

# WILD BBQ RECIPES



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# Introduction



EAFA, the European Aluminium Foil Association and European Aluminium have teamed up with Ed van de Schootbrugge, 2012 European BBQ champion, to put together a delicious range of barbecue recipes which all use aluminium household foil or foil containers in the preparation and grilling of the food. In this edition the focus is barbecuing wild game, in particular wild boar and roe deer venison.

Barbecue lovers from all over the world appreciate the many advantages of aluminium. Aluminium foil and containers are light yet strong and can be easily formed, making them ideal for wrapping, cooking and displaying food. Aluminium quickly dissipates heat and is safe for use in contact with foodstuffs, making it the obvious partner for your barbecue.



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# WILD BOAR



## Wild boar - a taste to go wild about

The wild boar was domesticated 8-10,000 years ago. It is the ancestor of our domestic pig and is thus the oldest livestock species after the sheep. A few decades ago wild boar was rarely seen. However, due to high birth rates and its great adaptability to local environments, it became a real challenge for hunters as well as land owners.

The nutritional spectrum of these omnivores includes plant and animal food such as acorns, beech nuts, mushrooms, grass, herbs, tubers, roots, worms, snails and insects. Because of this "delicatessen style" dietary cross-section, the meat is darker, pleasantly spicy with a richer flavour than pork.

## How does wild boar taste?

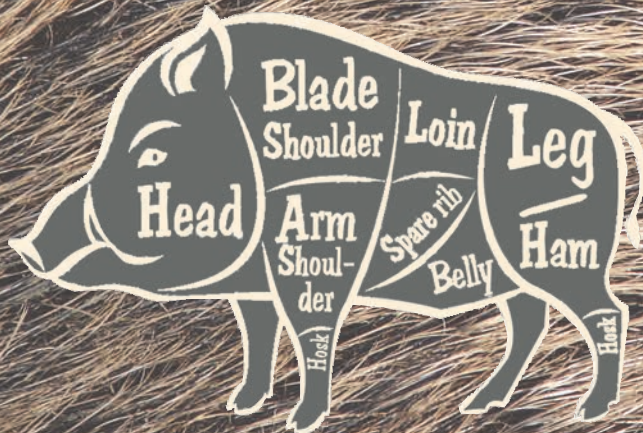
The flesh of wild boars is slightly richer than that of roe deer and red deer, but it is also significantly juicier. Nevertheless, wild boar meat is leaner than that of domestic pigs. It has a firmer structure and tastes much more spicy and intense, due mainly to its varied diet in the wild. In addition to the 'fruits of the forest' the wild boar enjoys agricultural products such as maize and potatoes. Compared to other wild species, boar meat has the least pronounced game taste.

## How healthy is wild boar?

Like all game, wild boar meat is also ideal for health-conscious diets: it is rich in vitamins and minerals and has a high protein content. Compared to conventional pork, it also contains considerably less fat. The delicate and easily digestible meat is therefore very good for a variety of diets.

## How long can wild boar meat be kept?

Fresh wild boar can be stored in the refrigerator for about 3 days; vacuumed meat in the 0 °C compartment up to 3-4 weeks. Due to its higher fat content, wild boar cannot be kept in the freezer for as long as, for example, roe deer meat, however 6-8 months is not a problem. If stored for a long time, the fat might begin to taste rancid.



# Boar Cevapcici



Makes 22

1000 gram wild boar minced meat  
20 gram finely chopped parsley  
45 gram finely chopped fresh garlic  
15 gram flour

12 gram salt  
10 gram sweet paprika powder  
1 gram black pepper ground  
10 gram spicy paprika powder

- Put the minced meat in a wide bowl. Mix with all the other ingredients and knead this until a homogeneous mass.
- Form with wet hands approx. 22 balls of 50 gram each.
- Soak 22 wooden skewers in cold

water. Put the meatballs on the skewers and then form them into oval shapes.

- Grill on medium direct heat until fully cooked.
- Serve with some sun dried tomato and garlic mayonnaise.



# Boar Back Filet with Halloumi and Nut Pesto

Serves 4

800 gram wild boar back filet (if possible  
in one piece)

Halloumi cheese

– Nut Pesto –

300 gram red wine

50 gram finely chopped fresh shallots

30 gram finely chopped fresh basil

10 gram sugar

10 gram ras el hanout

10 gram olive oil

20 gram tomato paste

1 glove garlic finely chopped

100 gram walnuts

– Put wine, basil, tomato paste,  
garlic, ras el hanout, sugar, olive oil,  
walnuts and shallots together in a  
food processor or blender and  
mince until it becomes a pesto.

