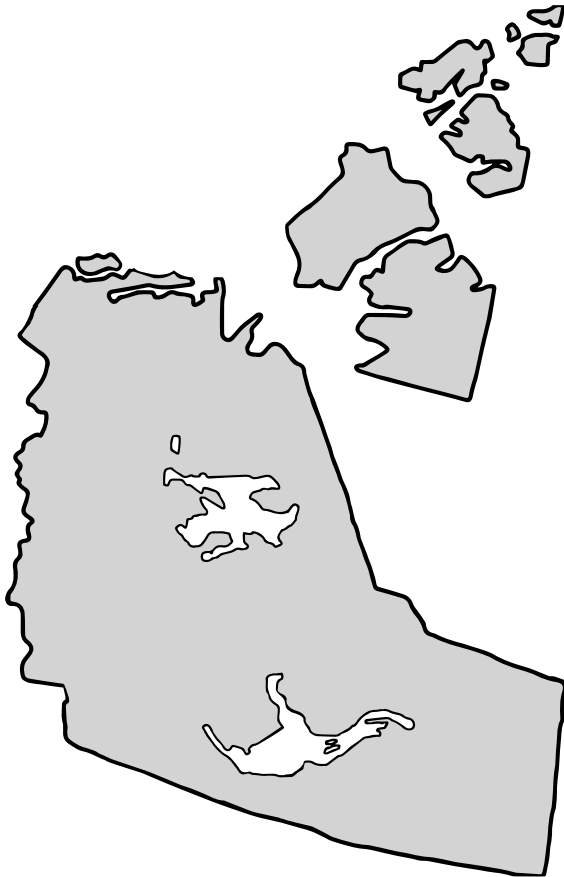


## Ptarmigan & Grouse is Good for Us!

Unlike duck and geese, ptarmigan and grouse live year round in the North. Their feathers change with the season – white when there is snow and darker in the summer. They are known for coming and going. They seldom stay in one area for a long



time. It is said that when a fox is around, ptarmigan move into the hills. Ptarmigan are generally an easy bird to hunt and provide nutrient-rich meat. Northerners like to store them in the freezer for year round use.

### Did you know?

Ptarmigan meat is rich and dark and has much more iron than chicken meat. Ptarmigan is usually eaten baked, fried, boiled or in soups. The parts of the Ptarmigan that are eaten most are the meat, heart, gizzards and liver.

Ptarmigan and grouse meat are excellent sources of protein. Protein keeps us healthy by building and repairing our muscles, skin, and blood as well as helping us fight sickness.

Ptarmigan meat is an excellent source of iron. One serving provides 50% of the iron we need in a day. Grouse meat has less iron than ptarmigan but is still a good source. Iron helps make healthy blood that flows through our bodies giving us energy and making us grow and keeps us from getting tired.

Ptarmigan meat is fair source of Vitamin A, Vitamin A is needed for healthy skin, bones, and eyes. It also helps keep our bodies healthy.

**Fun Fact:** Hunters report that ptarmigans follow caribou, eating in places where caribou pawed through the snow to get to the berries and moss. Ptarmigan feathers are super absorbent and were traditionally used to clean things up, similar to how paper towels are used today!

### Pan-Fried Ptarmigan

Cut the meat off the bones of a ptarmigan. Dip the meat into a beaten egg. Crush 20 or so Ritz or Club crackers in a ziplock bag. Add to the bag: ¼ teaspoon of salt ½ teaspoon of pepper 1-2 teaspoons of granulated garlic. Add the meat to the bag and shake until the meat is coated. Let the meat stand for 10-15 minutes with the coating on it. Then melt 1-2 tablespoons of butter in a frying pan and over medium heat fry the meat on both sides until the meat is cooked and the coating is golden brown. Serve with potatoes or rice and vegetables.

