

Available Now...

Elk

There are 89 licensed elk facilities in Colorado and approximately 5,500 elk are raised on these farms.

Elk meat is low in fat. 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.

Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Visit
coloradoagriculture.com
for a complete list of
recipes.

Elk and Spaetzle Stew

Chef Justin Barbour, ACF Colorado Chefs Association

For Stew:

1/4 cup Extra-virgin olive oil
3 tbsp. Butter
2 cups All-purpose flour
2 to 3 pounds Elk, cut into 2-inch pieces
1 bottle Dry red wine (Burgundy)
8 Fresh thyme sprigs
6 Garlic cloves, smashed
1 Orange, zest removed in 3 (1-inch) strips
1/4 tsp. Ground cloves (optional)
2 Bay leaves
2-1/2 cups Beef stock
9 Small new potatoes, scrubbed clean and cut in half

For Spaetzle:

2 cups All-purpose flour
1 tsp. Salt
1 Egg, well beaten
1/4 to 3/4 cup Water
1 tbsp. Fresh oregano, fine dice

For Vegetables:

8 ounces Carrots, medium dice
8 ounces Onions, medium dice
8 ounces Celery, medium dice
Salt and Pepper
2 tbsp. Butter

Stew:

Soak elk in milk for about 15 minutes then remove and pat dry. Preheat a large heavy-bottomed saucepan or Dutch oven over medium-high heat with the oil and butter. Arrange the flour on a large dish. Season the cubed elk with some salt and freshly ground black pepper and then toss in the flour to coat. Shake off the excess flour and add the elk chunks in a single layer to the hot pan, being careful not to overcrowd the pan. Thoroughly brown all of the cubes on all sides. Once all the meat has been browned, plate it on a plate. Add the wine to the pan and bring up to a simmer while scraping the bottom of the pan. Once simmering, add the browned meat, thyme, smashed garlic, orange zest strip, ground cloves, black pepper and salt to taste, bay leaves and beef stock. Bring the mixture up to a boil and then reduce the heat to a simmer and cook uncovered until the liquids start to thicken, about 15 to 20 minutes. Cover and cook on low heat for 2 1/2 hours stirring occasionally. After 2 hours add halved potatoes, along with a pinch of sugar to balance out the acid from the red wine. Turn the heat up slightly and simmer, uncovered, for 30 more minutes, until the potatoes and meat are tender. Season with salt and pepper and remove the thyme sprigs.

Vegetables:

Sauté onions, carrots and celery in butter with a pinch of salt and pepper.

Spaetzle:

Sift flour and salt into a mixing bowl. Add egg and oregano then mix. Add water gradually until batter is stiff but smooth. Push batter through colander to get around 2 inch noodles. Drop noodles into boiling water. There should be only one layer at a time of spaetzle cooking. Boil gently for 5 to 8 minutes then remove and drain. Sauté in hot pan with a little olive oil tossing frequently 1 to 2 minutes or until golden brown.

To Plate:

Layer spaetzle, vegetables and stew. Serve with a crunchy bread. Serves 6-8.

Enjoy with a Colorado wine, such as a glass of Land's End Red from Reeder Mesa Vineyards located in Whitewater, Colorado.

Next Month... **Onions**