

ENTERTAINING AT HOME

Filet of Elk in a Juniper Sherry Reduction with Portobellos and Cranberry Sauce

by CHEF ALBRICH



Chef Albrich
where art meets fine dining



Chef Albrich
Tel: 305.817.2955
Chef@ChefAlbrich.com
PO Box 545935
Miami Beach, FL 33154
www.ChefAlbrich.com

From intimate dinner parties to larger gatherings, Chef Albrich will delight your guests and make your event a real culinary success. Call us for your next affair.

We'd like to wish a Merry Christmas and Happy Holidays to all our readers. Hope you are all enjoying the company of family and friends during this wonderful time of the year. And as you gather around the kitchen here is a recipe that is different, exotic and absolutely delicious.

In this issue, we are going to introduce you to wild game. Game meats are lower in saturated fat and much healthier than other meats like beef. The difficult thing in South Florida is to find game meats. There are a couple of places that occasionally carry game, but the easiest way to find it is on the Internet and have it shipped to your home. I must warn you it is not cheap, however it is a delicious treat.

Marinade:

- 2 garlic cloves pressed
- 1 cup of Sherry (not too sweet)
- 1/3 cup dry red wine (such as cabernet sauvignon)
- 2-3 sprigs fresh rosemary
- 6-8 dried juniper berries
- Salt & fresh ground black pepper to taste
- 1 whole elk filet

Clean up the fillet removing all visible fat and a small piece of meat which you will use later to make a sauce. Place cleaned fillet in a container 2-3 inches deep. Add all ingredients above making sure to coat the entire fillet thoroughly. Place in refrigerator overnight turning over at least once.

Sauce:

- 2 garlic cloves pressed
- 1 stalk celery chopped
- 6-8 dried juniper berries
- 4 bay leaves
- 1 tbsp balsamic vinegar
- 1 tbsp flour
- 2 cups water
- Salt & pepper to taste

In a small sauté pan put trimmings, small piece of meat and all above ingredients except water. Cook uncovered until golden brown then add the water and cook uncovered over medium heat (just bubbling) for about 30-60 minutes. Taste test it for salt. When done it should be a dark sauce, like a thin gravy. Set aside until you are ready to cook the meat.

Additional Ingredients Needed:

- 3 tbsp olive oil
- 1 dozen baby Portobello or other mushroom

Optional:

- 1 thin sliced orange
- 8 tbsp cranberry sauce

Preparation

When you are ready to cook, take meat out of the marinade and place in a shallow pan that can be used on the stove top and in the oven to which you have added 3 tbsp of olive oil. Brown meat on the stove top and place in the oven to cook for 8 to 12 minutes (or to taste). Depending on your oven, 8 minutes should come out rare, 9-10 medium rare, 11 medium and 12 medium well. You should try to cook the meat not more than 11 minutes for the best taste.

Take the sauce you made earlier and run it through a strainer; discard the solids. That will leave you with a smooth sauce. Add the cleaned Portobello mushrooms, caps only. Take the left over marinade, run that through a strainer and add to the sauce (discard the solids). Mix and cook until this new sauce thickens and is reduced to about 70% (10-15 min).

Plating (see photo)

Once the meat is cooked to your taste, take it from the oven and let it sit for about 5-10 minutes before cutting. Cut to your taste. Put 2-3 tbsp of sauce in the center of a large flat plate, place the meat in the center so as to show the doneness level (ours is medium rare) up. Place 4 mushroom caps and a few sprigs of rosemary for decoration.

Optional: Take a thin slice of orange, cut it in half and add a tablespoon of cranberry sauce to each half. Place as shown in photo or to your taste.

Conclusion

Preparing game meats is easy and fun. If you like beef, you will probably like buffalo, venison and elk. Game meats can be eaten year round but are more often consumed in fall and winter. Try it and you will discover an exotic way to satisfy your taste buds. In closing, we'd like to wish a Happy New Year to all our readers. Send comments to info@chefalbrich.com.