

ELK STROGANOFF

½ C onions, chopped

1 stick butter

2 ½ lb elk sirloin, cut into strips

2 4 oz cans mushrooms, undrained

¾ C tomato juice (or use Spicy V-8 for a spicier dish)

2 C stock or consommé (preferably homemade—see recipes in Basics section)

2/3 C sherry

Salt, pepper, to taste

Sour cream

Hot cooked noodles (for serving)

Preheat oven to 375°. Saute onions in butter until golden, and remove onions. Roll meat strips in flour and sauté in remaining butter. Place meat in a lightly greased baking dish or casserole, add sautéed onions, mushrooms and their liquid, tomato juice, stock or consommé, sherry, and salt and pepper to taste, and bake until tender. Float islands of sour cream on top at serving time, and serve over noodles.