



LENAH

GAME MEATS
of
TASMANIA

Cooking Perfect Pan Fried Wallaby

& other delicious wallaby recipes





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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 then 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'. Then allow 2 to 3 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 a rather unsatisfactory result.
- **The last and 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.



Classic Venison Stew



This venison stew recipe is easy to make, and the meat is full apart tender with melt in your mouth deliciousness. It's packed with veggies and a rich flavourful broth.

How long will it take?

Prep time 15 minutes

Cook time 4-5 hours

Cook stove top or slow cooker

Serves: 4

INGREDIENTS

- 1kg diced venison
- 1 Tbsp. olive oil
- 2 and 1/2 cups diced potatoes, (about 3 medium potatoes)
- 2 cups diced carrots
- 1 cup diced celery
- 1 large onion, diced
- 2 garlic cloves, minced
- 2 tsp. herbs de Provence*
- 1 tsp. salt
- 3/4 tsp. black pepper
- 1 400gm. can diced tomatoes
- 4 cups unsalted beef stock or *venison stock*
- 3-4 dashes Worcestershire sauce

INSTRUCTIONS

1. Dice the venison into bite-sized chunks, being sure to remove any of the silvery sinew tissue. Leaving this on makes the meat tough. Our Diced Venison is pan ready.
2. Add the olive oil to a large pot or Dutch oven and heat over medium-high heat.
3. When the oil is hot, allow the venison to sauté for 5-7 minutes or until the edges start to brown. Remove the venison from the pot and set aside.
4. Turn the heat down to medium and add the potatoes, carrots, celery and onion.
5. Allow the vegetables to sauté for about 8-10 minutes, or until they begin to soften.
6. Then, add the garlic, herbs de Provence, salt and pepper and cook for an additional minute before adding the tomatoes, broth and Worcestershire sauce. Then, add the venison back to the pot. Stir well and bring the stew to a boil.
7. Once a boil is reached, turn the heat to low, cover the pot with a lid, and allow the stew to simmer for 1-2 hours until the venison is tender.

If you want to make this in the slow cooker, sauté the venison in a pan and add it to the slow cooker with all of the other ingredients. Let it cook for 4-5 hours on high or 8 hours on low.

Herbs de Provence is a French spice blend. It's lovely and works well with this recipe



Asian Inspired Wallaby Shanks



Asian Inspired Wallaby Shanks are sure to ignite your taste buds.

How long will it take?

Prep time 20 minutes

Cook time 6 hours

Cook stove top or slow cooker

Serves: 4

INGREDIENTS

- 4 Wallaby Shanks
- Salt and Pepper
- Onion Flakes
- Coriander
- Paprika
- Cumin
- Garman Masala
- Oil
- Ginger (fresh or crushed)
- Garlic (fresh or crushed)
- Tomato Paste
- Coconut Milk
- Mashed Potato or Cauliflower
- Cilantro and Chillies for Garnish

INSTRUCTIONS

1. Combine salt, pepper, onion flakes, coriander, paprika, cumin, and Garman masala in a small bowl and mix.
2. Rub mixture all over the wallaby shanks, reserving any unused spice mix.
3. Heat oil in pan.
4. Sear the wallaby shanks for about five minutes, turning to brown on all sides. Remove shanks and set aside.
5. In the pan add in the finely chopped garlic and grated ginger. Add in the remanding spice mix along with the tomato paste and cook for two minutes.
6. Add in a can of coconut milk, water and stir.
7. Return the wallaby shanks to the pot. Put the lid on and seal it.
8. Cook in slow cooker for 6 hours.
9. Serve the shanks on a bed of mash potato or cauliflower. Drizzle the gravy on top and garnish with cilantro and / or chillies if desired.



Tasmanian Wallaby Fillets with Honey Roasted Vegetables



Tasmanian Wallaby Fillets, with Honey Roasted Vegetables, is a treat any time of the year.

How long will it take?

Prep time 20 minutes

Cook time 35 minutes

Serves: 4

INGREDIENTS

- Packet of Wallaby Fillets
- Leatherwood Honey
- Olive Oil
- Fresh Thyme
- Seasonal Roasting Vegetables

INSTRUCTIONS

1. Coat vegetables in olive oil and Tasmanian leatherwood honey and sprinkle with fresh thyme. Roast vegetables in a moderate oven for 30 – 35 minutes.
2. Remove fillets from the pack. Let them breathe like a fine red wine and allow them to come up to room temperature.
3. Season the fillets with salt and pepper.
4. In a really hot and lightly oiled pan, seal the wallaby fillets for two seconds each side. Turn the pan heat down a little and cook the fillets for two minutes each side (medium rare) and rest in a warm oven for 3 – 4 minutes.
5. Slice your wallaby across the grain, and plate alongside your seasonal roast vegetables.

