

Moose Roast in Aluminum Foil

3 pounds		roast from leg or shoulder
3 and ½ ounces		pork back fat
		salt and pepper to taste
1	teaspoon	thyme
2	tablespoon	olive oil
2	tablespoon	butter
1	medium	onion, finely chopped
1	clove	garlic, chopped
2		bay leaves

(Serves 6)

Preheat oven to 350° F. Lard roast (see below). Season roast with salt, pepper and thyme. Heat oil and butter in a frying pan over medium high heat. Brown roast on all sides to a deep brown. Remove meat and set aside.

Add onion, garlic and bay leaves to the pan and fry until golden brown and soft. Place roast onto 2 or more layers of aluminum foil (places crosswise) and arrange onions on top of meat. Close foil tightly, set in a frying or roasting pan and place into the oven. Bake for 3-1/2 to 4 hours.

Remove roast from foil when done, slice and arrange on warmed plates or platter. Pour onion and meat juices on top.

Can be served with creamy mashed potatoes and carrots or a salad.

LARDING:

Roast will benefit from larding with pork fat. Larding keeps the meat juicy and makes a good flavor combination. Carrots will also give flavor but mainly make the roast look appetizing. Pork fat and carrots should be cut into pencil-sized pieces. To push fat and carrots into meat, a larding needle or a knife with a narrow blade can be used. When using a knife to make holes, pork fat must be frozen after cutting to size, so that it can be pushed into the meat.