Elk with spinach and mushrooms

1.5 LBS elk

Onion

A little oil

Mushrooms

Spinach

Cabbage

Sprig of thyme

Wild garlic leafs

Water

Finely chop all ingredients and cut the elk into 1 inch cubes.

Rub the GARLIC IN OIL OVER YOUR SKILLET AND FRY BROWN YOU ELK CHUNKS. Fry the mushrooms and onion until soft,

Put these into a bowl.

Wash the juices off of your skillet into your cauldron with a little boiling water.

Add the cabbage, thyme and elk to the cauldron and cover with water and simmer for about 45 minutes or until the meat is soft

Add the spinach, garlic, onions and mushrooms and simmer for about 5 minutes.

Eat and praise Odin

(this can also be made using Boar or any other authentic deer meat or beef )