Yak Stew

(Recipe Compliments of WoodsEdge Farm)

Ingredients:

2 pounds WoodsEdge yak roast (trimmed and cut in cubes)

2 tablespoon olive oil

2 teaspoon salt

1 cup red wine

2-3 cups green beans

3 diced tomatoes

½ cup beef broth or stock

5-6 garlic cloves, crushed

1 teaspoon ground black pepper

7 carrots (peeled and cut in pieces)

4 red skin potatoes (cubed)

2 medium onions, roughly chopped

1 tablespoon tomato paste

1 sprig fresh rosemary, several springs fresh thyme & 1 bay leaf

Preparation:

1. Preheat the oven to 300° and prepare the yak by cutting into bite-size pieces.

2. In a heavy-bottomed pan, such as a Dutch oven, heat the olive oil over low heat.

3. Add the crushed garlic cloves and cook, stirring frequently, for approximately 5 minutes or until the garlic has just begun to brown slightly. Remove the garlic and set aside.

4. Increase the heat to medium-high, add the cubed yak to the pan and sprinkle with salt and pepper.

5. Cook until yak is brown on all sides, remove from the pan and set aside.

6. Add the wine to the pan and bring to a boil. Stir and scrape the bottom of the pan to loosen any browned bits from the bottom.

7. Add the garlic and yak back to the pan along with the rest of the ingredients and bring to a boil.

8. Cover and bake for 2 hours or until the yak is tender.

9. Remove the bay leaf, rosemary and thyme sprigs. Garnish with fresh thyme if desired.

Bon Appetite!

-EST. 1976-

WoodsEdge Farm

Tibetan Yaks

STOCKTON, NJ.