

French Dip Elk Roast for Sandwiches

Using about a 3 lb elk roast, a day or two before planning to serve this roast, rub Lowrys seasoned salt, pepper and garlic powder into the meat. Then cook it at about 325 degrees for about 2 hrs. It's best not to over cook this meat. Then cool it, slice it and put it in an aujus liquid. Even if it is a little over cooked this will keep it moist. It can also be used for french dip sandwiches. This is absolutely delicious!

Barbecued Elk Roast

3 pounds elk round, leg, or rump roast

12 oz. can beer 3 cloves garlic

2 onions, sliced

3 bay leaves

salt and pepper to taste

2 cups barbeque sauce

Trim excess fat. In large bowl, mix beer, garlic, salt, pepper, onions, and bay leaves. Add elk meat (marinade, should cover meat). Marinate in refrigerator for 12 to 24 hours, turning occasionally. Remove elk and onions from marinade and place in crock-pot. Pour 1 cup barbecue sauce over top. Cover and cook on low for 10-12 hours. Serve with remaining barbecue sauce.

Cooking with Elk. Minnesota Elk Breeders Association / Minnesota Grown, p. 5.

Elk Roast

3 pounds elk roast

2 cups onion, cut in 2" pieces

2 cups potatoes, cut in 2" pieces

1 cup carrots, cut in 2" pieces

1 cup fresh mushrooms, sliced

2 Tablespoons liquid smoke

3 Tablespoons (or more) Worcestershire sauce

3 Tablespoons (or more) soy sauce

1/2 cup beef broth

Put in LARGE oven cooking bag in an oblong baking pan (so the bag fits inside the pan). To the bag, add the elk roast. Add all liquids, then vegetables around the meat. Put the mushrooms on top of everything else, then spices on top of them. You want to have 1" of liquid on the bottom of the bag, so if you need more, add a little water or white wine. Seal the bag. Poke several small holes in top of bag to let steam escape. Bake at 300-325 degrees for 3 1/2 hours.

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