

GLUTEN-FREE ELK BURGERS

Prep Time: 10 minutes

Cook Time: 8–12 minutes

Servings: 4 burgers

Ingredients

- 1 lb ground elk
- 1 tablespoon olive oil or avocado oil
- 1 large egg
- 1/4 cup gluten-free breadcrumbs
- 2 tablespoons finely minced onion
- 1 clove garlic, minced
- 1 teaspoon gluten-free Worcestershire sauce (**optional**)
- 1 teaspoon Dijon mustard
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon onion powder
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper

For Serving

- 4 gluten-free hamburger buns
- Lettuce
- Tomato slices
- Sliced red onion
- Pickles
- Avocado, optional
- Gluten-free ketchup, mustard, or mayonnaise
- Cheese, optional

Instructions

1. Prepare the Burger Mixture

Place the ground elk in a large bowl.

Add the egg, gluten-free breadcrumbs, minced onion, garlic, Worcestershire sauce (if using), Dijon mustard, smoked paprika, onion powder, salt, pepper, and olive oil.

Gently mix until the ingredients are just combined. Avoid overmixing, which can make the burgers dense.

2. Form the Patties

Divide the mixture into **4 equal portions** and gently form each portion into burger patties about 3/4-inch thick.

Press a small indentation into the center of each patty with your thumb. This helps the burgers cook evenly and prevents them from puffing up in the middle.

3. Cook

Heat a grill or large skillet over medium-high heat.

Lightly oil the cooking surface and add the elk burgers.

Cook for approximately **4–6 minutes per side**, depending on thickness.

Because elk is very lean, avoid overcooking or the burgers can become dry.

Cook ground elk to an internal temperature of **160°F**.

4. Add Cheese

If using cheese, place a slice on each burger during the final minute of cooking and cover briefly until melted.

5. Serve

Place each elk burger on a gluten-free bun and add your favorite toppings.

Try them with lettuce, tomato, red onion, avocado, pickles, and Dijon mustard.

Tips for Juicy Elk Burgers

Elk is much leaner than traditional ground beef, so adding a little olive or avocado oil helps keep the burgers moist and tender.