



IDAHO SURF & TURF

Elk & Rainbow trout with mixed vegetable stir fry

Serves 4

- 2 6-10 oz elk steaks
- ½ cup soy sauce
- 2 cloves garlic chopped
- ½ Spanish onion, diced fine

Combine soy, onion and garlic in advance.

When the fire is ready for you to start cooking, add the elk steaks to the marinade. They should be in the marinade for 15-20 minutes.

For the vegetable stir-fry:

- 1 small onion, diced
- 1 head garlic, cleaned and chopped
- ¼ cup ginger root, diced
- 3 jalapeno peppers, diced
- ¼ cup vegetable oil

Combine these and begin by adding all to the hot skillet with oil.

2 cups thinly sliced zucchini
2 cups broccoli tops sliced
1 cup thinly sliced carrot
1 cup thinly sliced purple cabbage
1 cup sugar snap peas

Add these vegetables next and stir continuously for 2 minutes.

Clear $\frac{1}{2}$ of the skillet and add the elk steaks, sear each side for 2 minutes.

1 16 inch whole trout

After removing the vegetables and elk steak from the hot pan, leave skillet on the fire. Place the trout in the skillet with $\frac{1}{2}$ a cup of mixed onion, ginger and garlic, add a splash of oil and sear the trout for 2 minutes on side one and 3 minutes on side 2.