

Game

Recipes

by
Ikan Cook



Compliments of Emaroo Cottages

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FRENCH STYLE KANGAROO

Ingredients:

- 200g Kangaroo fillet
- 3-4 tablespoons butter
- 3 tablespoons balsamic vinegar



- 1/3 cup of red wine
- 1 tablespoon seeded mustard
- 1 tablespoon of French mustard
- 1 tablespoon softened butter mixed with 1 tablespoon flour

- about 2 tablespoons chopped parsley
- Salt and pepper to taste.



Method:

Slice kangaroo fillets thinly.

Toss in flour.

Melt butter in a large pan with a little oil. Add kangaroo and cook quickly to seal both sides. Remove from pan and keep warm while you make the sauce.

Mix mustards into the wine. Add softened butter to 1 tablespoon of flour to form a soft paste.

Place diced onion in a frying pan and cook until transparent. Add vinegar and wine and heat until reduced by half. Thicken sauce by whisking in dobs of the butter mixture, stirring until sauce thickens. Pour sauce over the kangaroo and garnish with parsley.



CHILLI ROO

Ingredients:

- 2 Kangaroo Fillets
- 2 medium eggplants, sliced to about 1cm thick
- Chilli Marinade
- Place the following in a bowl and mix.
- 2 tablespoons olive oil
- 2 tablespoons sweet chilli sauce
- 1 tablespoon chopped coriander leaves



- 1/2 teaspoon cracked black pepper



Method:

1. put Kangaroo fillets in the marinade and set aside for 15-30 minutes
2. Place fillets on a hot BBQ plate. Cook 1-2 minutes on each side or until meat springs back when pushed.
3. Put onto a plate and stand for 5 minutes to rest
4. Brush eggplant with olive oil, and place on BBQ.
5. Cut Kangaroo fillet diagonally Put on cooked egg plant, garnish with lemon wedges, mint or coriander. Serve with couscous.

KANGAROO FILLET, SZECHUAN SAUCE & BOK CHOY

Method 3 or 4 Fillets of Kangaroo. Fry in a hot pan

Quantity Ingredients

- 1 ltr Stock
- 1 ea Medium onions, browned
- 1 bunch



Spring onions sliced thinly

- 1 cm Ginger
- 4 Ea



Anise stars

- 2 tsp Sesame oil
- 2 tsp Szechuan peppercorns
- 2 tsp Chilli paste
- Soya sauce
- Cornflour

Method

1. Fry Szechuan peppercorns, chilli paste & star anise in sesame oil
2. Add stock, onions, spring onions, ginger & soya sauce, cook & reduce by one third
3. Thicken stock with cornflour to coating consistency & strain.

Pour sauce over sliced fillets, serve with vegetables



Peppered Kangaroo

- 1 kg Kangaroo Loin fillet
- 100 gms Shallots, finely diced
- 2 tps



Cajun mix

- 300 mls White wine vinegar
- 600 mls Peanut oil
- 30 gms peppercorns
- 30 gms Grain mustard



Salt and pepper

Method

Vinaigrette

1. Sweat onions with a little oil. Add peppercorns & mustard, mix well & sea
2. Deglaze with white wine vinegar

Cooking

1. Lightly oil kangaroo fillet & roll in cajun style spice. Pan fry & roast to medium rare, allow a short time to rest & keep near heat. Arrange a salad plate with fresh available ingredients to include beans & potatoes
2. Thinly slice kangaroo & arrange on salad greens. Cover with vinaigrette & dress salad plate. Garnish to finish. Serve immediately

RENDANG ROO

- | | | |
|---|------|---|
| 2 | Tbs | Oil |
| 1 | Kg | Kangaroo Topside or Rump diced 2-3cm |
| 2 | Each | Medium brown onions, sliced thinly — approx |



300gms

- | | | |
|-----|----|--------------|
| 600 | MI | Coconut milk |
| 4 | | Cardamon |
- 
- A photograph showing a pile of approximately 4-5 green cardamom pods, which are small, oval-shaped, and have a slightly wrinkled texture.
- | | | |
|----|-----|--------------------|
| 90 | gms | Desiccated coconut |
| 1 | Tbs | Soy sauce |
| 2 | Tbs | Red curry paste |

