



LES STROUD'S  
WILD HARVEST

## **Birch Smoked Moose Steak | Elderflower & Cattail Bannock Blanched Milkweed Pods** By Chef Paul Rogalski



Serves 4

To make things simple, take advantage of your gas fired BBQ, blender and stove for this dish. Using a large piece of birch bark directly over the BBQ flames creates smoke and infuses a campfire flavor to this dish. The bark can also be used as a tray to reheat the blanched milkweed pods. The components of this dish can be made in advance, which makes it easy to bring it all together at the dinner table.

### **Marinated Steak** - prepare in advance

- 1 tablespoon of Dijon mustard
- 1/4 cup of canola or vegetable oil
- 1/4 cup of dark Balsamic vinegar
- 2 pounds of moose steak, the most tender you have

### **Wood Sorrel Puree**

- 1/2 cup of wood sorrel
- 1/4 cup of milkweed crowns
- 1/4 cup of green onion, chopped
- 4 tablespoon of olive oil
- A pinch of salt

### **Bannock**

- 2 cups of all-purpose flour
- 1/2 cup of cattail flour
- 1 cup plus 2 tablespoons of sour cream
- 1 teaspoon of baking powder
- 4 milkweed blossoms
- 1/2 cup of elderberry blossoms

### **Milkweed Pods**

- 2 quarts of boiling water
- 1 tablespoon of salt
- 2 quarts of ice-cold water



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Begin with the **moose marinade**. Whisk mustard, canola oil and balsamic vinegar together in a small bowl. Dredge steak and marinate, depending on the thickness and tenderness of the cut, for at least two, but not more than 24 hours.

For wood sorrel, combine ingredients and puree until smooth. Season with salt to your taste. Set aside for future use.

Combine all-purpose flour and cattail flour on a wooden surface or in a bowl. Add one cup of sour cream and knead all together into a soft ball, adding more flour as necessary. Using a rolling pin, flatten dough to about 1/2 inch thickness. Spread the remaining sour cream over the flattened dough, sprinkle with baking powder, and fold over itself. Use the rolling pin again to flatten the dough, then sprinkle with elderberry blossoms. Press the blossoms in the dough slightly, then, using your hands, roll dough into a cylinder shape, long enough for 4 pieces of bannock. Let stand for an additional 15 minutes.

Cut bannock dough into 4 equal slices, place each piece onto its side and top with milkweed blossoms, pressing them in the dough slightly so they stay in place. BBQ or bake, blossom side up, at 350F°, on a clean, pre-oiled grill, or on a nonstick baking sheet in an oven, for approximately 5 minutes. Bannock is finished when a crust has formed, and it is slightly browned.

Bring 2 quarts of salted water to a boil. Drop milk weed pods in boiling water for 10 seconds, using tongs or a slotted spoon, remove the milkweed and drop in the ice water for one minute. Repeat this process three times. Pat pods dry and set aside until needed.

### **To complete this dish**

Pre-heat BBQ to high. Remove steak from marinade and pat dry. Place birch bark on the side of the grill, over the open flames. Once the bark begins to smoke, place meat on grill and cook desired doneness. I prefer my game cooked rare. To keep it juicy and tender, let the meat rest for a few minutes before serving.

Re-heat blanched milkweed on the smoking birch bark, for five minutes. Place milkweed and steak (sliced if preferred) over the bannock and drizzle with sorrel puree.