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## *Steaks and Kabobs*

### **Elk Flank Roundels**

- 1/2 pound elk flank steak
- 6 ounces fresh spinach
- 6 Tbl Borsin cheese (or any soft herbed goat cheese)
- 1 Tbl extra virgin olive oil (EVO)
- 1 Tbl butter

### Seasonings

- 1/4 tsp oregano
- 1/4 tsp thyme
- 1/4 tsp salt
- 1/8 tsp basil
- 1/8 tsp black pepper

Trim flank steak of obvious silverskin. Place a piece of wax paper over the steak and pound steak until very thin (maximum 1/4 inch thick). Mix seasonings together and grind slightly with a mortar and pestle. Sprinkle flank steak on both sides with seasoning mixture, gently pressing seasonings into the steak. Set flattened, seasoned steak aside.

Wash spinach and remove large stems. Coarsely chop spinach. Steam spinach 3 to 5 minutes or until bright green. Drain spinach and place in a bowl. De-water the spinach by pressing with paper towels until fairly dry. Mix Borsin (or soft herbed goat cheese) with spinach.

Spoon spinach/cheese mixture on to flattened flank steak. Spread spinach/cheese mixture evenly across steak. Roll up steak and the spinach/cheese filling. Tie with string approximately every 1 to 1 1/2 inches. Gently slice steak between the strings, creating 5 to 7 one-inch to one and a half inch roundels.

Heat EVO and butter in a heavy skillet (cast iron works well) to medium hot. Sauté roundels in skillet for approximately 2 to 4 minutes per side (turn only once). Do not overcook! Serve immediately, two to three roundels per person.

### **Elk Steak Kabobs**

#### *Quick & easy on the grill*

- 3/4 lb of round elk steak
- 2 bell peppers of different colors
- 1 large Vidalia sweet onion

Marinade:

1/4 cup soy sauce

1 tablespoon molasses

1/8 cup vegetable oil

1 teaspoon ground ginger

1 teaspoon dry mustard

3 garlic cloves, minced

Cut off any silverskin along the outside of the steak. Cut into 1-inch cubes. Cut the peppers and sweet onion into 1-inch pieces. Place meat and vegetables into a bowl or bag.

Mix the marinade in a small bowl. Pour over the meat and vegetables. Let sit for 15-20 minutes only, while the grill gets hot. Put the meat and vegetables on skewers. Grill for 10-15 minutes, turning often, brushing with marinade each time.

Enjoy!

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