Wallaby Spaghetti Bolognese



A heather, delicious twist to a classic household staple.

Prep Time 15 Minutes

Cook Time 45 minutes

Serves 4-6

INGREDIENTS

- 1 tablespoon olive oil
- 1 brown onion, finely chopped
- 1 carrot, peeled, finely chopped
- 1 celery stick, trimmed, finely chopped
- 2 garlic cloves, crushed
- 500g Lenah Wallaby Mince
- 1/3 cup tomato paste
- 2 x 400g cans diced tomatoes
- 1 teaspoon Master Foods® Oregano Leaves
- Large pinch ground nutmeg
- 2 teaspoons sweetener
- 1/2 cup water
- 500g thin spaghetti
- Fresh basil leaves, to serve
- Parmesan cheese, shaved, to serve

INSTRUCTIONS

1. Heat oil in a large saucepan over medium-high heat. Cook onion, carrot, celery and garlic, stirring, for 5 minutes or until softened. Add mince. Cook, breaking up with a wooden spoon, for 6 to 8 minutes or until browned.
2. Add paste, tomatoes, oregano, nutmeg, and 1/2 cup cold water. Bring to the boil. Reduce heat to low. Simmer, uncovered, for 20 to 30 minutes or until thick. Season with salt and pepper.
3. Meanwhile, cook pasta in a large saucepan of boiling, salted water, following packet directions, until tender. Drain.
4. Divide pasta among serving bowls. Spoon over sauce. Serve topped with cheese and fresh basil.



BBQ Wallaby – Two Ways



These skewers are sure to be the star of any BBQ and very easy to make.

Prep Time 15 minutes

Marinating Time 6 hours

Serves 2

INGREDIENTS

TANDOORI

- 300gms Diced Wallaby
- 1 cup of plain yogurt
- ½ cup of Tandoori Paste
- ½ Juiced Lemon

AMERICAN BBQ

- 300gms Diced Wallaby
- 1 cup of Tomato Paste
- 2 Tbs Chipotle Sauce
- 1 Tbs Maple Syrup
- 1 Tbs Balsamic Vinegar
- 1 Tbs Smoked Paprika
- 1 teaspoon Chilli Flakes
- Salt and Pepper

INSTRUCTIONS

1. Mix ingredients together
2. Add diced wallaby and coat. Marinade and refrigerate for 6 hours.
3. Skewer and cook on preheated BBQ, brushing on the remaining marinade at intervals. Cook until firm.
4. Serve with a side dish of your choice. Pictured with a Brazilian Brown Rice and Coconut Slaw.

Slow cooked Indian Madras Wallaby Curry



Ignite and delight your pallet with this Indian Madras Curry.

Prep Time 25 mins

Cook Time 4-5 hrs

Number of people 4

INGREDIENTS

CURRY

- 500gm diced Wallaby (aka Tas Roo)
- 1/4 cup plain flour
- 4 tablespoons olive oil
- 1 large brown onion, diced
- 2 garlic cloves, crushed
- 3cm knob of ginger, peeled, minced
- 2 small red chillies, finely sliced (more if you like it hot!)
- 3 tbsp madras curry paste (or 2 tbsp of your own mix please see Curry Paste)
- 300ml coconut cream
- 1 tsp beef stock powder
- 3/4 cup water
- cinnamon stick
- dried bay leaf
- 5 baby chat potatoes, halved steamed
- ice, reduced fat yoghurt, naan bread, chopped fresh coriander, to serve

CURRY PASTE

Invite the flavours and aromas of India into your kitchen with this homemade spice paste. It takes only minutes to prepare and adds a delicious authenticity to your curries.

- 2 teaspoons mustard seeds
- 4 tablespoons coriander seeds
- 2 tablespoons cumin seeds
- 2 teaspoons black peppercorns
- 6 garlic cloves, chopped
- 2 tablespoons chopped peeled fresh ginger
- 1 teaspoon ground chilli
- 1 teaspoon ground turmeric
- 2 tablespoons malt vinegar
- 2 1/2 tablespoons vegetable oil

CURRY METHOD

- Place flour and wallaby in snap-lock bag. Season with salt and pepper. Shake to coat. Heat half the oil in pan on med-high heat. Cook wallaby in batches, for 2-3 minutes or until just browned (be careful not to overcook, please remember it's very low in fat and only needs a short frying window). Transfer to slow cooker.
- Add remaining oil to pan and cook onion until soft add garlic and ginger. Add curry paste and chilli. Cook, stirring for 1 minute or until fragrant. Add coconut flavoured milk, stock powder and water. Bring to the boil. Transfer to slow cooker. Add Potatoes, cinnamon stick and bay leaf. Stir to combine.
- Cook, covered on LOW for 4-5 hours or until wallaby is tender. Garnish with fresh coriander and sliced fresh chilli (if you like it hot) and serve with rice, yoghurt, and naan bread.

