



Caribou and Broccoli Casserole

- NUTRITION NORTH CANADA -

Here's a recipe for some comfort food that is just as good right out of the oven as it is when reheated after freezing. Prepare this casserole using caribou, moose or beef loin.

About The Chef:

A culinary arts professor and consultant, cooking show host, and cookbook co-author, First Nation Chef David Wolfman is an internationally recognized expert in wild game and traditional Indigenous cuisine.



Prep time: 20 mins



Cook time: 90 mins



Serves: 6



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INGREDIENTS

- ½ tsp (2.5 mL) garlic powder
- 1 tsp (5 mL) chili powder
- 2 tsp (10 mL) salt, divided
- ½ tsp (2.5 mL) ground black pepper, divided
- 1¼ lb (567 g) caribou loin, diced
- 2 cups (500 mL) broccoli florets, fresh or frozen
- 4 cups (1 L) water
- 2 cups (500 mL) macaroni pasta
- ¼ cup (60 mL) olive oil, divided
- 1 medium onion, diced
- 1 cup (250 mL) sliced mushrooms
- ¼ cup (60 mL) all-purpose flour
- 3 cups (750 mL) beef broth
- ½ cup (125 mL) grated parmesan cheese (optional)

Instructions

1. Combine the garlic powder, chili powder, 1 teaspoon (5 mL) of salt and ¼ teaspoon (1 mL) of pepper together in a small bowl. Sprinkle the seasonings over the meat and rub it in. Set aside.
2. Steam or lightly boil the broccoli in a medium-large pot until slightly tender but still bright green. Rinse broccoli in cold water and drain. Add to a greased 9" x 13" (23 cm x 33 cm) casserole dish.
3. Bring water to a boil in the pot and add macaroni and ½ teaspoon (2.5 mL) of salt. Lower heat to a simmer and cook for 10-12 minutes, or until al dente (just tender). Drain and set aside.
4. Preheat oven to 375°F (190°C).
5. Clean the pot and heat 2 tablespoons (30 mL) of oil over medium heat. Cook the seasoned meat for 10 minutes, stirring frequently. Transfer meat to the casserole dish.
6. Add 2 tablespoons (30 mL) of oil to the pot over medium heat. Add the onions and mushrooms and cook for 5 minutes. Add 2 tablespoons (30 mL) of flour and cook for 1 minute, stirring constantly. Gradually whisk in 2 cups (500 mL) of broth, one cup at a time.
7. In a cup, combine 2 tablespoons (30 mL) of flour and 1 cup (250 mL) of broth, stirring to remove all lumps. Add to pot, then lower the heat and stir in ½ teaspoon (2.5 mL) of salt and ¼ teaspoon (1 mL) of pepper. Cook for 10 minutes to thicken, stirring a few times.
8. Add pasta to the sauce in the pot and stir well. Transfer to the casserole dish and stir to combine with meat.
9. Sprinkle with parmesan cheese, if using, and cover with foil. Bake for 30 minutes. Remove the foil and continue to bake for another 15 minutes to brown the top.



Chill leftover casserole for up to 4 days in the fridge. To freeze, let it cool then wrap entire casserole tightly in foil and plastic food wrap. Freeze for up to 3 months. When ready to use, thaw casserole in the fridge overnight. Remove plastic wrap, leaving foil covering on, and heat in a 350°F (175°C) oven to serving temperature (165°F/74°C or higher).