Method

1. Heat oil in large pan, seal the kangaroo in batches until well browned all over but rare inside. Remove from pan. In same pan cook onion, stirring until soft
- 2 Add curry paste, cook, stirring over low hat for about 5 minutes or until fragrant. Stir in coconut milk and cardamom. Bring to the boil. Simmer, uncovered for about

40 minutes

3. Add coconut and kangaroo and simmer uncovered for a further 5 minutes or until meat is medium rare, stirring occasionally
4. Stir in soy sauce and season to taste with salt
5. Served with steamed rice, garnish with fried shallots



Wallaby Bolognese:



Finely chop 1 onion and 1 apple and fry together until transparent. Add 500gm wallaby mince, salt pepper, pinch of nutmeg



(to taste), 400gm tomato puree, 1/2 cup red wine. Simmer for 20-30 minutes. Serve with 1 pkt cooked spaghetti. Serves 6-8.

Thai Wallaby Meat Balls:



Finely chop capsicum, spring onion, fresh



coriander, garlic and lemon grass. Combine with 500gm

wallaby mince and 1 egg. Roll into balls and gently fry. Serve on bed of rice or Thai noodles with sweet chilli sauce. Serves 3-4.



RABBIT SOUP

1.5 L Chicken Stock
1 rabbit breast meat, boned
and cut into very thin strips
1 green onions, diagonally sliced

250 mL broccoli florets and stalks



250 mL chopped spinach
250 mL bean sprouts
50 mL kernel corn
2 pkt egg noodles



Marinade:

1T dry sherry
1T soy sauce

1T ground ginger
1t crushed dry chillies
2 cloves garlic, crushed
1T toasted sesame seeds



In a medium bowl, combine rabbit and marinade ingredients. Mix well and set aside.

In a large wok or stock pot, bring stock to boil. Add green onions and broccoli; cook for 3 minutes. Add spinach, bean sprouts and corn; cook for 3 minutes. Add rabbit mixture with marinade and egg noodles; cook for further 3 to 5 minutes. Ladle soup into bowls and garnish with toasted sesame seed.



RABBIT AND TOMATO

A delicious rabbit and tomato dish. Try it served on rice cooked in chicken stock seasoned with saffron, freshly ground pepper, salt and butter. Preparation time, 25 minutes; Cooking time, 80 minutes. Serves 6 to 8.

1 rabbit, cut up
2T olive oil
1cup bacon, chopped fine



6 bay leaves
1 large onion, chopped fine
1 clove garlic, crushed
fresh ground pepper
1 tin cooked tomatoes
3T tomato paste
1t crushed chili pepper



½ t dried oregano
2 T butter
¼ cup fresh parsley, chopped fine
salt

½ cup dry red wine
 olive oil
 flour

Place olive oil in a deep saucepan over medium heat. Add bacon and bay leaves to hot oil. Add onion and cook until a little past golden brown. Add garlic and pepper. Cook until the mixture is well browned.

Add stewed tomatoes, tomato paste, chili pepper, oregano, butter, parsley and salt. Bring mixture to a boil, remove from heat and let stand until rabbit is added.

Flour rabbit and gently brown in a separate pan in olive oil. When brown, add wine. Simmer for 5 minutes, then add rabbit and wine mixture to the other pan. Simmer for 40 minutes or until tender.

MARINATED RABBIT

A marinated rabbit that could also be cooked on the barbecue, with roasted potatoes and corn-on-the-cob. Preparation time, 30 minutes; Cooking time, 1 hour.

¾ cup lemon juice
1 t grated lemon rind
¾ cup olive or canola oil
1 t salt
¼ t ground pepper



¼ t marjoram
2 t Palm sugar
¼ cup finely minced onion



1 clove garlic, minced
1 rabbit, about 1.5 kg

1

1

Mix all ingredients but the rabbit to make marinade; place in a large shallow glass dish. Place rabbit in marinade, turning to coat all surfaces. Cover and marinate several hours or overnight, basting with

marinade occasionally. Drain rabbit; reserving marinade. Place on a rack in a shallow roasting pan. Roast, uncovered, at 180°C for 1 hour. While rabbit is roasting, bring marinade to a boil and keep warm. Use heated marinade for basting rabbit occasionally while roasting.

