

Elk Sauerbraten

A. Schmaus



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