

TASMANIAN TASTES OF THE WILD

# Lenah Game Meats

*Producers of Fine Game*



## *Wallaby salad with a warm peppercorn vinaigrette*



### Ingredients

1 kg wallaby porterhouse  
100 gm shallots, finely diced  
80 gm sugar  
300 ml white wine vinegar  
600 ml peanut oil  
30 gm pink peppercorn  
30 gm grain mustard  
Salt and pepper  
500 gm Cajun spice mix

### Method

Sweat onions with a little oil. When cooked, sprinkled with sugar & cook to a caramel.

Deglaze with white wine vinegar. Allow to cool completely & mix with oil.

Add peppercorns & mustard, mix well & season

Lightly oil wallaby & 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.

Thinly slice wallaby & arrange on salad greens. Warm vinaigrette & dress salad plate. Garnish to finish. Serve immediately.

### 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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*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*