– Marinate the back filet in the  
pesto for minimum 1 hour,  
maximum 3 hours.

– Take the meat out of the pesto,  
make it dry and grill in 2-3 minutes  
per side until “medium”. During

grilling brush with the pesto.

– Pack the filet in alufoil and set  
aside.

– Cut halloumi cheese in 1cm thick  
slices and grill with some olive oil.

When grill marked put the halloumi  
on a plate and sprinkle some lemon  
juice over it.

– Take the filet out the foil and slice  
in equal pieces. Put them on top of  
the cheese and decorate to taste.



# Sliced Boar Roast



Serves 4

800 gram wild boar back leg (thick part if possible in one piece otherwise two)  
50 gram Spare rib spices

4 hamburger buns  
100 gram fine sliced iceberg lettuce  
100 gram smoky BBQ sauce

- Rub the meat with the spices and marinade for 1 hour.
- Grill the meat on low heat until golden brown and wrap in alufoil.
- Put this on low heat in the BBQ and cook for approx. 35 minutes.
- Take out of the BBQ and let it rest for 10 minutes.
- Slice buns in half and lightly grill the insides.
- Put the bottom side of the bun on a plate and dress with a quarter of the lettuce.
- Take the meat out the foil and slice thinly. Place on top of the lettuce and pour the sauce on top.
- Close with the topside of the bun and decorate to taste.





# Wild game and alufoil - a natural partnership

Wild game meat is ideal for the health-conscious diet: it is low in fat, rich in vitamins and minerals and has a high protein content. The muscular system is optimally developed and circulated through the wild, free movement of the game. The largely stress-free lifestyle of animals in the wild and the varied diet of herbs, buds and grasses are decisive for the aromatic taste of the meat and its tenderness, making it a real delicacy.

Valuable foods, such as game meat, deserve the appropriate material to ensure the best protection, waste minimization and hygienic conditions, as well as the best cooking results. Aluminium foil is the most appropriate material for BBQs as it combines heat resistance with perfect protection and preservation of the food. Whether you are using sheets of alufoil for wrapping food prepared in advance, food to be cooked or using an alufoil tray as a cooking container on the BBQ, this versatile material helps achieve perfect cooking results.

Once cooked any leftovers can be safely wrapped in aluminium foil and refrigerated. And of course, after use, aluminium foil is recyclable. In fact aluminium is fully recyclable, endlessly, without any loss of quality, so make sure you deposit it in the right recycling collection bin after use.



## Why wild meat is so good for you

The meat of wild animals, such as boar and venison, is one of the most valuable and healthiest foods. It contains between 1% and 8% fat, 20% to 25% protein, is rich in minerals such as the trace elements iron (transports oxygen into the cells), Zinc (strengthens the immune system) and selenium (binds free radicals), as well as B vitamins.

Wild meat has a high content of unsaturated fatty acids with about 66% and a low content of saturated fatty acids with about 3%. In addition, wild meat is free from antibiotics and medicines used in factory farming.

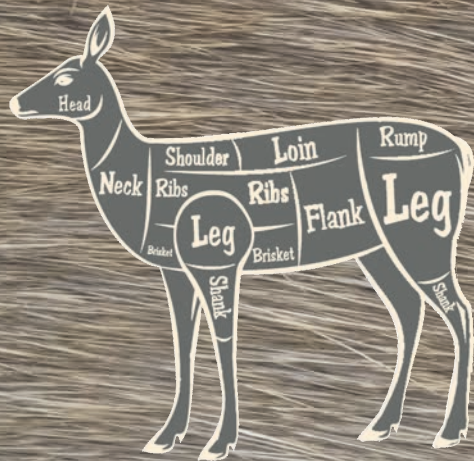
# ROE DEER



## Roe deer – a gourmet for gourmets

Roe deer is the most widespread hoofed game animal on the planet and was evolving 20-25 million years ago. Since the last ice age three subspecies have formed: the European deer, the Siberian deer and the Manchurian deer. Depending on the season they change colour. In the summer the fur is red-brown, while in the winter it is grey-brown.

Roe deer is a gourmet eater. It selects only the best from Mother Nature: delicate buds, fresh herbs, and young shoots are part of their menu. This makes the meat particularly delicate – a deer's back is some of the most exclusive meat nature has to offer and is considered a delicacy.



