

TASMANIAN TASTES OF THE WILD

Lenah Game Meats

Producers of Fine Game



Carpaccio of Wallaby with Melon Chutney

Ingredients

500g Lenah Wallaby porterhouse
200ml Virgin Olive Oil
120ml Red Wine Vinegar
100g Melon Chutney
(see recipe below)

Melon Chutney

Ingredients

300g Rockmelon
300g Honeydew Melon
80g Onions
15g Ginger
50g Brown Sugar
70ml Red Wine Vinegar
5g Cinnamon
10ml Ghee
Salt/Pepper to taste
5g Nutmeg



Method

Chill Lenah Wallaby and slice as thin as possible – place on a chilled plate with the chutney. Drizzle the red wine vinegar and olive oil over the wallaby slices and serve.

Method

Dice the melons, slice the onions and ghee into julienne – mix and allow to sweat. Deglaze a pan with the vinegar and add the sugar. Reduce the vinegar half by half, add the melon mixture and simmer for approximately 10 minutes. Season with salt, pepper, cinnamon and nutmeg. Allow to cool and refrigerate. Serve cold.

Perfect Pan Fried Wallaby

After opening the vacuum pack allow the meat to 'breathe', just as you would a good red wine.

If you prefer more on the medium side of rare, it helps to marinate wallaby in olive oil.

Seal the juices in by turning the meat immediately after placing in the pan. Then allow 2-3 min per side. Remove from the pan and rest in a warm over for 4-6min.

Leave lots of space around each piece in the pan. If the pan is overfull the meat will stew in its own juices, not good!

The most important tip: Slice the meat at 90 degrees to the grain. This makes a huge difference to its eating quality.

LENAH WALLABY CUTS ARE:

- Fully trimmed
- Portioned within 40gm weight ranges (as 'small', 'medium' or 'large')
- Aged in the vacuum pack for three weeks

So you can use with confidence.

LENAH GAME MEATS PTY LTD
PHONE: 03 63261777 FAX: 03 63262790
PO BOX 294 MOWBRAY 7248 TASMANIA AUSTRALIA
EMAIL: JOHN@LENAH.COM.AU
WWW.LENAH.COM.AU A.B.N. 60 059 186 373

*Overall Winner Websters Tasmanian Growth Awards 2003/04
"recognising innovation and best practice in Tasmanian
agriculture and food industries"*

*TASMANIAN AGRIBUSINESS EXPORTER OF THE YEAR 2001
Delicious Magazine Tasmanian Produce Awards Finalist 2010*