



Moroccan Elk Stew

Serves 8

Also try: beef, lamb, bison, venison and other antlered game

4 pounds elk shoulder or haunch, cut into cubes

3/4 cup all-purpose flour

4 tablespoons grape seed oil or butter

1 teaspoon salt

1/4 teaspoon ground cinnamon

1/4 teaspoon ginger powder

1/2 teaspoon freshly ground black pepper

2 medium-size onions, roughly chopped

4 carrots, peeled and chopped

2 medium-size turnips, peeled and chopped

3 cloves garlic, roughly chopped

2/3 cup dried apricots

2/3 cup prunes, pitted

3 to 4 cups beef or antlered game stock

1. Heat a large, heavy-bottomed pot with oil. In a bowl, toss the elk cubes in the flour. Shake the cubes well and place them in the pot in batches, being sure not to crowd them. Brown them on all sides and transfer to a plate or rack.

2. Put all of the browned meat back in the pan and sprinkle it with the salt, cinnamon, ginger and pepper. Then add the vegetables, garlic, and dried fruit. Pour in enough stock for the meat to be three-quarters covered, and bring it to a boil. Lower the heat so the bubbles percolate. Cover and simmer gently for 2 hours, until tender.