



# recipe card

2026

NAME OF DISH

Pg 1 of 2

## Elk Barbacoa

CATEGORY

Elk (or Venison)

PREP TIME

20 mins

COOK TIME

3-6 hours

### INGREDIENTS

- Elk (shoulder, leg or neck) (2-3lbs)
- 1 Red Onion (chopped)
- 2-4 Chipotles in adobo (canned)
- 5 Garlic cloves (chopped)
- 2 Bay leaves
- 1 tsp Ground cumin
- 1 tsp Ground cloves
- 1 tsp Smoked paprika (optional)
- 1 Tbsp Kosher salt
- ½ Cup lime juice
- ½ Cup apple cider vinegar
- 1 quart beef or venison stock
- ¼ cup lard, bear fat, duck fat, or veg oil
- Smoked salt, to taste (optional)

### directions

**Optional Step:** Smoke the meat

Smoking the meat before braising adds depth and complexity without drying it out. This is especially good for elk neck.

**How to do it:**

Preheat your smoker to 200–225°F (95–107°C)

Lightly salt the meat on all sides.

Smoke the meat for 2–3 hours, using oak, mesquite, or fruit wood. NOTE: You're not trying to cook it through—just add smoke.

Remove from the smoker and proceed directly to the braising steps.

**Tip:** Don't over-smoke. The braise

will concentrate flavors, and too much smoke can overpower the dish.



Original Author: Hank Shaw  
Optional Smoking Added by Bryan Hess

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### directions

• **Braise the meat:** Place the smoked (or unsmoked) meat in slow cooker or Dutch oven. Add all remaining ingredients except the fat. **Slow cooker:** Cook on HIGH until the meat falls off the bone (2–6 hours).

**Dutch oven:** Cover and cook in a 300°F (150°C) oven for the same amount of time.

• **Shred:** Remove the meat, discard bones and bay leaves, and shred using forks or your fingers.

• **Finish with fat:** Stir lard or oil into the shredded meat until well coated. Season w/ smoked salt if desired.

• **Moisten and serve:** Spoon some of the cooking liquid over the meat and transfer to a serving dish.

Serve as tacos, burritos, or sandwiches.

### notes

Barbacoa shines with plenty of accompaniments. Let everyone build their own tacos or bowls—this dish is meant to be interactive and casual.

Serves 6

Original Author: Hank Shaw

Optional Smoking Added by Bryan Hess

For serving (optional): • Cilantro

• Shredded Cheese

• Sour Cream

• Avocado

• Hot Sauce

• Tortillas, rolls, or buns

