



# Elk Sauerbraten



## To prepare the dumplings

Knead all the ingredients together and leave the dough to stand for around 1 hour. Fold in some chopped thyme and finely diced bacon if desired. Roll up the dough in a cloth and cook in the preheated oven for 30 to 40 minutes at 85 °C with the steam setting. Then cut into slices and fry in butter if desired or simply serve once sliced.

## To prepare the ragout

Carefully mix together all the ingredients and add olive oil, white vinegar and salt to taste. Fold in the finely chopped dill.

## Rezept für 4

### Ingredients for the dumplings

500 g flour  
7 g dry yeast  
250 ml milk  
1 tbsp salt  
2 eggs  
Thyme  
Bacon, finely diced

### Ingredients for the ragout

50 g cranberries  
50 g cloudberries  
50 g diced gherkins  
Olive oil  
Balsamic vinegar, white  
Dill, finely chopped

### Ingredients for the elk

800 g elk fillet  
50 g lardo di Collonata  
300 ml red wine  
150 ml red wine vinegar  
Bay leaf, allspice, juniper  
and  
black pepper  
Butter  
Vegetable oil  
Salt  
Pepper  
Gravy or jus

**To prepare the elk**

Cut the lardo into strips approx. 1×1 cm thick and thread them through the elk fillet using a larding needle. Bring the red wine and red wine vinegar to the boil with the spices, then leave to cool. Once the liquid is completely cool, marinate the elk fillet in it for approx. 3 hours. Season the elk fillet generously with salt and pepper and sear on all sides in vegetable oil. Cook the meat in the preheated oven for approx. 8 minutes at 200 °C with the hot air setting, then leave to stand for 10 minutes. Then fry again in frothed butter. To make the sauce, reduce the marinade and mix with some gravy or jus.

**Cooking level**

Preheated Dumplings, 1 hour | Steam setting at 85 °C Elk, approx. 8 minutes | Hot air setting at 200 °C