



Favourite Recipes from our Members

250 GRAIN BULLET MOOSE FLANK STEAK

Serves: 2

Prep Time: 2 hours

moose flank steak

whole wheat flour

margarine

thyme

marjoram

chervil

vegetable seasoning

T. beef soup base

½ cup tomato paste

salt and pepper

Remove all fat from steak. Make shallow cut about 1 inch apart diagonally on both sides of steak. Rub whole wheat flour into meat and brown it in margarine in a heavy frying pan. When done, cut flank into 2-inch strips while still in frying fan. Sprinkle with flour and the spices to taste. Pour in small amount of warm water. Add beef soup base and tomato paste. Taste gravy and add desired amount of salt. Turn meat several times until a thick brown gravy forms. Place meat in oven and make sure meat is fork tender. Cook at 350 degrees for 1 hour.