

WWW.TAKE-IT-OUTSIDE.ORG

November's Tasty Recipe List

The theme for November is hunting. Since some people don't always want a "game meat steak", I decided to do some 'hunting' of my own and look for non-game steak recipes. Visit www.take-it-outside.org for event listings, outdoor activities describing seasonal & natural events, a new recommended reading list each month, and much more!

Moose Kabobs

Steak:

2lbs moose, cubed into 1/2 to 3/4-inch pieces.
1/2 cup cider vinegar
1/2 cup red wine vinegar
1/3 cup balsamic vinegar
1/3 cup olive oil
1 tablespoon Italian seasoning
1 tablespoon lemon pepper
2 teaspoons seasoned salt
3 tablespoons brown sugar
1 tablespoon minced garlic

Vegetables:

1 zucchini
1/2 red onion
1/2 yellow onion
1 green pepper, seeds removed
1 red pepper, seeds removed
1 yellow pepper, seeds removed
1 small container cherry tomatoes
1 small container fresh mushrooms
1 (11-ounce) can pineapple chunks
1 teaspoon salt
1 teaspoon pepper
1 tablespoon olive oil

Special equipment: 12 long metal skewers

For the steak: Place pieces in large non-metallic rectangular pan.

Combine the vinegars and olive oil in medium mixing bowl. With a whisk, stir in Italian seasoning, lemon pepper, seasoned salt, brown sugar and garlic. Pour mixture into the pan covering the cubed pieces. Place in refrigerator and marinate for 2 hours.

For the vegetables: Take zucchini, onions, and peppers and cut into bite-sized chunks. Combine all vegetables and pineapple in a large mixing bowl. Add salt, pepper, and oil and toss to coat vegetables.

Remove steak from refrigerator. Take 1 metal skewer and alternate 1 piece of steak with 2 chunks of vegetables. Repeat until skewer is full. Keep assembling skewers until all 12 are full. Place all 12 skewers onto 375F oven. Cook for 10 to 12 minutes or until desired doneness, rotating frequently.