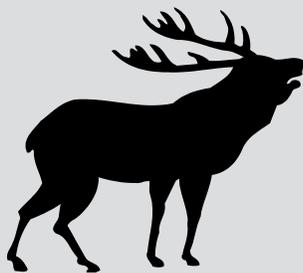


Available Now...

Elk

There are 103 licensed elk facilities in Colorado and approximately 8,832 elk are raised on these farms.

Elk meat is low in sodium. It is also a good source of iron, phosphorus and zinc, and a very good source of protein.



Look for Colorado elk at restaurants across the state or visit www.coloradoagriculture.com to find an elk farm near you.

Each month, the Colorado Department of Agriculture will feature a different commodity to highlight the variety and quality of products grown in the state. Visit www.coloradoagriculture.com for a complete list of recipes.

Elk Roulade Canapés

Colorado Chef Victor Matthews, Black Bear Restaurant, Green Mountain Falls

1	Elk loin	□ □	3	□	Bay leaves
1	Small carrot	□□	2 cups	□	Mushrooms, finely diced
1	Small onion	□□	½ cup		Red wine
1	Celery stalk	□□	1 tbsp.		Shallot
1 bunch	Thyme	□ □	1 tsp.		Garlic □ □
1 bunch	Basil	□□	2 spears		White asparagus
1	Egg	□□	10 sheets		Phyllo dough
1 tbsp.	Tomato paste	□			Salt and Pepper to taste
1 tsp.	Paprika	□ □			Butter
1 tbsp.	Roasted garlic, finely minced				

Trim an elk loin to just the center loin meat. Take the meat scraps and what little fat you may have and puree along with a small piece of carrot, onion, and celery, a pinch of salt and pepper, and a small bunch of fresh herbs. Add an egg along with a tbsp. of tomato paste, tsp. of paprika, and a tbsp. of finely minced roasted garlic. Mix until smooth and refrigerate.

In a sauté pan, sauté two cups of finely diced mushrooms with a tbsp. of shallot and a tsp. of garlic. Add three bay leaves and a half cup of red wine along with a pinch of salt and pepper. Cook this down, reducing on medium low until it is completely dry. Remove bay leaves and refrigerate.

Take well-trimmed elk loin and slice it slowly down the middle at an angle while rolling it out. You should end up with a flat wide rectangle of elk less than half an inch thick.

Poach two spears of thick trimmed white asparagus in salted water for two minutes. Shock in ice water then refrigerate.

Butter and stack at least ten layers of phyllo. Save under a moist towel until ready. When ready to assemble the entire dish, remove towel and coat the entire phyllo heavily with butter and egg wash. Lay the flattened open elk onto the phyllo. Season with salt and pepper and a bit of granulated garlic and thyme. Spread a layer of stuffing evenly onto elk then refrigerate or freeze until stiff.

Spread a layer of mushroom puree on top of stuffing. Line up asparagus lengthwise near edge and cut to fit if necessary. Roll up the roulade and refrigerate entire roll to firm and keep round. Bake for 20 minutes at 450°F and let stand for ten minutes. Carefully cut half inch thick pinwheels and serve with Colorado wine, such as a glass of Syrah from Trail Ridge Winery in Loveland, Colorado.

Next Month. . . Buffalo