CURRY POWDER METHOD

1. Fry and Pop: Cook mustard seeds in a frying pan over medium heat, shaking the pan, for 1 minute or until they start to pop. Add coriander seeds, cumin seeds and peppercorns. Cook for 2 minutes or until aromatic. Set aside to cool.
2. Puree your spices: Transfer the mustard seed mixture to a food processor. Add garlic, ginger, chilli, turmeric, vinegar, and oil. Process until smooth.
3. Seal, store & enjoy: Transfer to a screw-top jar. Store in fridge for up to 1 month. Use in curries – for a medium curry, use 2 tablespoons of madras paste to 1kg of Wallaby
Try marinating wallaby fillets in curry paste mixed with natural yoghurt for the barbie.



East meets West Tasty Mince Bowl



This infusion will delight the whole families taste buds and have them asking for more. Also ideal for lunch the next day and freezer friendly.

Prep Time 20 minutes

Cooking Time 30 minutes

Serves 4

INGREDIENTS

SAUCE:

- 1 tbsp Hoisin Sauce
- 2 tbsp Oyster Sauce
- 1 tbsp Chinese Cooking Wine (or mirin)
- 2 1/2 tbsp dark soy sauce
- 2 tsp white sugar
- 1/2 tsp sesame oil
- 1/4 tsp white pepper

STIR FRY:

- 1 tbsp oil
- 2 garlic cloves, minced
- 1 small onion, finely chopped
- 500 g Lenah wallaby mince
- 1/2 cup shallots / scallions

GARNISHES:

- Sesame seeds

INSTRUCTIONS

1. Mix Sauce together in a bowl
2. Heat oil in a large skillet over high heat. Add garlic and onion, cook for 1 minute or until onion starts browning.
3. Add Lenah Wallaby mince
4. Once the mince has all changed from red to brown, add Sauce. Cook for a further 2 minutes, or until Sauce has evaporated and beef is cooked. If you want the beef cooked more, add a splash of water and keep cooking (I don't do this).
5. Stir through shallots, then serve over rice, garnished with more shallots and sesame seeds, if desired. Or for a low carb, low calorie option, try cauliflower rice.



Wallaby stroganoff



Making a healthier meat choice, doesn't mean giving up your favorite classics. This Wallaby Stroganoff, is set to impress.

Prep Time 15 minutes

Cook Time 4 hours 15 minutes

Serves 4

INGREDIENTS

- 650g wallaby diced
- 2 tablespoons olive oil
- 2 brown onions, thinly sliced
- 3 garlic cloves, thinly sliced
- 400g cup mushrooms, halved
- 2 tablespoons plain flour
- 1 tablespoon sweet paprika
- 1 cup Massel beef stock
- 1 tablespoon tomato paste
- 1 tablespoon Worcestershire sauce
- 1 1/2 tablespoons sour cream
- Mashed potatoes or steamed rice, to serve
- 2 tablespoons finely chopped parsley

INSTRUCTIONS

1. Season diced wallaby. Heat 1 tablespoon oil in a large frying pan over high heat. Cook wallaby in 2 batches, for 3 minutes each or until browned. Transfer to a 3L (12 cup) slow cooker.
2. Heat remaining oil in same pan over medium-high heat. Cook onion and mushrooms, stirring, for 5 minutes. Add garlic and flour and cook, stirring, for 1 minute. Transfer to cooker with paprika.
3. Combine Massel Liquid Stock Beef Style, tomato paste and Worcestershire sauce in a jug until smooth. Pour over wallaby. Stir to combine. Cover and cook on high for 4 1/2 hours or until wallaby is tender. Stir in sour cream and season.
4. Serve.



Easy Burgers



The ultimate Aussie burger, high in protein and iron also, is great on the BBQ. Also freezer friendly.