ROAST RABBIT

Stuffed rabbit recipe. The stuffing will go well with sweet potato and garden vegetables. Preparation time, 45 minutes; Cooking time, 1.5 hours. Serves 4.

2t	cooking oil
2T	finely minced onion
¼ cup	finely minced celery
2 cups	soft bread crumbs
½ t	salt
¼ t	pepper
¼ t	ground dry ginger
2t	soy sauce



¼ cup	chopped water chestnuts
1/3 cup	chicken broth
1	rabbit, about 1.5 kg
1T	soft butter



1/2t	paprika
2T	marmalade
2t	steak sauce

Heat oil in a small skillet. Add onion and celery, sauté until soft. In a large bowl, mix onion, celery and next 7 ingredients. Spoon into cavity of rabbit, fasten with skewers. Blend butter and paprika, brush on surface of rabbit. Roast, covered, at 180°C (350°F) for 50 minutes after juices begin to sizzle. Mix marmalade and steak sauce, spoon over rabbit. Roast uncovered, 20 minutes longer.

RABBIT STEW

A hearty rabbit stew to get you through a cold winter's night!
Preparation time, 30 minutes; Cooking time, 3 hours. Serves 4 to 8.

1 rabbit, cut up
1 ¼ cups water
1 beef cube
salt
pepper



¼ t rosemary
1 medium onion, chopped



5 medium carrots
5 medium potatoes



1 medium turnip
¼ cup flour
¼ cup water
1 clove garlic, crushed

In a large camp oven, lightly brown the rabbit pieces in cooking oil. Add water with dissolved beef cube, salt, pepper and rosemary. Cover tightly and simmer for 2 hours, stirring occasionally, or until rabbit is getting tender.

While rabbit is cooking, peel and chop vegetables. Remove rabbit from heat and pick out fine bones: ribs and back bones. Add vegetables to rabbit pot, simmer 40 minutes longer. Mix flour, remaining water and garlic, add to stew, cook with stirring until slightly thickened.

BRAISED RABBIT

Braised rabbit with white wine,. Preparation time, 30 minutes; Cooking time, 75 minutes. Makes 4 servings.

15 mL cooking oil
1 rabbit, 1.5 kg, cut up
1 green pepper, sliced



1 clove garlic, crushed
1 cup sliced mushrooms
salt



Tabasco sauce, to taste
2 medium tomatoes, chopped
1 cup dry white wine

Heat oil in a large skillet at medium heat. Brown rabbit pieces on all sides; set aside. Add green pepper, garlic and mushrooms to skillet. Sauté until tender. Spread in skillet; cover with rabbit. Sprinkle with salt and Tabasco. Add tomatoes and wine. Reduce heat. Simmer covered, for 45 minutes.

Stir Fry Venison

venison steak
2 carrots



½ celery
200gms broccoli
1/2 cup unsalted peanuts
2 cloves garlic, minced
1/2 cup soy sauce
1 Tbsp. crushed red pepper



1 teaspoon cumin
Cooked noodles (udon)

Slice steaks cross grain and marinade in soy sauce for one day. Throw a little oil in a hot wok to avoid sticking. Stir in venison for about 1 minute. Add other ingredients, including seasoning, stirring frequently. Add additional soy sauce to coat all ingredients. Stir in noodles and serve immediately.



Fillet of Venison

Wash venison thoroughly.

Cut fillet into 3/4" to 1" thick slices
butter



Thin lemon slices or lemon juice

Brush sliced venison with lemon juice or if using lemon slices, Slice lemon very thin and place a slice on each fillet. Place in refrigerator; wait 15-30 minutes. Remove, turn over, and place lemon slices on top. Again, let stand in refrigerator 15-30 minutes. Saute fillets with lemon side up, in skillet and brown quickly. Turn, placing lemon on browned side, and cook until rare or medium rare. Sprinkle with salt and serve. Serve rare. Do not overcook as venison is dry and will toughen almost immediately.



