

TASMANIAN TASTES OF THE WILD

# Lenah Game Meats

*Producers of Fine Game*



## Wallaby rendang



### Ingredients

2 tbsl peanut oil  
300 gm medium brown onion sliced thin  
4 cardamom pods  
1 tbsl kecap manis

### Curry Paste

4 cloves garlic  
2 tbsl chopped fresh lemongrass  
1 tbsl cumin seed  
1/2 tbsl ground cinnamon  
2 tbsl peanut oil or melted ghee

1 kg diced Lenah Wallaby  
600 ml coconut milk  
90 gm desiccated coconut

1 tbsl grated fresh ginger  
1 tbsl coriander seed  
4 fresh chilli chopped  
1 tbsl salt

### Method

For curry paste, blend or process all curry paste ingredients until a paste is formed.

Heat oil in large pan, seal the wallaby in batches until well browned all over but rare inside. Remove from pan. In same pan cook onion, stirring until soft.

Add curry paste, cook, stirring over low heat for about 5 minutes or until fragrant. Stir in coconut milk and cardamom. Bring to the boil. Simmer, uncovered for about 40 minutes.

Add coconut and wallaby and simmer uncovered for a further 5 minutes or until meat is medium rare, stirring occasionally.

Stir in kecap manis and season to taste with salt.

Served with steamed rice, coriander and fried shallots if desired

### 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 oven 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](mailto: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*