The following recipes have been graciously provided, tested and approved by:

![Virginia Bear Hunters Association logo]

**Bear Kabobs**

**Ingredients**
- 1 3-4 lb bear roast cut into 1” squares
- 2 onions cut into 1” chunks
- 3 green peppers cut into 1” chunks
- 1 can of pineapple chunks
- 1 pack of mushrooms with stems individually cut in half
- 1 bottle of marinade (Chef prefers Dale’s steak marinade)
- Steak seasoning (Chef prefers Montreal steak seasoning)
- 1 pack of 12” skewers

**Directions**
- Prep meat and coat with seasoning
- Pour marinade over meat and let it soak for at least 4 hours
- Prepare skewers with meat, veggies, and pineapple, follow sequence until skewer is full
- Once all skewers are put together place on grill heated to 250° F
- Turn kabobs every 6-7 minutes
- Normal cook time is around 25 minutes

**Tips from the Chef**
*The main key is not to let the flame get to close to the meat, when this happens, the meat overcooks.
*If the flame does get to close to meat, use a spray bottle with water and occasionally mist the kabobs.
Crockpot Bear Ribs

**Ingredients**
- 1½ rack of bear ribs
- 1 diced onion
- Favorite dry rub (Chef prefers Honky Tonk Pig Rub)
- Bottle of favorite BBQ sauce (Chef prefers Famous Dave’s)

**Directions**
- The night before cooking you need to coat and thoroughly rub seasoning into meat
- Wrap ribs in saran wrap and place in refrigerator over night
- Next day place in crock pot and add the diced onion over top of ribs
- Coat ribs with BBQ sauce
- Cook on medium heat for about 5½ hours

**Tips from the Chef**
- *If you like the sauce to be really thick, once the ribs come out of the crockpot you can add additional BBQ sauce and place in the oven at 350°F for 10-15 minutes.*

Richard’s Best Bear Recipe

**Ingredients**
- Bear meat (roast meat)
- Enough Coke or Pepsi to cover amount of meat you are using
- Salt and Pepper
- Your preferred spices and seasonings

**Directions**
- Prepare meat by cutting off the white membrane between the sections and cleaning thoroughly
- Cut meat into chunks
- Soak meat chunks in Coke or Pepsi for 24 hours in fridge (sounds strange but it is the deal, trust me)
- Remove meat, drain and season with salt and pepper and your favorite spices and seasoning
- Cook in oven covered (use a baking dish because you will collect juices) for 5 hours at 300°F
- Check meat after 3 hours and check for tenderness, you may want to cut the temperature back to 200°F to finish cooking (Don’t be afraid to lower the temperature and cook longer, it will not make it tough, meat will shred apart when finished)
- Add more spices if you wish but not necessary, use your judgment on this
- Use the bear broth to make gravy

**Tips from the Chef**
- *This is best recipe I have tried by far, and I have had some good ones. Sounds strange to use Coke or Pepsi but that is the trick.*
- *Use good meat, I would rather have less meat that is good than more that is not as good, I think that of all game.*
- *Homemade biscuits are the crowning touch.*