

Golden Prairie Wild Boar Meats



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Golden Prairie Wild Boar Meat at Weczeria Restaurant, Saskatoon



www.weczeriarestaurant.ca

Our Products are also available at:

- Saskatoon Farmers Market
- Saskatoon Community Farmers Market
- Yorkton Farmers Market
- Regina Farmers Market

Nutrition Table

Typical values based on per 100g portion

Raw Meat	Cholesterol (in MG)	Protein (in G)	Saturated Fat (in G)	Unsaturated Fat (in G)
Wild Boar	55	26.1	5.2	2.9
Beef	62	19.6	11.2	4.1
Pork	71	16.6	22.5	8.3
Chicken	57	20.5	4.3	1.4

Information provided by www.askthemeatman.com

Our wild boars are raised free range on the plains of Saskatchewan. We allow our wild boars to behave naturally by having their young outside in a nest they have prepared themselves out of straw and grass.

Wild boar is different in taste and texture to domestic pig. The colouring of the wild boar meat is a lot darker than normal pork and has its own unique taste.

This type of meat is very lean due to the animals' fat being concentrated in a single layer under the skin instead of it being marbled throughout the meat. This means the fat can be easily trimmed if required, but many cooks believe the fat layer provides a "self-basting" element and helps retain succulence.

If you would like to place an order please feel free to email, fax or phone us.

Our Products

Ham Roasts

Ham Steaks

Burgers

Chops

Tender Loin

Neck Bones

Hocks & Ham Hocks

Loin Steaks

Regular & Garlic Sausage

Apple & Maple Sausage

Liver, Heart, Kidney

Tongue

Ground Wild Boar Meat

Shoulder Roast & Loin Roast

Side & Back Ribs, Riblets

Cutlets

Maple Flavoured Side Bacon

Back Bacon

Cubed Meat

Pepperoni Sticks

Honey & Garlic Kebabs

When preparing wild boar for cooking remember, **never thaw or cook this meat in a microwave, as it will become very tough and dry.** Slowly thaw meat the day before and marinate overnight for best results.

Wild boar is best cooked "low and slow". The temperature for cooking roasts for example, is 250-275 degrees Fahrenheit. The amount of time depends on your personal preference as to how well done you would like to cook your meat. For chops, bake with a sauce for best results or if you prefer, pan-fry at a medium heat. Always check frequently so as not to overcook. Wild boar is excellent barbecued, if prepared properly it is flavorful and very tender.

Pineapple juice, apple juice or wine is a particularly good choice for marinade.