstay during the

early opener. The migrants do start coming in late Oct., so we could see other birds in the bag."

Alligators and snakes should still be active during the first split, so hunters with dogs should take caution," said Frentress.

"The early split does provide hunters with the option to hunt ducks early then spend the rest of the day looking for fox squirrels," he offered.

The liberal season and bag limits nationwide are based on near record numbers of migratory waterfowl heading south this fall, according to reports from the Central Flyway Council and U.S. Fish and Wildlife Service (USFWS).

Breeding duck populations are up significantly in 1997, the fourth consecutive year of increases.

The total number of breeding ducks in the traditional survey area of Canada, Alaska and the north-central U.S. reached a new record high level of almost 43 million.

Officials are also estimating this year's fall flight at 92 million - the highest on record.

Cooler weather is also expected to bring with it excellent goose hunting this year, according to Sullivan. "There should be lots of geese," Sullivan predicted. "Production was varied in Canada and across the central Arctic,

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where storms wiped out goose production. We may not see as many immature white-fronted geese as we anticipated, so hunting may be tougher. As for snow geese, we just need some cold weather to get them here. It should be an excellent year for snows."

Goose season dates for the Eastern Zone are Nov. 1-Feb. 15 for light geese and Nov. 1-Jan. 25 for dark geese, with a bag limit of 10 light geese and two dark geese (one white-front and one Canada, except two Canadas during Jan. 19-25).

Goose seasons in the Western Zone will run from Nov. 1-Feb. 15 for both light and dark geese, with a bag limit of 10 light geese and five dark geese (four Canadas and one white-front).

Merganser and coot seasons are set to run concurrent with duck seasons with bag limits of five mergansers (no more than one Hooded merganser) and 15 coots.

The sandhill crane season is Nov. 8-Feb. 8 in Zone A; Nov. 29-Feb. 8 in Zone B; and Jan. 3-Feb. 8 in Zone C, with a bag limit of three cranes.

Season dates for snipe are Oct. 25-Feb. 8 with a bag limit of eight, and dates for woodcock are Dec. 18-Jan. 31 with a bag limit of three.

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