

Alligator Recipes

Alligator is low in fat and calories and high in protein. A 100gm alligator serving has 143 calories and 65 mg cholesterol, both less than chicken. Alligator is also an excellent source of niacin, the B12 vitamins, potassium, and phosphorous minerals. ~Alligator Bob=s

Alligator Bob=s Favorite Fried Alligator and Sauce

1 lb package unseasoned meat
buttermilk
tenderizer
all purpose flour
Garlic Powder
vegetable oil
black pepper

Sauce

1 T horseradish
Dash of mustard sauce
2 T mayonnaise
Dash of Worcestershire

*****Note: Mix ingredients to taste*****

After thawing, sprinkle alligator meat with tenderizer. Let stand for 20 minutes. Season flour in zip lock bag to taste with garlic powder and black pepper. Marinate meat in buttermilk overnight or for several hours in the refrigerator. Place meat in flour and shake bag to coat well. Heat cooking oil to 325' and cook until golden brown. Do not overcook. Try a couple of pieces first to get the desired frying time. Meat should be moist, tender, and have the color and consistency of chicken when properly cooked. Serves four.

Alligator Jambalaya

1 lb marinated alligator fillet cut into small pieces
1 lb Italian Sausage cut into chunks
3 Tbs Oil
2/3 cup Bell Peppers Chopped
2 Cloves Garlic Crushed
3/4 cup Parsley
1 cup chopped fresh parsley
1 cup chopped celery
2 cans of tomatoes (16 oz each)
2 cups chicken stock
1 cup green onions
2 tsp oregano
2 dashes red hot sauce (optional)
Cajun spices(Blackened or Cajun King herbed spice) to taste (1 Tbs)
Salt - to taste
2 cups raw white rice

In a deep frying pan (preferably cast iron) saute the bell pepper, garlic, parsley, and celery. While this is cooking place the tomatoes & their liquid, the chicken stock, and the green onion in a pot that can cook on the stove and in the oven (corning ware). Stir in spices, sauteed vegetables, raw rice, sausage, and alligator pieces. Cook on medium-high until liquid is absorbed, stirring occasionally to ensure the rice doesn=t burn to the bottom. Bake covered in the oven for 25 minutes.

Alligator Balls Recipe

1 lb Chopped alligator meat
1 egg
1 tsp finely chopped onions
1 tsp finely chopped celery
1 tsp finely chopped parsley
2 tsp finely chopped shallots
2 tsp lemon pepper
1/2 tsp salt
1/4 cup bread crumbs
1 cup cooking oil
flour to dredge

Combine all ingredients. Form into 1" diameter balls, allow to set for one hour. Dredge in flour and fry until brown. Serve hot.

(courtesy of www.cajuncookingrecipes.com)

Crocked Alligator Recipe

10-14 Florida gator ribs (alligator)
1 tbs. salt
6 oz. barbecue sauce
1 tbs. pepper
1 tbs. garlic powder

Season alligator ribs.
Fill crock pot with ribs.
Pour barbecue sauce over ribs.
Cover and cook until tender.

Courtesy of the Florida Department of Agriculture and Consumer Services

MacFarlane Pheasants, Inc.

2821 South U.S. Hwy 51

Janesville, WI 53546

Visit www.pheasant.com for other delicious meats