

TASMANIAN TASTES OF THE WILD

Lenah Game Meats

Producers of Fine Game



Herb & caraway crusted Wallaby escalopes on soft olive polenta



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.

Quantity Ingredients

2*80-120 gm Lenah Wallaby topside
30 gm Caraway seeds
1/4 bch Marjoram chopped coarse
250 ml chicken stock
1/2 clove whole garlic
70 gm coarsely chopped kalamata olives
1/4 bch shredded basil
Polenta
EV Olive oil, parmesan, salt and pepper to personal favour

Method

Take heavy based pan and heat with olive oil. Wait until pan is lightly smoking and then add wallaby to pan spice side down.

Allow to seal well (season blank side with salt and pepper) do not disturb for 1 minute.

Turn over and cook for further 2 minutes. Rest for 4 min in warm place.

Present immediately on polenta with roasted brussel sprouts and red wine glaze

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*Overall Winner Websters Tasmanian Growth Awards 2003/04
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*TASMANIAN AGRIBUSINESS EXPORTER OF THE YEAR 2001
Delicious Magazine Tasmanian Produce Awards Finalist 2010*