

**COOKING WITH
LOCAL FOOD**



MUSHROOM ELK BURGER WITH SASKATOON ONION CHUTNEY

Up your burger game this summer with a simple to make but intensely flavourful chutney, paired with locally raised elk and freshly made potato buns. You will never look at your burger the same.



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- To make the chutney, heat a large skillet over medium heat. Lightly sauté thinly sliced onions until translucent. Reduce heat to low, add sliced garlic and continue cooking slowly until onions are completely soft and beginning to turn brown, 10-12 minutes.
- Add the thawed saskatoon berries, honey, white wine vinegar, finely chopped chili pepper, salt and pepper. Continue cooking stirring occasionally until berries break down. You may need to squish some of the berries with the back of your stirring spoon. Once the liquid has evaporated and the onions have become thick from caramelization, adjust seasonings if needed and set aside to cool.
- While the chutney is cooking prepare the burger patties. Chop mushrooms into a small dice. Saute in a large skillet with minced garlic until browned and flavourful.
- In a large mixing bowl combine ground elk, cooked mushrooms, and spices and mix well. Divide in 4 and form into patties and grill.
- Toast potato buns to warm and garnish with prepared mustard, lettuce, freshly sliced tomatoes and a large dollop of chutney.
- Serves 4

Cheers to good health & good food - Chef Susan Hoy



INGREDIENTS:

- 4 **Baba's Breads & Baking Potato Buns**
- 1 lb **Uncle Bernie's Ground Elk**
- ½ lb portobello mushrooms,
- 1 clove **Mountainview Colony garlic**
- 1 tsp onion powder
- 1 tsp cumin
- ¼ tsp salt
- ⅛ tsp black pepper
- 1 **Souto Farms tomato**
- Innisfail Farms lettuce**
- Prepared mustard
- ONION & SASKATOON CHUTNEY**
- 1 tbsp olive oil
- 1 med **Mountainview Colony white onion**
- 2 cloves **Mountainview Colony garlic**
- 1 cup **Solstice Berry Farm Saskatoon berries**, thawed
- 1 sm Thai red chili or ¼ tsp chili flakes
- 1 tbsp **Ryan's Honey**
- 1 tbsp white wine vinegar
- ¼ tsp salt
- Pinch black pepper

Find it all here:

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