

## Pan Seared Elk Medallions



2 - 4 ounce elk medallions  
 1 cup rice  
 4 tablespoons olive oil  
 ¼ cup onion (finely diced)  
 ¼ cup carrots (finely diced)  
 1 teaspoon fresh thyme (chopped)  
 2 teaspoons salt  
 1 teaspoon black pepper  
 2 cups chicken stock  
 12 asparagus spears (blanched)

### Rub:

2 tablespoons unsweetened cocoa powder  
 1 tablespoon Chinese five spice  
 1 teaspoon cayenne pepper  
 1 teaspoon salt  
 1 teaspoon granulated garlic  
 1 teaspoon black pepper

### Glaze:

2 cups liquid coffee chilled  
 ½ cup sugar  
 1 teaspoon crushed red pepper

### How to Prepare:

Combine rub ingredients and put aside.

Once rub is made, rub on both sides (top and bottom) of elk medallions generously. Set to the side to let spices penetrate. Meanwhile, sweat onions and carrots in 3 tablespoons olive oil in a small soup pot until onions are translucent - about 5 minutes. Add rice, thyme, salt and pepper to pot and toss until rice is evenly coated with oil. Once rice is evenly coated add chicken stock and bring to a boil. Once boiling, stir and remove from heat and cover. Place in 350° oven for approximately 18 minutes or until rice is tender. Let stand for 5 minutes uncovered and fluff. Combine glaze ingredients and reduce coffee by about ¾. While glaze is reducing, heat a sauté pan and add remaining olive oil once pan is hot.

Wait about 30 seconds for oil to heat and add elk medallions. Sear for about 1 minute until a nice crust forms on one side. Flip and place pan in oven for about 3 minutes at 350°. Remove from pan and allow to rest about 2 minutes. While meat is resting, season asparagus with salt and pepper and roast for about 3 minutes in oven.

Put a scoop of rice on each plate in the center. Place one elk medallion on each scoop of rice and lean asparagus on side of elk. Pour coffee glaze around rice and serve.

Yield: 2 servings

**Freemason  
Abbey**

RESTAURANT

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