



LENAH

GAME MEATS
of
TASMANIA

Cooking Perfect Pan Fried Wallaby

& other delicious wallaby recipes



Cooking the Perfect Pan-Fried Wallaby



COOKING LENA WALLABY

Our cuts of wallaby have less than 1% of fat. Fat retains moisture more tightly than meat so it's the fat in other meat which allows them to be overcooked and still edible.

If you overcook our wallaby, it will be dry and tough. If you follow these instructions, to cook it to medium rare, it will be sensational.

PERFECT PAN-FRIED WALLABY

- Handle Lenah Wallaby just as you would a good red wine. After opening the pack, 'decant' the meat into a bowl and put the juice aside for your sauce. Let the meat 'breathe' for 5-10 minutes. This allows the pack smells to dissipate and the meat to absorb oxygen.
- If you prefer your meat cooked more on the medium side of rare, you can marinate the wallaby in olive oil. This is not essential, however.
- Pre-heat the pan and add some (olive) oil. The oil will help the meat brown and retain its natural juices.
- Seal the juices in the meat by turning the cut immediately after placing in the pan until all sides are lightly 'browned'.
- Allow 2 minutes cooking on each side, time to get this right.
- Remove from the pan and stand in a warm oven for 4 to 6 minutes to rest prior to slicing. Aim for medium rare.
- Be careful to leave lots of space around each piece of wallaby when pan-frying. If the pan is over filled the meat will stew in its juices producing an unsatisfactory result.
- The last and (2nd) most important tip: The way you slice meat to serve makes a huge difference to its eating quality. It's very important the meat is sliced diagonally across the grain. This will maximize the tenderness of the meat in your mouth. Unfortunately, meat is often sliced the wrong way, doing the product a great injustice.
- There is a lot of heart and soul that goes into producing our wallaby, we hope you enjoy it.