Prep Time 20 minutes

Cooking Time 10 minutes

Serves 6

INGREDIENTS

- 500 grams Lenah Wallaby Mince
- 1 finely diced onion
- 1 minced Garlic
- 1 whisked egg
- 6 Cheddar Slices
- 6 wholemeal burger buns, spit and toasted
- 100 grams Aioli (third of a cup) or Greek Yogurt
- 12 Butter lettuce leaves
- Freshly grated beetroot
- 95 grams Tomato Chutney (third of a cup)
- Handful of finely chopped parsley and basil
- Salt and Pepper

INSTRUCTIONS

1. Take Lenah Wallaby out of the fridge 10 minutes prior to cooking.
2. In a large bowl, mix your mince, onion, garlic, egg, parsley, and basil. Season to choice and form into burger patties.
3. Heat your pan or BBQ to medium – high heat and spray with oil.
4. Cook for 4-5 minutes, each side or until cooked through. Cooking times will vary depending on your appliance and just like other burgers, they must be cooked thoroughly.
5. Spread aioli and tomato chutney on the buns and add the burgers, cheddar slices, lettuce, and beetroot onto the buns.



Barbequed Meatballs



Who doesn't like a meatball. These Barbeque meatballs will be a crowd pleaser all year round and are great for a grab to go lunch alternative.

Prep Time

Cook Time

Serves

INGREDIENTS

MEATBALLS

- 750g lean Lenah Wallaby mince
- 1 egg
- 1/2 cup fresh breadcrumbs
- 1 onion, finely chopped
- 1 tsp curry powder
- 1 tbs parsley, chopped *optional
- 1 pinch salt and pepper *to taste

SAUCE

- 1/2 cup water
- 1/2 cup tomato sauce
- 2 tbs white vinegar
- 1/4 cup brown sugar
- 3 tsp Worcestershire sauce
- 2 tbs fruit chutney

INSTRUCTIONS

1. Meatballs: Combine Lenah Wallaby mince, egg, breadcrumbs, onion, curry powder, parsley, salt and pepper. Mix well.
2. Form tablespoons of mixture into balls, place in baking dish and bake at 170C for 30 minutes.
3. Pour off any excess fat.
4. Pour sauce over meatballs, return to oven and bake a further 15 - 20 minutes, basting occasionally with sauce.

Sauce:

1. Combine all ingredients in a saucepan.
2. Stir until sugar has dissolved, bring to the boil, and remove from heat.



Lasagne



This cheesy lasagne has everything you need when you think of comfort food.

Prep time 30 minutes

Cook time 40 minutes

Serves 8

INGREDIENTS

LASAGNE

- 2 teaspoons olive oil
- 1 brown onion, halved, finely chopped
- 2 garlic cloves, crushed
- 750g Lenah Wallaby Mince
- 2 x 400g cans Italian diced tomatoes
- 125ml (1/2 cup) dry red wine
- 55g (1/4 cup) tomato paste
- Salt & freshly ground black pepper
- Olive oil, extra, to grease
- 4 fresh lasagne sheets
- 55g (1/2 cup) coarsely grated mozzarella
- Mixed salad leaves, to serve

CHEESE SAUCE

- 1L (4 cups) milk
- 1 brown onion, halved, coarsely chopped
- 8 fresh parsley stalks
- 8 whole black peppercorns
- 4 whole cloves
- 2 bay leaves
- 60g butter
- 50g (1/3 cup) plain flour
- 70g (1 cup) finely grated parmesan
- Pinch Ground Nutmeg
- Salt & ground white pepper

INSTRUCTIONS

1. Heat the oil in a large frying pan over medium heat. Add the onion and garlic and cook, stirring, for 5 minutes or until onion softens. Add the mince and cook, stirring with a wooden spoon to break up any lumps, for 5 minutes or until mince changes colour. Add the tomato, wine and tomato paste, and bring to the boil. Reduce heat to low. Simmer, uncovered, stirring occasionally, for 30 minutes or until sauce thickens slightly. Remove from heat. Taste and season with salt and pepper.
2. Meanwhile, to make the cheese sauce, combine the milk, onion, parsley stalks, peppercorns, cloves and bay leaves in a medium saucepan and bring to a simmer over medium heat. Remove from heat and set aside for 15 minutes to infuse.
3. Strain the milk mixture through a fine sieve into a large jug. Discard solids.
4. Melt the butter in a large saucepan over medium-high heat until foaming. Add the flour and cook, stirring, for 1-2 minutes or until mixture bubbles and begins to come away from the side of the pan. Remove from heat.
5. Gradually pour in half the milk, whisking constantly with a balloon whisk, until mixture is smooth. Gradually add the remaining milk, whisking until smooth and combined.
6. Place saucepan over medium-high heat and bring to the boil, stirring constantly with a wooden spoon, for 5 minutes or until sauce thickens and coats the back of the spoon. Remove from heat. Add the parmesan and stir until cheese melts. Taste and season with nutmeg, salt and white pepper.
7. Preheat oven to 180°C. Brush a rectangular 3L (12 cup) capacity ovenproof dish with oil to lightly grease. Spread one-quarter of the bechamel sauce over the base of the prepared dish. Arrange 1 lasagne sheet over the sauce. Top with one-third of the mince mixture and one-third of the remaining bechamel sauce.
8. Continue layering with the remaining lasagne sheets, mince mixture and bechamel, finishing with a layer of bechamel. Sprinkle with mozzarella. Place on a baking tray. Bake in preheated oven for 40 minutes or until cheese melts,

is golden brown, and the edges are bubbling. Remove from oven and set aside for 10 minutes to set.

