

# HONEY MUSTARD ELK ONE-PAN MEAL

By Angel Carpenter  
Blue Mountain Eagle

If you haven't tried a one-pan meal yet, and you're looking for a new recipe for elk steaks, here is a winner for you. The mixture of three types of mustard and honey along with spices creates a meal that is bursting with flavor.

The recipe this meal was based on is one for poultry. One local hunter says elk steaks can be used with practically any chicken recipe, and this one is no exception.

## Ingredients:

### Elk

- 4 elk steaks
- 1/4 C. kosher salt (be sure to use kosher)
- 4 C. warm water
- Olive oil
- 1 tsp. each of garlic powder, onion powder, paprika, dried parsley and salt
- 1/2 tsp. pepper
- 1/8 tsp. (a pinch) cayenne pepper

### Honey-mustard mix

- 1/3 C. honey
- 2 Tbsp. Dijon mustard
- 2 Tbsp. stone ground mustard
- 2 Tbsp. yellow mustard

### Vegetables

- 2 Tbsp. olive oil, divided
- Salt and pepper, to taste
- 2 lbs. red potatoes, cut into 1/2-inch cubes
- 1 lb. green beans, ends trimmed



The Eagle/Angel Carpenter  
This one-pan honey mustard elk recipe creates a meal in one dish. Just add a drink and dessert.

## Directions:

First, brine the elk steaks by combining the meat with the water and kosher salt in a resealable plastic bag or covered glass dish. Let sit at room temperature for 15-30 minutes. Be sure to use kosher salt because table salt will give a highly salty result! Remove elk and pat dry. This important step will tenderize the meat and eliminate some of the gamey taste.

Preheat oven to 400 degrees.

Make the honey-mustard mix by combining the honey with the three types of mustard. Reserve a 1/4 cup of the mixture to drizzle on the elk before baking.

Parboil the potatoes. Add potatoes to a microwave-safe dish, and add enough water to cover it by a 1/4-inch. Cover and microwave for 6 minutes. Drain water and add potatoes to a lightly greased 9x13-inch baking dish. Add 1 tablespoon of olive oil and 1 teaspoon salt and 1/4 teaspoon of pepper. Toss to evenly coat, then move half of the potatoes to one side of the pan and half to the other, on the long sides of the pan.

Toss the green beans with 1 tablespoon olive oil and 1/4 teaspoon of salt and 1/8 teaspoon of pepper, or to taste, and place in the center of the potatoes (see photo).

Cover the vegetables with foil and bake for 10 minutes.

Meanwhile, add 1 tablespoon of olive oil and all the seasonings to a large bowl and stir. Rub spice mixture into the elk steaks. Using the 1/4 cup of honey-mustard sauce, coat both sides of the steaks and place in baking dish, spooning over the remaining sauce.

Add the elk steaks to the pan, recover with the foil and bake for 30 minutes at 400 degrees.

For best results, use a meat thermometer to check for doneness. The internal temperature of elk should be 130-140 degrees. At 150 degrees, the meat starts to dry out because of its lack of fat.



Kathy Moss of Prairie City shares her cowboy poetry at a community concert.

## The Changing of the Guard

By A.K. Moss  
To the Blue Mountain Eagle

*The Tamaracks of gold, like the ancients of old, since the beginning of time,  
Along with aspen leaves, released from trees for they have passed their prime,  
The whisper of change across the range, of all none are barred,  
Living on chance, a brief glance, a short dance, the changing of the guard.*

*In the brisk dawn air, there is a flare of bugles to announce their plight  
They challenge the dawn, no right or wrong as they sing through the night.  
The experience of age, with each turning page, wisdom, defiance and truth  
With the young's endurance, and no assurance that tease and inflate the youth  
It is an ancient dance, bulls taking stance, living without regard,  
The giving of life, the yielding to death, the changing of the guard.*

*Who dares to glance at the mature bull's dance, a satellite on the edge,  
Watching and waiting aggravating a herd bull's heated pledge,  
Young trees scarred, ripped and marred their bark hold the sign  
Of brutal force, running its course as limb and antler entwine,  
While out on the ridge, building a bridge of nature and man,  
The success of it all, large and small, lays within one's hand.  
Telling the story of triumph and glory as if written upon a marquise  
While telltale signs of hard times are whispers in the breeze.  
As youth and old, like ancients been told, challenges each other hard,  
Across the land a boy and man stand, they watch the changing of the guard.*

*Like whispers on the wind, man's words transcend to a boy yet to learn  
To be a part of life's living heart, for we all take a turn  
With the wisdom of old, the youth acting bold, traditions handed down  
To respect this place and leave no trace, yet old memories can be found.  
If we do our best within each quest and teach truth unmarred,  
Triumph or mistake we all partake the changing of the guard.*