Venison Roast

4-6 slices of bacon
1 tsp. Salt
One half tsp. pepper
1 quart meat stock
garlic or garlic powder
six small carrots



six mushrooms
1 medium onion
one half cup minced celery
Two thirds cup sherry



Fry 6 slices of bacon (crisp) in Camp oven. Remove bacon. Pierce roast and insert slivers of garlic in holes or coat roast with garlic powder, salt and pepper. Place venison and sear roast on all sides until very brown. Add medium diced onion, carrots, mushrooms and celery. Cook very slowly for about 3 hours (or until done). Blend vegetables to thicken sauce. Add Sherry.

Camp Oven Rabbit

1 rabbit
1 cup water
1 tsp. sugar



2 cups dry red wine
2 cups sliced onions
2 chopped carrots
2 bay leaves



1 tbsp. Sage
1 tsp basil
1/2 tsp. coarsely ground pepper
1/2 tsp. Salt
6 bacon slices

A day before serving: In a large bowl, pour 1 cup water and 2 cups dry red wine over rabbit pieces. Add remaining ingredients except for bacon. Cover and refrigerate overnight, turning pieces occasionally. About 3 hrs. before serving: In 30cm skillet or fry pan over medium heat, fry bacon until crisp; drain on paper towels; reserve drippings in skillet.

Meanwhile, remove rabbit pieces from wine mixture; reserve mixture. Pat pieces dry with paper towels. On waxed paper, coat rabbit pieces with flour. saute rabbit pieces in hot bacon drippings. Brown on all sides and remove to platter as they brown. Pour remaining drippings from skilled and return rabbit to skillet.

Strain wine mixture, discarding bay leaves; stir in sugar; pour over rabbit and heat to boiling. Reduce heat to low; cover and simmer 2 hours or until rabbit is fork-tender.

Remove rabbit to warm platter. Blend carrots and onions to thicken sauce. Add flour if desired. Crumble bacon on top and serve.



Chilli Goat

2 T cooking oil,
1 T salt,



2 c chopped onions,
1kg lean ground goat meat,
1 T ground oregano,
2 T chilli powder,
2 T ground cumin,
1/2 cup flour,
1 t garlic powder,
6 cups boiling water.

In camp oven, saute' onions in cooking oil, add oregano, cumin, garlic powder and salt. Stir and saute' until onion is almost clear, then add ground meat and cook and stir until crumbly and almost grey. Add chilli powder and then flour, stirring vigorously until thoroughly blended. Lastly, add boiling water, bring mixture to a boil, and simmer for not more than one hour. Seasonings may be adjusted to individual taste.

Kid Goat Stew

2kg of goat's meat,
1/4 c vegetable oil (to brown meat),
3 T salt, 3/4 c vegetable oil (to brown flour),
3 large tomatoes, peeled & diced,
8 cup cold tap water,
1 large onion, sliced in rings & separated,



1 whole green bell pepper - sliced,
2 t ground cumin,
10 medium to large garlic cloves - pressed,
1 t dried oregano,
1 1/2 t ground pepper.

Cut meat into 1cm cubes. In a large Dutch oven heat 1/4 cup oil at medium high heat. Place meat and salt in heated oil and cook for about 60 min., stirring occasionally. Remove from heat and set aside. In a large skillet heat 3/4 cup oil, add flour and brown well. Turn off heat and add water (1 cup at a time) to make gravy. Add vegetables and spices to meat and mix well. Simmer 25 to 35 minutes at medium heat till meat and vegetables are tender.

Barbecue Young Goat

2 cup water
1 T sugar
1 can tomato sauce



2 T. vinegar
2 T. butter
1/2 t cumin
2 cloves garlic, minced,
1/2 t oregano,
6 whole cloves,
3 carrots, diced,
1 T ground black pepper,
Salt

Cut a very young goat into pieces. Wash and dry pieces and place in an open pan in a 180 °C oven. Cook for 20 minutes test Prepare barbecue sauce. Simmer for 30 minutes. Baste goat with sauce every 15 to 20 minutes for 2 hours or until meat is very tender

Leg of Goat

- 1 leg of goat
- 1/2 t crushed pepper
- 1 c up wine
- 1 t sage



- 3 large potatoes
- 1 c vegetable oil
- 2 garlic cloves
- 1 t rosemary
- 3 onions



