

Backcountry Breakfast – Elk Steak & Eggs Recipe

Prep Time: 5-minutes

Cook Time: 15-minutes

Total Time: 20-minutes

Serves: 2

NOTE:

Ingredients

For the Elk Steak

- 2 Strips of Elk Steak
- 3 Tablespoons Butter
- Kosher Salt
- Black Pepper

For the Hash Brown Potatoes

- 4 Cups Freshly Shredded Hash Brown Potatoes
- 3 Tablespoons Butter
- Kosher Salt
- Black Pepper

For the Eggs

- 4 Fresh Eggs
- 2 Tablespoon Butter

Method

Cooking your Hash brown potatoes

1. Pre-heat a medium-large sized cast iron OR sauté pan over medium heat – adding your butter
2. Add your shredded hash brown potatoes to the pan – fanning out the potatoes evenly across the bottom of the pan.
(be careful of the hot butter splattering as you do this)
3. Allow potatoes to cook without disturbing for approximately 6-minutes or until golden brown. Then carefully flip with a large spatula.
4. Allow to cook another 5-6 minutes or until golden brown.
5. Turn off heat and add salt and pepper or your favorite seasoning

Cooking your Elk

1. Pre-heat a small cast iron OR sauté pan over medium-high heat – adding your butter
2. Season your elk steak with salt and pepper or favorite seasoning of your choice.
3. Sear your elk loin over medium-high heat – approx. 4-5 minutes each side on top and bottom.
4. Turn off the heat and allow to continue to cook in the pan.
Check with a meat thermometer to determine if your roasted elk loin is finished to your liking:
 - a. Medium (Recommended) - 145 Degrees

- b. Medium Well – 150 Degrees
- c. Well – 160 Degrees

Making Fried Eggs

1. Pre-heat a small cast iron OR sauté pan over medium heat – adding your butter
2. Crack your eggs into the pan.
3. Allow your eggs to cook for approximately 5-minutes
– if you prefer a less runny yolk you can try covering your eggs with a lid or flipping the eggs over for an over-medium or over-hard preparation.

Serve