



LES STROUD'S
WILD HARVEST

**Grilled White Tail Loin | Duck Fat Potatoes | Sautéed Horsetail
Reduced Birch Syrup | Grilled Fireweed Stem | Fireweed Salad
By Chef Paul Rogalski**



Serves 4

There is nothing better than to connect to a beautiful place with a lunch cooked over an open fire. The opportunity to explore the flavors of our freshly foraged ingredients was perfect, especially cooking over an open fire, with only a grill and a pan.

I discovered that sautéed horsetail picked up the multiple delicious flavors from the pan, and the fireweed was fabulous both grilled and fresh. The bitterness of the char was in perfect balance with the sweet herbaceous nature of the fresh fireweed.

Cooking over an open fire is simple, but you need to manage and leverage the heat of the fire effectively and be prepared to move quickly from one item to the next to get this dish just right. You will need a sturdy grill that you can set up directly over the fire that is

strong enough to handle the weight of a cast iron pan and large enough to fit the pan and the White Tail loin. In this one-pan/grill combination dish you'll be using the same pan, along the way. Timing is key for this delicious dish.

Vinaigrette makes about 1/2 cup (you can make this in advance)

- 1 tablespoon of Dijon mustard
- 2 tablespoons of apple cider vinegar
- 3 ounces of good quality canola oil
- A sprinkle of sugar
- A sprinkle of salt

Duck Fat Potatoes

- 1/4 cup duck fat
- 2 pounds of Yukon gold potatoes, thinly sliced
- 2 shallots, thinly sliced
- A sprinkle of salt



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Grilled White Tail Loin

Enough duck fat to rub on loin when cooking

1 1/2 pounds of White Tail loin

1/2 cup of birch syrup

2 cups of horsetail, cleaned and pat dried

1 cup of fireweed stems, washed and pat dried

2 cups of fireweed crowns for garnish, washed and pat dried

A sprinkle of salt

For Vinaigrette: Whisk together Dijon mustard and cider vinegar in a small bowl. Drizzle in the canola oil while whisking vigorously to emulsify. For an easy ounce measure, try using a jigger or shot glass. Season to your taste with sugar and salt.

To cook the potatoes and loin you will need to first build a safe and controlled fire. Once the fire has burned down to the hot ember stage, set your grill over the fire and preheat a 10" cast-iron skillet on the grill. Once the pan is hot, melt duck fat, then add the potatoes all in one layer. Season lightly with a sprinkle salt and cook until potatoes are light brown on bottom side. Flip all potatoes together and continue cooking on second side until golden brown. Carefully flip potatoes back again to original side and continue cooking until golden brown. Add the sliced shallots and flip one more time and cook until shallots are golden brown. This won't take long. Place on a serving plate and season to your taste with salt.

While the potatoes are cooking, sprinkle the venison with salt, rub with a little bit of duck fat and place the pre-heated grill, turning occasionally, until your desired doneness has been achieved (I like mine medium rare). Remove from fire and set aside to rest.

Return the potato pan to the grill and add a touch more duck fat. Once duck fat is melted, add the horsetails and fry until wilted. Sprinkle the horsetails with salt and place on the finished potatoes. Return the pan to the grill and add the fireweed stems. Cook until slightly charred then remove from pan. Remove excess fat from the pan then add the birch syrup. Reduce until it is half of the original volume. Season with salt to taste.

Slice the cooked loin and plate with potatoes and horsetail. Drizzle both with the birch syrup reduction then top with the grilled fireweed stems and half a cup of fireweed crowns. Drizzle the greens with the vinaigrette. Devour!