- 1 bay leaf
- 3 large chilies

Combine vinegar, oil and seasonings and pour over goat. Cover and marinate in refrigerator 12 to 24 hours, turning often. Remove goat, strain marinade and reserve. Quarter potatoes and onions and place in shallow roasting pan along with chilies and garlic and pour 1/4 cup marinade over vegetables. Place goat on roasting rack over vegetables. Pour 1/4 cup marinade over goat. Roast at 180° C for approximately 25 minutes per pound of goat. Baste with 1/4 cup marinade every 20-30 minutes before carving. Serve with vegetables



Emu Tenderloin

1 1/2 kg Emu tenderloin -- rinse
1/3 cup Worcestershire sauce
1 tablespoon minced garlic



1 tablespoon fresh minced ginger
2 tablespoons pepper
1 tablespoon Olive oil

Combine the first 5 ingredients in a large bowl and marinate for up to 2 hours. On a very hot grill with the lid down cook Emu for 2-3 minutes on each side .Serve immediately.



Emu Surprise

3 lb. Emu Meat cut into 1-1 1/2 inch pieces



2 cans Cream of Mushroom Soup
1/2 can water
1 pk. Dry onion soup mix
1 small jar cocktail onions (drained and rinsed)
1/2 lb. fresh sliced mushrooms
1 cup dry sherry
fresh ground black pepper

Mix all the ingredients together. Bake covered 3 to 3 1/2 hours at 180° C degrees. Serve over rice, noodles or in timbale cases of puff pastry.

Emu Goulash

- 1 stick butter
- 3 onions sliced
- 1-1/2 tablespoons paprika
- 6 oz. can tomato puree
- 1-1/2 oz. vinegar



- 1 can beef stock
- 1kg Emu meat cut into cubes
- dash sugar and garlic

Melt butter in large pot with cover, add all of the ingredients, stir, cover and cook 3-3 1/2 hours until tender and thick. You can cook this in a crock pot. Serve over noodles with sour cream or cottage cheese on top.

Emu with Beer Gravy

- 2 kg. Emu meat cut into cubes
- 2 tablespoon oil
- 5 large onion slices
- 4 tablespoons butter
- 1 tablespoon garlic chopped
- 1 teaspoon sugar



- 1 teaspoon thyme
- 1 tablespoon vinegar
- 3 tablespoon flour
- 1 can beef stock
- 1-2 bay leaves
- 1 can beer
- salt and pepper



1 Stubby of any beer.

Preheat oven to 180° degrees. Brown meat in pan. In another brown onions with butter, combine in large casserole dish or camp oven. Add flour to oil in pan where you browned the meat, mix, pour in beer and beef stock, bring to a boil and add rest of the ingredients. Pour over casserole and mix together. Cover tight and cook in oven for 2 to 2 1/2 hours. Serve with boiled new potatoes.

Spicy Roast Gourmet Emu

2 emu fillets

1/2 teaspoon cardamom seeds



2 teaspoons Juniper berries

1 tablespoon cracked pepper

2 teaspoons coriander seeds

2 cloves of garlic, minced



2 tablespoons Balsamic vinegar

Crush the spices with the garlic using a blender or pestle and mortar. Rub mixture liberally over fillets, coating thickly. Leave on one or two hours. Heat one tablespoon oil and butter in pan until foam subsides. Add fillets and sear on all sides. Transfer to baking dish and cook quickly in a hot oven (220° C) for 8-12 minutes for rare; slightly longer for medium rare. Finger test. Remove from baking dish and allow meat to set by standing at a warm place for 15-30 minutes. Slice diagonally, fan on serving plate and serve with chosen sauce.

Sauce Suggestion: Balsamic Bliss.

- 1 cup beef stock
- 1 cup red wine



- 1 quandong paste
- Balsamic vinegar to taste
- 2-3 tablespoons butter, cut into small cubes

Make sauce by boiling stock, wine and red currant jelly together until reduced by one-third and mixture is thick. Enrich by whisking in butter cubes, a few at a time. Add two to three teaspoons of Balsamic vinegar to taste.

