

TASMANIAN TASTES OF THE WILD

# Lenah Game Meats

*Producers of Fine Game*



## *Medallions of Wallaby Saltimbocca with Marsala Cream on Caramelised Onion Tart*



### **Ingredients**

1 kg Lenah Wallaby porterhouse  
8 sage pieces  
8 prosciutto slices  
Olive oil, black pepper, salt  
1 brown onion finely chopped  
3 garlic cloves  
1 ginger knob grated  
2.5 lt meat stock, reduced  
500 ml rich cream  
150 ml marsala  
4 red onions  
100 ml olive oil  
180 gm brown sugar  
8 thyme pieces  
100 ml red wine vinegar

### **Method**

Caramelize sliced red onions with oil, sugar and vinegar .  
Make sour cream pastry and chill.  
Sauté brown onion with garlic and ginger then add beef stock and reduce,  
finish with cream.  
Seal wallaby and cook until rare then rest.  
Bake pastry disc and place hot onion stew on top.  
Place wallaby on top, surround with sauce.

### **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.***

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