

Cooking With ZipVac™ Vacuum-Seal Bags

My newest “essential” in the kitchen is the ZipVac food storage system. It uses triple-layer zip freezer bags with a vapor barrier that prevents freezer burn. Each bag has a built-in valve and the kit comes with a rechargeable, cordless electric pump. For vacuum sealing, you just pump out the air and into the freezer it goes. Of course this makes ZipVac bags perfect for freezing fish and game, and for leftovers. But my ZipVac also plays a critical part in many recipes. Here are four great ways that ZipVac will make you a better cook...

Honey Orange Salmon

To make your marinade, mix all the following ingredients into a ZipVac bag.

- 1/3 cup soy sauce
- 1/4 cup orange juice
- 1/4 cup honey
- 3 green onions (diced)
- 1 tablespoon olive oil
- 1 tablespoon apple juice
- 1 tablespoon fresh ginger root (minced)
- 1 teaspoon sesame seeds

Place a salmon fillet into your marinade-filled ZipVac bag, vacuum out the air, and refrigerate for 1 hour (turning the bag over after a half hour). Vacuuming out the air helps infuse the salmon with the delicious marinade! Coat baking dish with non-stick cooking spray, place fish in dish and bake in oven at 350 degrees for 30 to 40 minutes. You can also wrap it in foil and grill it if you prefer.

Kris Winkelman's "Ultimate Wild Game and Fish Cookbook" is available for \$19.95 plus \$9.00 shipping & handling. To order, and to learn more about ZipVac, log onto www.winkelman.com or call 1-800-333-0471.

Lemon Walleye

- 6 walleye fillets
- 1/2 cup flour
- 1 1/2 cups cornmeal
- 2 eggs beaten
- 1 tablespoon lemon juice
- 1/8 teaspoon garlic powder
- Salt and pepper

Sprinkle lemon juice generously over the top of your walleye fillets and put them into a ZipVac bag. Vacuum the bag completely to maximize the seal in the lemon flavor and leave sealed for at least 10 minutes, then remove and sprinkle on salt and pepper. Mix cornmeal and flour together in a container. Dip fish into egg batter, then coat with the cornmeal/flour mixture, and place in a shallow baking dish. Sprinkle garlic powder over the fish and bake at 350 degrees uncovered until golden brown. Turn fish and continue baking until lightly brown, about 15 minutes.

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Grilled Duck Breasts

4 duck breasts (de-boned)
1 cup milk
½ cup red wine
¼ cup vegetable oil
¼ cup soy sauce
4 pieces bacon
1 teaspoon garlic

Marinate duck breasts in milk overnight in a ZipVac bag. Drain & pat dry. Wash out the bag (because they're reusable) and in it mix red wine, vegetable oil, soy sauce & garlic. Place duck breasts in marinade let sit for 3 hours. Again, drain and pat dry. Wrap bacon around each duck breast and grill for 7 minutes on each side or until done. Slice and serve with the sauce of your choice.

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Basic BBQ Backstrap

One venison loin
Your favorite steak seasoning

OK, so far you're thinking this can't be a "recipe" because it's so basic. But the key to it is the ZipVac. Here's what you do: take your desired length of venison loin and season liberally with your choice of "steak rub" seasoning. Rub it into the meat. Now, put the works into a large ZipVac bag and use your electric pump to vacuum out all the air. You'll see the loin compress inside the bag. As it does this, the vacuum action allows that seasoning to really penetrate the meat. Throw it in the fridge overnight. The next day, fire up the grill and cook it to medium rare. Let it rest for about five minutes before serving. After one bite, you'll taste the difference that "vacuum seasoning" makes!

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