Emu and Red Chilli Stir-Fry

- 1 lb. Prime Emu, partially frozen and sliced paper thin
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1 (10 oz.) package frozen cut green beans, thawed
- 2 teaspoons sugar
- 2 teaspoons soy sauce
- 1/2 teaspoon crushed red pepper
- 1/2 teaspoon ground ginger
- 1 teaspoon sesame oil



- 1 teaspoon rice vinegar

Stir-fry Emu and garlic in oil in hot skillet for 2 minutes. Add beans, stir-fry additional 4 minutes until beans are tender. Push Emu and beans to one side of pan. Add remaining ingredients stirring constantly. Stir in Emu and beans. Serve immediately with hot cooked rice



Marinated Lamb

1 kg lean, boneless lamb shoulder, sliced thin in 1cm wide strips

Marinade



2 tablespoons oyster sauce
3 green onions, chopped
1 tablespoon chili sauce
freshly ground black pepper to taste
For frying: 2 tablespoons oil
1/2 teaspoon salt
3 cloves garlic, diced fine



Garnish: 2 cups iceberg lettuce, shredded as for tacos
3 green onions, chopped
1 tablespoon sesame oil

Thinly slice the lamb. Mix the marinade and soak the meat for 30 minutes.

Heat a wok and add the oil, salt, and garlic. Cook just until the garlic begins to change color and then add 1/2 of the marinated meat. Cook over very high heat. Remove to a warm plate and cook the second half. Serve over the lettuce and add fried onion and sesame oil garnish.

Lamb and Dumplings

1 kg neck of mutton or lamb



2 t plum sauce
2 onions, chopped
1 turnip, chopped



3 carrots, chopped
¼ kg mushrooms, sliced
1 tablespoon tomato puree
½ litre vegetable stock or water

Dumplings:

½ cup self-raising flour
3T shredded suet
1 t chopped parsley

Set oven to 200° C. Place the pieces of meat in the bottom of a large casserole dish. Spread them with the plum and place in the oven for 15 minutes. Remove and add the chopped vegetables and a little salt and pepper. Stir the tomato puree into the stock or water. Pour over the meat and vegetables. Return to the oven. Reduce the heat to 180 C. and cook for about 1-1/2 hours until the meat is tender.

Dumplings: Mix together the flour, suet, parsley and seasoning with enough water to form a stiff dough. This should make about six small dumplings. Add the dumplings to the hot pot for the last 30 minutes of cooking. Serve with buttered, mashed potatoes and a green vegetable.



Lamb Shanks

4 lamb shank
1 cup flour
1/2 cup oil
1/2 onion, minced
1 carrot, peeled and cut into 1/4" pieces
4 celery stalks cut into 1/4" pieces



1 green apple, diced
salt and pepper to taste
1/2 cup white wine
6 to 8 cups clear chicken stock
1 cup apple cider
1 tsp fresh rosemary, chopped

Method

Cut off any outside fat from the lamb shanks and coat with flour Shake off any excess. Heat the oil over high heat and sear the meat. When browned, remove the meat from the pan and set aside, cover with aluminum foil.

In the same oil, saute the onion, carrot, celery and apple, season with salt and pepper and cook for 5 minutes over low heat. Place the shanks back in the pan with the sauteed vegetables, increase the heat to high, adding white wine, and let evaporate, about 3 minutes

Add the chicken stock, apple cider and rosemary and bring to a boil.

Cover the pan with a lid and reduce heat to low.

Simmer for 2 to 2-1/2 hours. When done, the meat will be tender and easily fall off the bone.

Serve with polenta or mashed potatoes and garden vegetables.

Lamb, Stewed (Kebab halla)

2kg lamb
2 onions, chopped
2 tablespoons flour



1 teaspoon cinnamon
1 tablespoon cooking oil
salt and pepper
5-7 garlic cloves, crushed

Cut lamb into bite-sized cubes. Mix flour, cinnamon, salt, and pepper and coat the meat with this mixture. Place lamb, onion, and a pinch of salt in oil over low flame to cook. When the juice is absorbed, add crushed garlic and cooking oil and fry

Cover with water and cook over low flame for 60 minutes. Serve the meat with its own juice, which should be very concentrated.

Hope you enjoyed the recipes.

Celebrate life.

“Dream like you will live forever,

And live like you will die tomorrow.” (James Dean)

Remember, you’re a long time dead.

Drive Safely. (Cathy Edmonds)

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