

TASMANIAN TASTES OF THE WILD

# Lenah Game Meats

*Producers of Fine Game*



## *Seared Wallaby roll with onion jam and orange*



Quantity		Ingredients
4	160g	Lenah Wallaby Topside
		Sea salt
		Fresh cracked black pepper
		<b>Onion Jam</b>
2	Each	Brown onions, diced
250	G	Brown sugar
1	Lt	Orange juice
.050	G	Snow pea shoots, cut into slices and
.180	G	Swiss brown mushrooms sautéed

### **Method**

1. Flatten wallaby into thin large escalope
2. Season very well in salt and cracked pepper
3. Heat black heavy pan to smoke point with dash of oil
4. Place in flattened wallaby and seal quickly on both sides
5. Remove from pan and smear over onion jam
6. Place mushrooms in centre and roll like an omelet
7. Drizzle over sesame seeds

Slice and serve with port glaze

### **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*

