



Elk Burgers

Ingredients

½ cup of very finely chopped shallots or sweet onion
2 tsp of Worcestershire sauce
1 tsp of dry mustard
1 tsp of sea salt
½ tsp freshly ground black pepper
2 lbs of ground elk
6 tbsp dry bread crumbs, Japanese (panko style) bread crumbs preferred
Vegetable oil

Method

In a medium-sized mixing bowl, combine the shallots or sweet onion with the Worcestershire sauce, mustard, sea salt and black pepper. Add the ground elk and work in by hand until seasonings and meat are well combined. Sprinkle in dry bread crumbs a couple of tablespoons at a time. Work the bread crumbs into the meat mixture until evenly combined.

Shape the meat mixture into 5 or 6 burgers. Place burgers on a cookie sheet covered with butcher paper or waxed paper and refrigerate for at least one hour.

Pre-heat a barbecue to medium-high temperature. Brush tops and sides of the burgers with Vegetable oil. Also lightly oil the grill to prevent burgers from sticking. Place burgers on grill, top side down, and sear for a little more than one minute. Turn burgers and sear the opposite side for the same amount of time. Reduce heat slightly and continue to cook each side for approximately seven minutes for well done.

Place on warm burger buns and garnish with your favorite fixings.