

Roman Art:

- Basically, we know a lot about Rome because they wrote a lot of their shit down every day, and we have records of tons of Roman writings
- Their monuments are remarkably well preserved
- Roman art can be boiled down to both Greek Classical and Hellenistic Inspired
 - Also had Egyptian influence (Egyptomania)
 - It was more than just Greek copies
- Rome used **syncretism** - the cumulation of different styles of art to create something new
 - Was a profoundly Roman attitude and was likely the secret to Rome's great success
 - Rome was highly tolerant of outside traditions so long as they didn't interfere with the well being of Rome
 - Even foreign gods were allowed to be practiced
- Legend states that Romulus founded Rome in 752 BCE in a region known as Latium near the Tiber River
 - Archeological evidence shows that people lived there far before this time
- Many kings ruled the city of Rome - they were Etruscan kings
 - These kings built the first defensive wall around the city
 - They also drained and filled the swamp to make the plain that would eventually become the forum of Ancient Rome
 - They also built a vast temple on the Capitoline Hill
 - These Etruscan kings essentially made Rome into a massive urban center within the Etruscan lands
- In 509 BCE, the Romans expelled the last of the Etruscan kings
 - They then created their own Republic with a unwritten constitution
 - During the time of the Republic, Rome conquered the entire Italian Peninsula
 - After that the Punic Wars took place against Carthage
 - After the Punic Wars, Greece and Asian Minor also became under Roman control
 - Began the influence of Greek Culture in Rome
- Late Republic Era Julius Caesar declared himself dictator of Rome, before being assassinated
 - Then Octavius/Augustus inherited power, and killed everyone, declaring



HOW TO BUTCHER A BEAR

Tools

- 6- to 8-inch hunting knife
- Cutting board
- Bone-saw, heavy-duty
- hacksaw or electric saw
- Large refrigerator or freezer
- Large, cleanable table
- 9- to 12-foot upright/free-standing structure (optional)
- 12- to 20-foot chain (optional)
- Hook (optional)

Directions

- Skin your bear so that you are left with a headless and paw-less carcass covered in layers of white fat. Lay the bear carcass out on your large table or suspend the bear from its hind legs about 3 feet from the ground using your chain, hook and upright.
- Cut off the layers of fat with your hunting knife. Bears have two types of fat: The outer layer is jelly-like while the layer closer to the muscle is firmer, like beef tallow. Use carefully executed cuts to shave off the fat in chunks, getting as close to the red bear meat as possible. Discard the fat or reserve the pieces to render into bear lard or grease.
- Remove the fillets. To do this, saw the sternum down the middle then split the rib cage into two halves. The tenderloins or fillets are the muscles that run along the spine from the bottom of the rib cage to just before the hind legs. Reserve these if you want bear steaks or simply cube into roughly 2 1/2 by 2 1/2 inch pieces like you will be doing to the rest of the bear meat.
- Peel the meat from the ribs. Insert the knife just under the rib meat on the outside of the animal's rib cage making a generous incision. Run your knife along flesh and the rib bones as you pull the meat back, peeling off the rib meat.
- Remove the meat from the front and back legs. Holding out the limb, use your knife to cut the meat, sinew and tendons away from shoulder and hip joints and then saw off each limb at the exposed joint. Cut meat away from each leg and cube.
- Strip and cube the remaining meat from the carcass. The remaining meat will mostly be around the shoulders.
- Place cubes of meat in an airtight container or in plastic bags. Place in your refrigerator or freezer, or grind with spices and other meat (traditionally pork) to make ground meat for hamburgers or sausage.

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HOW TO SAFELY COOK BEAR MEAT

Black bear meat can be a carrier of *Trichinella spiralis* and *Toxoplasma gondii*, the parasites that cause the diseases trichinosis and toxoplasmosis in humans. Proper cooking techniques can ensure that your bear meat is safe to eat. Like pork, the proper cooking time for bear meat is 375 degrees F for 20-25 minutes per pound. Internal cooking temperature should reach 160 degrees for 3 minutes or more before consumption. Cook until there is no trace of pink meat or fluid paying close attention to areas around the joints and close to the bone. Freezing meat does not always kill these parasites. Connoisseurs of bear meat suggest freezing, canning or eating it within a week after the kill as the flavor becomes stronger with age. Trim fat from the meat especially well and, as is the case with all meat, good wrapping and sealing is recommended.

