

Recipe from CA Bull Elk

ELK STROGANOFF



12 oz. Elk Roast or Round Steak
1/2 cup minced shallots or onions
1/2 cup flour
8 fresh mushrooms, sliced
1/2 tsp salt/
3 cups apple juice
1/4 tsp pepper
2 cups beef stock
1/4 cup Clarified butter 1 cup sour cream

Remove all fat and silver skin from meat.

Slice meat thinly. Pound to flatten. Cut into desired size pieces.

Mix flour, salt, and pepper in a pie plate.

Dredge elk pieces in flour mixture to coat. Shake off excess.

Bring butter to a fast bubble in large frying pan. Add Elk pieces and cook for 1 minute on each side.

Add shallots or onions and mushrooms and cook 1 minute.

Remove Elk from frying pan. Set aside.

Add remaining flour mixture to frying pan and stir till all flour is incorporated.

Add apple juice and beef stock. Stir till smooth.

Return meat to mixture simmer on low for 10 minutes.

Add sour cream and allow cream to become hot.

Serve over rice or noodles.