

Roasted Cumin Rubbed Bear and Cabernet Glaze

- 4 lean and thin bear steaks @ 10 oz each
- Salt and pepper for seasoning steaks
- 2 tablespoons canola oil
- 2 tablespoons butter
- Cumin rub (see recipe below)
- ½ cup minced shallots
- 1 tablespoon minced garlic
- 1 cup Cabernet Sauvignon red wine
- 1/3 cup chives, chopped (for garnish)

Preheat oven to 200°F-heat plate.

Season bear with salt and pepper. In a cast iron skillet, heat oil over medium-high heat, heavily sear bear on both sides, about 2 minutes. Place bear on warmed plate from oven while cooking all steaks. Rub cumin rub on all steaks, let sit.

Sauté shallots and garlic in same skillet for 2 minutes. Add wine and deglaze, about 7 minutes. Return bear back to pan to heat through. Place steaks on plates and cover with sauce. Great with garlic mashed potatoes and steamed broccoli.

Serves 4

Substitute Critters: Venison, Moose, Caribou, Beef or Elk

Wine: 1996 Stag's Leap Cabernet Sauvignon

Roasted Cumin Rub

- ¼ cup roasted cumin
- ¼ cup roasted coriander
- 2 tablespoons ground black pepper
- ½ cup dark brown sugar
- 2 tablespoons minced dried garlic
- 3 tablespoons minced dried shallots
- 1 tablespoon sea salt

Roast cumin and coriander, separately in cast iron pan. Cool. Then grind.

Mix all ingredients together. To preserve, store in glass jar.

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