

Creamy Mushroom Moose Stew



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- NUTRITION NORTH CANADA -

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About The Chef:
A culinary arts professor and consultant, cooking show host, and cookbook co-author, First Nation Chef David Wolfman is an internationally recognized expert in wild game and traditional Indigenous cuisine.

Prep time: 15 mins | Cook time: 2 hours | Serves: 4

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Ingredients

- 2 ¼ lb (1 kg) moose stewing meat (chuck or round), cut into 1” (2.5 cm) cubes
- 1 tsp (5 mL) salt, divided
- ½ tsp (2.5 mL) ground black pepper, divided
- 1 Tbsp (15 mL) butter
- 3 Tbsp (45 mL) olive oil
- 2 cups (500 mL) sliced mushrooms

- 1 large onion, diced
- 2 Tbsp (30 mL) all-purpose flour
- $\frac{3}{4}$ cup (175 mL) white wine (or $\frac{1}{3}$ cup/80 mL apple juice plus 1 Tbsp/15 mL vinegar)
- 2 cups (500 mL) beef broth
- $\frac{1}{4}$ cup (60 mL) sour cream
- 1 Tbsp (15 mL) minced fresh chives or parsley (optional)

Instructions

1. Season the meat with $\frac{1}{2}$ teaspoon (2.5 mL) of salt and $\frac{1}{4}$ teaspoon (1 mL) of pepper. Set aside.
2. In a large pot, heat the butter and 1 tablespoon (15 mL) of oil. Sauté the mushrooms and onions over medium-low heat (without browning them). Remove from the pot and set aside.
3. Add 1 tablespoon (15 mL) of oil to the pot and raise the heat to high. Brown the meat, stirring to ensure it is browned on all sides. Remove meat from the pot and set aside.
4. Lower the heat to medium and add the last tablespoon of oil. Sprinkle flour into the pot and let cook for a few minutes, stirring constantly, to create a roux (thick paste). Gradually add the wine (or juice and vinegar) and beef broth, whisking until well blended and lump free. Bring the sauce to a boil. Reduce heat.
5. Return the meat, mushrooms and onions to the pot. Stir in $\frac{1}{2}$ teaspoon (2.5 mL) of salt and $\frac{1}{4}$ teaspoon (1 mL) of pepper and simmer, covered, for $1\frac{1}{2}$ hours over low heat, stirring occasionally.
6. Remove the pot from heat and stir in sour cream right before serving. Garnish with fresh herbs, if using.

Tips

- Chill leftover stew for up to 4 days in the fridge.
- To freeze to serve later, prepare the stew without the sour cream and let it cool. Transfer stew to food safe containers, removing all excess air. Freeze for up to 3 months. When ready to use, thaw stew in fridge overnight and heat to serving temperature (165°F/74°C or higher), adding sour cream immediately before serving.