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Grilled Bear Loin with Brown Sugar Baste

Ingredients

- 2-4 lb bear loin portion or whole back strap
- 3 Tbsp butter or margarine
- 3 Tbsp soy sauce
- 3 Tbsp packed brown sugar

Directions

- Start charcoal or gas grill
- Remove all fat and silverskin from meat
- Cut meat into lengths about 4 inches long, or about 6-8 ounces each
- In small saucepan, melt butter over medium heat
- Add soy sauce and brown sugar
- Cook, stirring constantly, until brown sugar dissolves and sauce bubbles
- When grill is hot, add meat
- Grill on one side until seared
- Turn meat over; brush with brown sugar mixture
- Continue grilling, brushing frequently with mixture and turning occasionally
- Continue turning and basting until fully cooked

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Bear Steak and Beer

Ingredients

- 2 lbs bear steak, cut 1 inch thick
- 1/3 cup all purpose flour
- 1 tsp salt
- 1 tsp pepper
- 1/2 cup butter
- 2 tbsp vegetable oil
- 4 onions, thinly sliced
- 2 cups Dark Beer
- 1 bay leaf

Directions

- Preheat the oven at 325 degrees
 - In a large, plastic food-storage bag, mix flour, salt and pepper; shake to mix
 - Add steaks to bag and shake to coat
 - In a heavy pan, melt butter and oil at medium heat
 - Brown the steaks on both sides
 - Place meat in a casserole dish; cover in layer of onions
 - Pour beer and add bay leaf over onions
 - Bake for 2 ½ hours, until well done and tender
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Bear Chops

Ingredients

- 6 Bear Chops
- 3cloves garlic, crushed
- 2 Tbsp bacon fat
- 1 large onion, chopped
- 4 large carrots, diced and cooked
- 4 Tbsp unbleached all-purpose flour
- 4 Tbsp chili sauce
- 1/2 cup dry wine
- Salt and Pepper to taste

Directions

- Rub chops with crushed garlic
 - In a skillet, melt bacon fat and sear the chops on both sides
 - Place the chops in a lightly greased baking dish
 - Sauté onions and carrots in the skillet, until onions are transparent but not browned
 - Mix in flour, chili sauce and wine
 - Cook until thickened, whisking to combine
 - On top of each chop, place an equal amount of the carrot mixture
 - Pour 1 cup of water into the baking dish; cover with foil
 - Bake at 375 degrees for 1 to 2 hours or until tender.
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Oven-Barbequed Bear Ribs

Ingredients

- 2 to 3 lbs bear ribs
- 2 1/2 cups water
- 1/2 cup catsup
- 1/4 cup cider vinegar
- 1/4 cup finely chopped onion
- 3 Tbsp packed brown sugar
- 2 Tbsp Worcestershire Sauce
- 1 Tbsp lemon juice
- 1 Tbsp paprika
- 1 tsp. dry mustard
- 1 tsp. salt
- 1 tsp liquid smoke flavoring
- 1/2 tsp pepper
- 1/4 tsp chili powder

Directions

- In a small bowl, combine all sauce ingredients (Reserve ribs and 2 cups of water)
 - In a Dutch oven, combine ribs, 2 cups of water and 3/4 cup of the sauce
 - Heat rib mixture to boiling
 - Reduce heat and cover
 - Simmer until ribs are tender, about 1 1/2 to 2 hours, rearranging ribs occasionally
 - Heat oven to 350 degrees
 - Arrange ribs on roasting pan and brush with remaining sauce
 - Bake for 10 minutes; turn over
 - Brush again with sauce
 - Bake for 10 minutes longer
 - Serve with remaining sauce for dipping
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Bear Stew

Ingredients

- 1 ½ to 2 lbs bear stew meat
- 1/4 cup all-purpose flour
- 1 tsp salt
- 1 tsp dried oregano
- 1/2 tsp pepper
- 2 Tbsp vegetable oil
- 1 can (16 oz) whole tomatoes, un-drained
- 1 cup water
- 1/4 cup white wine or water
- 1 Tbsp vinegar
- 1 medium onion, cut in half lengthwise and thinly sliced
- 1/2 cup chopped celery
- 2 cloves of garlic, minced
- 1 bay leaf
- 2 medium baking potatoes

Directions

- Remove all fat and silverskin from meat and cut into 1 inch chunks
- In large plastic food-storage bag, combine oregano, flour, salt and pepper; shake to mix
- Add meat and shake to coat
- In heavy medium saucepan, heat oil over medium-high heat until hot
- Add meat and flour mixture
- Brown meat while stirring occasionally
- Add remaining ingredients except potatoes; mix well
- Heat to boiling; Reduce heat and cover
- Simmer for 1 hour, stirring occasionally
- While stew is simmering, cut potatoes into 1 inch chunks
- Add potatoes to saucepan and bring back to a boil
- Reduce heat and cover. Simmer for 1 hour, stirring occasionally
- Remove bay leaf before serving

Great on its own or over egg noodles or rice

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Bear Sausage

Ingredients

- 5 Feet medium hog casings
- 4 lb Bear meat, trimmed of all fat, cubed
- 1 lb Pork fat, cubed
- 2 ½ tsp. salt
- 2 tsp. lack pepper
- 1 tsp. celery seed
- 1/2 tsp. dried thyme leaves
- 1/2 tsp. dried savory or sage
- 1/2 cup dry red wine

Directions

- Prepare casings as directed
 - Combine all ingredients and grind through a course disc grinder
 - Grind again through a fine disc grinder
 - Stuff casings and tie off into 3" links
 - Age links in the refrigerator for 2 days
 - Cook as for fresh pork sausage
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