



**ITEM**

**Curried Elk and Sweet Potato in Pastry**

**YIELDS:**  
8-12 portions

Elk is a member of the deer family; it is the second largest (moose is the largest). Elk hides were commonly used to make clothing and moccasins, the antlers and bones were used for tools and jewelry and sometimes medicines.

**INGREDIENTS**

**For Curry Sauce**

- 1 cup apple juice
- 2 cups orange juice
- 1 onion, diced fine
- 2 tablespoons chopped fresh cilantro
- 2 large garlic cloves, sliced
- 1 jalapeño chili, seeded, minced
- 1/2 tablespoon ground cumin
- 2 tablespoons grated peeled fresh ginger
- 1 tablespoon curry powder
- 1 tbsp cornstarch
- 1 tbsp water
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

**For the Marinade**

- 1/4 cup molasses
- 2 tbsp soy sauce
- 1/4 cup curry powder
- 1 teaspoon grated peeled fresh ginger
- 1 pound Elk tenderloin, trimmed and diced small
  
- 1 tablespoon vegetable oil
  
- 1 cup sweet potato, diced half inch
- 1 pinch salt
- 8 pieces puff pastry sheets, rolled to 4 inch by 4 inch squares about 1/4 inch thick
- 2 eggs, beaten well
- 1 cup yogurt, Greek style
- 2 tsp lemon zest



## **METHOD:**

1. For the Sauce: Combine the apple juice, orange juice, onion, cilantro, garlic, minced jalapeño, ground cumin, grated fresh ginger and curry powder, salt and pepper in heavy, medium sized saucepan over medium-high heat. Bring to a boil and reduce by half, stirring occasionally, about 20 minutes. Check sauce consistency and thicken with cornstarch and water if needed and return to same saucepan. Set aside.
2. For the meat marinade, stir molasses, soy sauce, curry powder and ginger in large glass baking dish. Add elk tenderloin and turn to coat evenly. Cover and refrigerate at for 1 hour.
3. Cook sweet potatoes in salted water until soft strain and set aside.
4. Preheat a skillet pan to 350°F. Remove elk from marinade, discard marinade. Heat oil and add elk and cook until lightly brown, about 2-3 minutes per side. Remove from heat and add to curry sauce and bring to a simmer, taste and adjust with salt and pepper. Add sweet potato, mix carefully and let cool.
5. Spread out the puff pastry sheets.
6. Fill the center with a heaping tablespoon of the mixture. Egg-wash the edges with the beaten eggs and fold over two corners to meet in the middle and crimp together and egg wash the top.
7. Bake for 12 – 15 minutes on a preheated oven of 400° F.
8. Serve with a dollop of Yogurt with a sprinkle of lemon zest.

Note: If puff pastry is unavailable a plain baking powder bannock dough can be used instead.

Pork or lamb can be substituted for Elk.