

Baked Swissed Elk Steak

- elk steaks for 4 to 6 people
- seasoned meat tenderizer
- 3/4 to 1 cup flour
- 3 to 4 tbsp. margarine
- 1 1/2 cups water
- 2 tap. instant beef bouillon
- 1 can (4-oz.) mushroom bits & pieces
- 1 1/2 cups sour cream
- 1 can (2.5-oz.) French fried onion rings

Remove fat from elk steaks. Sprinkle meat with tenderizer and pound flour into both sides of steaks. Cut meat into serving portions. Heat two tablespoons of margarine in a skillet and cook elk until well browned on both sides. Plain meat in a single layer in a baking pan as it is browned. Use additional margarine as needed. When all of the meat is browned, add water, bouillon and mushrooms to the skillet, heat and stir to pick up any meat bits. Remove from heat and stir in sour cream. Pour over meat; cover with foil and bake at 330 degrees for one hour or until meat is tender. Baste occasionally. Remove foil; sprinkle onion rings over meat and return to oven for ten minutes, Serves 4 to 6. Good with hot noodles or mashed potatoes.

Elk Swiss Steak

- elk round steak for 4 to 5 people
- Watkins Onion Soup and Sauce Base
- Watkins Beef Soup and Gravy Base
- Flour - some
- 3 to 4 tbsp. margarine
- 1 14.5 oz can of diced tomatoes
- 1 14.5 oz can of stew tomatoes

If there is any fat on the elk steak, you can cut it off. Then put down clear plastic wrap on a cutting board. Place steaks on it adding salt, pepper and flour to each piece of meat. Put another piece of plastic wrap over the top of the meat. Take your tenderizer mallet and pound meat until it's quite flattened. Now, carefully turn meat and the plastic wrap over and pound the other side. When done cut meat into serving size pieces. Melt the margarine in the pan you will be cooking the meat in. Sear the top and bottom of the meat. Sprinkle the Onion Soup mix over the pieces. Sprinkle the Beef Soup mix over the meat. Add the two cans of tomatoes and a small amount of water if needed. Bake at 350 degrees until tender. For me it was about 2 hours. Serve with cooked potatoes. Mash if you want.