

TASMANIAN TASTES OF THE WILD

Lenah Game Meats

Producers of Fine Game



Sugar Cured wallaby Fillets



Ingredients

For each kilo of trimmed Lenah Wallaby porterhouse use:

¼ cup Sugar
¼ cup Salt
Tsp Crushed Black Pepper

Method

Sprinkle a ceramic or stainless steel tray with salt mixture, lay fillets down and sprinkle with remaining mixture.

Cover with plastic film and refrigerate 6 hours. Turn the wallaby and cover and refrigerate overnight.

To Smoke: Smoke wallaby in a fish smoker or medium hot Weber with sawdust to medium – do not overcook. Allow to cool, cover and refrigerate.

To Serve

Use smoked wallaby in your favourite salad or meat platter sliced or shredded very thin. Raw cured meat can be sliced paper thin and served in similar way.

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
"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*

