

Elk Recipes

Elk Steak Parmesan

- 1 1/2 pounds boneless elk steak
- 1/4 to 1/2 teaspoon garlic salt
- 1/8 teaspoon pepper
- 1/2 cup Italian bread crumbs
- 1/2 cup grated Parmesan cheese
- 2 eggs
- 1/4 cup water
- 1/2 cup flour
- 1/4 cup olive oil
- 1 1/2 cups spaghetti sauce
- 6 slices mozzarella cheese
- hot cooked noodles

Cut meat into 6 pieces, pound with a meat mallet to tenderize. Sprinkle meat with garlic salt and pepper. Combine bread crumbs and Parmesan cheese in a separate bowl. In another bowl, beat eggs with water. Dip both sides of meat into the flour, then the egg mixture. Press each side of meat into crumb mixture then refrigerate for 20 minutes. Heat oil in skillet, brown meat on both sides, place into a greased 13 x 9 x 2 baking pan. Spoon 2 Tablespoons spaghetti sauce over each piece. Cover with mozzarella cheese, then top with remaining spaghetti sauce. Bake uncovered at 350 degrees for 30 minutes or until meat is tender. Serve over hot noodles.

Cooking with Elk. Minnesota Elk Breeders Association / Minnesota Grown, p. 9.

Elk Crock Pot Stew

- 1 package elk tips
- 2 Tablespoons olive oil
- 1 onion, chopped
- 1 small can mushrooms (drained)
- 1 Tablespoon sugar
- 1 teaspoon salt
- 3/4 teaspoon garlic
- 18 ounces cubed vegetables
- 2 cups potatoes, cubed
- 1 can stewed tomatoes
- 2 cups water
- 2 bouillon cubes
- 1/2 teaspoon pepper hot peppers to taste

Brown elk tips in olive oil; add onion and mushrooms and sauté from 10 to 20 minutes. Transfer meat mixture to large pot and add remaining ingredients. Simmer for 1 to 2 hours or until meat and vegetables are tender.

Crock pot directions: Add brown meat mixture and remaining ingredients to the crock-pot and heat on low for 6-8 hours or until vegetables and meat are tender.

Cooking with Elk. Minnesota Elk Breeders Association / Minnesota Grown, p. 7.