

Chicken Fried Style Elk Round Steak

- 2 pounds elk round steaks - cut into serving size
- 1/2 cup skim milk
- 2 eggs beaten well (use Omega 3 eggs instead, if you have them.)
- 1 cup flour - more if needed
- Salt and pepper to taste
- 4 tablespoons margarine or butter
- 2 tablespoons canola oil

Gravy

- 2 cups skim milk
- 4 tablespoons flour
- 1/4 teaspoon black pepper
- 1/2 pound small, tight-button mushrooms - stems removed
- Salt to taste

What to do:

Put the round steak under plastic wrap and tenderize it with a meat mallet. The plastic wrap keeps your kitchen clean while pounding the meat to about a quarter-inch thick.

Blend the eggs with the milk. Then dip the tenderized meat into the eggs and coat with the flour.

Heat the canola oil and butter in a large fry pan. Fry the coated meat, browning it on each side. Do not overcook. The meat should be medium done.

Remove the meat from the pan and keep it warm.

Now mix the gravy ingredients of flour, milk and pepper and pour it into the fry pan with all the drippings. Stir until the gravy starts to thicken, and then add the mushrooms. Continue to stir and cook until the gravy reaches the consistency you like.

Pour the gravy over the steaks and enjoy. You could steam up some fresh peas and mix some gravy with them, as well. Enjoy!

Elk Tenderloin Garlic Steaks

- 1 1/2 to 2 lbs. elk tenderloin steak - (1/2 to 3/4-inch thick)
- 3 tbsp. margarine
- 1/2 to 1 tsp. garlic powder
- 1/4 tap. seasoned salt
- 1/4 tap. pepper
- 1/2 cup vermouth (optional)

Remove any fat from steaks. In skillet, heat margarine and stir in garlic, salt and pepper. Mix well into the margarine. Fry steaks in hot margarine until they are done the way you prefer, (elk tenderloin cooks fast. About 3 to 6 minutes on each side for medium rare, depending on how thick steaks are) Remove steaks to hot plate and keep warm. Add vermouth to drippings, stir about one minute and spoon over steaks and serve. Serves 4 to 6.

Elk Burger Chili

- 2 pounds ground elk burger
- 1/2 cup chopped onion
- 3 garlic cloves, minced
- 2 cans (14 1/2 ounces each) diced tomatoes, undrained
- 1 can (28 ounces) pork and beans, undrained
- 1 Tablespoon brown sugar
- 1 Tablespoon chili powder (or more to taste)
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon cumin
- 1/2 teaspoon oregano

In a Dutch oven, cook elk burger, onion, and garlic over medium heat until meat is no longer pink; drain. Stir in remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 2 hours.

Cooking with Elk. Minnesota Elk Breeders Association / Minnesota Grown, p. 6.