9. Cut the lasagne into 8 portions and serve with mixed salad leaves.



Slow Cooked Diced Wallaby and Veggie Casserole



Ready for some hearty comfort, sure to make you feel better, or just after a throw together meal, this slow cooked diced wallaby casserole is sure to hit the mark every time.

Prep Time

Cook Time

Serves 4

INGRDIENTS

- 2 celery sticks, thickly sliced
- 1 onion, chopped
- 2 big carrots halved lengthways then very chunkily sliced
- 5 bay leaves
- 2 thyme sprigs, 1 whole and 1 leaf picked
- 1 tbsp vegetable oil
- 1 tbsp butter
- 2 tbsp plain flour
- 2 tbsp tomato purée
- 2 tbsp Worcestershire sauce
- 2 beef stock cubes, crumbled
- 500gms diced wallaby cut into nice large chunks

INSTRUCTIONS

1. Heat oven to 160C
2. Put 2 thickly sliced celery sticks, 1 chopped onion, 2 chunkily sliced carrots, 5 bay leaves and 1 whole thyme sprig in a flameproof casserole dish with 1 tbsp vegetable oil and 1 tbsp butter.
3. Soften for 10 mins, then stir in 2 tbsp plain flour until it doesn't look dusty anymore, followed by 2 tbsp tomato purée, 2 tbsp Worcestershire sauce and 2 crumbled beef stock cubes.
4. Gradually stir in 600ml hot water, then tip in 850g diced wallaby and bring to a gentle simmer.
5. Cover and put in the oven for 2hrs 30 mins, then uncover and cook for 30mins – 1hr more until the meat is really tender and the sauce is thickened.
6. Garnish with the picked leaves of the remaining thyme sprig.



Wallaby Fillets with Spiced Plum Sauce



This simple dish is light, flavoursome, and sure to suffice that sweet tooth with a little kick.

Prep Time 10 minutes

Cook Time 10 minutes

Serves 4

INGREDIENTS

- 1 packet of Lenah Wallaby Fillets
- Olive oil
- Pepper and Salt to Season

SPICED PLUM SAUCE

- 4 large tablespoons of Plum Jam
- 1 heaped teaspoon of Chinese Five Spice or Mixed Spice
- 1 small chilli (type depends on how hot you like it)
- 1 tablespoon of soy sauce

SALAD

- Rocket
- Celery leaf
- Camomile flowers and Sprigs (You can eat these as long as they are organic and free from any chemicals.)
- Chilli
- Spring Onion
- White Vinegar

INSTRUCTIONS

1. Open up your packet of fillets, let them breathe and come to room temperature, before seasoning with a little salt. Do not add your pepper yet, as the heat from the pan can burn your peppercorns. (I use a grinder)
2. Add about a tablespoon of olive oil to your pan and allow it to heat. You want your meat to seal off as soon as it hits the pan.
3. Seal your meat entirely, making sure you get those edges. This will stop your fillet from drying out and losing its flavour.

4. Cook for 2 minutes on one side and 2 minutes on the other. This is for medium rare. Cook a little longer if you prefer your meat a little more done.
5. Remove your wallaby from the pan and sprinkle with a little pepper.
6. Place your wallaby fillets into an oven tray and place into a warm oven for approximately 6 minutes.
7. In a pot on the stove, low heat, add your Plum Jam allowing it to melt. Add your soy sauce and stir. Once combined, add your diced up chilli and Chinese Five Spice (or mixed spice). Stir and remove from the heat.
8. For your salad, rinse and wash your rocket, celery leaf and camomile, leaving it to drain. I usually do this before I cook my Wallaby fillets.
9. Once everything has drained, place on the side of your plate and sprinkle with a little vinegar. The acidity will help cut through the sweetness. Sprinkle your salad with a little spring onion and chilli if desired. Alternatively, you can serve with a garden salad.
10. Slice your wallaby across the grain and plate it.
11. Lastly drizzle with your plum sauce and enjoy.