In the past much more of this meat was consumed, and at favourable prices. Today less is consumed, but is of a selected quality. The animal protection aspect also plays an important role. Deer lead a species-appropriate, managed, stress-free life and the venison is 'farmed' in accordance with animal welfare policies through sustainable hunting.

### How does venison taste?

Venison has a distinctive but subtle taste and enjoys an excellent reputation among gourmets. Part of that is because the deer is a 'concentrate selector', which means it eats delicate, high protein foods and this nutrition gives the delicate meat a fine, aromatic flavour.

### How healthy is venison?

Deer meat is particularly low in fat and therefore especially suitable for a health-conscious diet. It is rich in protein and also contains valuable trace elements such as iron, zinc, and selenium as well as considerable amounts of B vitamins and many unsaturated fatty acids. Due to the short-fiber structure, venison meat is extremely delicate and easily digestible. As with all wild animals, venison is free from antibiotics and medicines.

### For how long can roe deer venison be kept?

Fresh deer meat can be preserved in the refrigerator for approximately 3 days; vacuumed meat in the 0 °C compartment even 3-4 weeks. The lower the fat, the longer it can be frozen. Particularly lean venison meat can be stored for 24 months without quality loss in the freezer.

# Roe Deer Back Filet with Tuffles and Asparagus



Serves 4

800 gram roe deer back filet (if possible in one piece)

400 gram blanched green asparagus

2 large pre-cooked baked potatoes cut into halves

2 large whole porcini mushrooms cut into halves

2 large whole portobello mushrooms cut into halves

150 gram enoki mushrooms

Olive oil

Black pepper, salt, thyme and oregano

100 gram truffle salsa (ready made)

150 gram crème fraîche

– Rub the back filet with salt and pepper and rest for a minimum of 1 hour, maximum 3 hours.

– Grill the meat for 2 minutes per side until “medium-rare”

– Brush the mushrooms and asparagus with some olive oil, season with salt and pepper and grill at the same time as the meat.

– Pack the filet in alufoil and set aside.

– Dress all items on a plate. Put a spoonful crème fraîche on top of the potato and on top of that a spoonful of truffle salsa.

– Take the filet out the foil and slice in equal pieces. Put the slices in between the mushrooms, sprinkle with some thyme and oregano and decorate to taste.

# Roe Deer Back Filet Wrap

Serves 4

600 gram roe deer back Filet (if possible in 1 piece)

4 large flour tortillas

400 gram avocado dip (guacamole)

– Rub the back filet with salt and pepper and rest for a minimum of 1 hour, maximum 3 hours.

– Grill the meat for 2 minutes per side until “medium-rare”.

– Pack the filet in alufoil and set aside.

– Make the flour tortillas a little warm on the grill and take them off.

Black pepper

Salt

150 gram sun dried tomatoes

– Spread the avocado dip out over the wrap.

– Take the filet out the foil and slice in thin slices.

– Spread the slices out over the dip and sprinkle the sun dried tomatoes over it.

– Roll the wraps tightly and wrap the ends in alufoil.



# Roe Deer Roast With Chimichurri Sauce



Serves 4

800 gram roe deer back leg (thick part if possible in one piece otherwise two)

50 gram spare rib spices

– Rub the meat with the spices and marinade for 1 hour.

– Grill the meat on low heat until golden brown and wrap in alufoil.

– Put this on low heat in the BBQ and cook for approx. 35 minutes.

– Take out of the BBQ and let it rest

2 fennel bulbs blanched

Vegetable crisps

200 gram chimichurri sauce

for 10 minutes.

– Slice the fennel in two halves and grill lightly.

– Take the meat out the foil and slice thinly.

– Serve the meat, fennel, crisps and the sauce on a plate and enjoy.

## Chimichurri Sauce (for 500 gram)

155 gram olive oil

50 gram red wine vinegar

75 gram water

6 gram fresh oregano

2 gloves garlic

1 fresh bay leaf

1 gram white pepper ground

7 gram salt

6 gram fresh green pepper without seeds

11 gram fresh red pepper without seeds

90 gram red onion

30 gram fresh basil

5 gram fresh thyme leaves

55 gram fresh parsley

4 gram paprika powder

2 gram ground cumin

Put all ingredients in a blender or food processor and blend until a fine sauce. To keep fresh, store in the fridge in a sealed container or glass pot.





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