



*Mountain
Exotic
Gourmet™
Brand*

Culinary Concepts -- Cooking Creativity

Yak Steaks, Filets, and Burgers: To keep that sweet, delicate, juicy flavor; *do not over heat!!* Yak steaks, filets, and burgers *finish faster* on the grill, in the pan, or in the oven than beef. In order to fully appreciate the taste and juiciness of this flavorful delicacy, *do not finish beyond medium rare*. In fact, you should *remove Yak* from the heat *at rare*, so it will finish to medium rare on the plate on its own. If you desire rare Yak on the plate, *remove from heat while still red in the center*. Yak never has a “bloody” flavor associated with rare beef.

Filets from Loins: We recommend you process whole Yak Loins, whether Tenderloins, Strip Loins, Ribeyes, or Sirloins, into, *Filets rather than Steaks* for two reasons. The first is for better heat control. Yak *finishes so quickly*, it's *easy to overcook* a flat steak. The second is to allow *removal of all silverskin and connective tissues before cooking*. Even though Yak meats are *very tender and juicy*, as compared to lean beef or buffalo, the *connective tissues are quite tough*.

Flavor Enhancements: For optimum enjoyment of this sweet, delicate Yak meat, use only mild flavor enhancing condiments like salt, pepper, garlic, etc. For Yak burgers we recommend a toasted bun with lettuce, tomato, and mayo or *Ranch dressing*. For Yak Filets use a *Bernaise sauce, a Hollandaise sauce, or a fruit sauce* such as apricot, peach, apple, cherry, and plum.

Never overpower the delicate taste of Mountain Exotic Gourmet™ Brand Yak meat.

Pot Roasts: Yak Pot Roasts are exceptionally flavorful and extremely healthy to eat, but can take longer to cook than beef roasts to break down the toughness of the connective tissues. We recommend cooking Yak roasts with steam or water for 1 & 1/2 times as long as you would beef.

Never microwave Yak meats!! The microwaves change the chemistry and the flavor and the smell of this wonderful delicate meat.

Smoked Sausages: Yak Smoked Sausages are extremely lean and only need to be reheated to eat and enjoy! We recommend steaming or boiling to reheat and eat!

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