

Deer, Elk & Moose Steaks - Traditional Native American Dish



Introduction

Wild meats tend to have a "gamey" flavor. You can reduce that taste by skimming away all excess fat.

You can grill or pan fry your steaks.

Minutes to Prepare: 20

Minutes to Cook: 20

Number of Servings: 4

Ingredients

Marinade:

- 1 Medium White Onion
- 1 Tbs Cloves
- 1 Clove of Garlic
- 1/2 c Low Sodium Soy Sauce

Steaks:

- 4 Deer Steaks (Antelope, Elk or Moose)
- 1 Medium Onion
- 1/2 c Green Chili Sauce
- 2 C Fresh Mushrooms
- 1 Tbs Oil for frying
- Pepper to taste

Directions

Marinate:

1. Wild meats tend to have a "gamey" flavor. You can reduce that taste by skimming away all excess fat.
2. Wash the meat in cold water. Place in a large heavy duty zip lock freezer bag.
3. Finely chop up an onion garlic. Add the onion, garlic, cloves and soy sauce to the bag.
4. Refrigerate over night.

Cooking Method:

Game meats like antelope, elk, deer and moose have less fat than beef. It cooks faster and gets tough when overcooked.

Pan Fried:

1. Heat a heavy cast iron skillet on medium-high heat.
2. Add oil.
3. Place the steaks in the fryer.
4. Add the other ingredients piled on top.
5. Cook for 5-10 minutes.
6. Turn over and cook for 5-10 minutes on the other side until done, depending on how rare or how well cooked you like your steaks.

Grill:

1. Grill steaks 5- 10 minutes.
2. Turn over and grill 5-10 minutes on the other side until done, depending on how rare or how well done you like your steaks. Grill the vegetables separately.

Serving Size: Makes 4 servings