



COOKING WITH
LOCAL FOOD

BBQ RHUBARB YAK STEW

Much like bison, yak is a lean, flavourful meat that lends well to many traditional beef dishes. Rhubarb relish adds a beautiful balance to the dish with a hint of sweetness.



BBQ RHUBARB YAK STEW

- Cut steaks into 1 inch cubes. Transfer to a large mixing bowl. Toss with spices and flour to evenly coat.
- Heat a large dutch oven (or pot) over med-high heat, heat 2 tablespoons oil. Add yak and brown on all sides, working in batches if necessary. Transfer to a plate. Deglaze the pot with Krang Krupnik Spiced Honey Spirit, scraping the bottom to remove all the baked on bits.
- In the same pot, cook onion, garlic, potatoes, carrots, Japanese turnips & mushrooms until onion becomes translucent. Add yak back in to dutch oven along with the bbq sauce, and broth. Bring to a gentle boil, cover and reduce heat to low. Simmer for 1 hour.
- Add zucchini, and rhubarb relish. Continue simmering for 20 minutes or until zucchini is tender. Adjust seasonings, if needed. Garnish with fresh parsley to serve.

Serves 6.

Cheers to good health & good food - Chef Susan Hoy



INGREDIENTS:

- 3 lbs **Little Loaves Farm Yak Rump Steak**
- 1 tbsp smoked paprika
- 2 tsp chili powder
- 2 tsp cumin
- ½ tsp black pepper
- 2 tbsp all purpose flour
- 1 oz **Krangs Krang Krupnik Spiced Honey Spirit**
- ½ lg **Mountainview Colony white onion, chopped**
- 2 lg **Mountainview Colony garlic cloves, minced**
- 1 ½ lbs **Souto Farms new potatoes, cubed**
- 4 lg **Souto Farms carrots, cubed**
- 1 bag **Happiness by The Acre Japanese turnips, trimmed**
- 1 **Innisfail Growers zucchini**
- 4 oz mushrooms, quartered
- 1/3 c bbq sauce
- 3 cups beef broth or water
- 1 c **Emerald Farms Rhubarb Relish**
- 1 tsp Salt

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