



## **Grilled Elk Steak Open Faced Sandwich**

### **Marinade:**

- 3 Tablespoons olive oil
- 1 Tablespoon lemon juice
- 1 Tablespoon Worcestershire Sauce
- 2 Tablespoons soy sauce
- 2 cloves garlic minced
- 1/2 teaspoon ground black pepper

1 pound elk steak

Serve with: Cornmeal Flatbreads – see: recipe April, 2017  
Caramelized Parsnip Hummus May, 2017  
Country Cranberry Apple Salsa May, 2017

Prepare Marinade: Mix all marinade ingredients together in a small bowl.

Place elk steaks in a large zip lock bag. Pour marinade over steaks and seal bag. Place bag in a flat casserole dish so that the steaks are in a single layer.

Refrigerate and marinate at least 4 hours or longer, turning over occasionally or about every half hour to marinate each side.

Drain marinade from steak. Set marinade aside.

Grill steaks on grill pan or outdoor grill to desired doneness, about 130 to 140 degrees F or desired doneness. Let steak rest 10 minutes. Slice into thin slices for serving.

Heat remaining marinade in pan until boiling. Serve juices over elk steak slices. Serves: 4

**To Serve as Sandwich:** Spread parsnip hummus over 1 individual flatbread; top with slices of elk steak; top with cranberry apple salsa.

**Cook's Note:** Elk should be cooked to no more than **130-140 degrees Fahrenheit** internal temperature. At **150 degrees** the meat starts to dry out because of its lack of fat. The use of a meat thermometer is the best way to determine when the meat has reached the desired degree of doneness. For More Information See: [Montana Elk Company Cooking Tips](http://www.montanaelk.com/cooking_tips.html)  
[www.montanaelk.com/cooking\\_tips.html](http://www.montanaelk.com/cooking_tips.html)

**About the Recipe:** Elk is tender, sweet, and a lean protein-high meat. Marinade the elk and grill it in a pan or on an outdoor grill. Save the marinade to make a tasty drizzle for the thin sliced meat. Spoon it over freshly made flatbreads spread with parsnip hummus and topped with a dollop of cranberry apple salsa.

**About Elk Meat:**

Elk meat is higher in protein and lower in fat and cholesterol than beef, pork, and chicken

Have you had the chance to try elk meat? The flavor is similar to beef and is often described as tasting clean and slightly sweet, not gamey. Not only does elk taste delicious, but compared to beef grass-fed elk meat is lower in fat and higher in protein. Free-range elk is an excellent source of omega-3 fatty acids and healthy fats.

<http://www.jhbuffalomeat.com/why-elk/what-is-the-difference-between-elk-meat-and-beef/>