

FOSSIL F FARMS

"Ostrich & Wild Game Meats"



Fossil Farms Recipe Book

A very special “thank you” to all those who contributed to the Fossil Farms Recipe Swap 2003!

Coming soon! Fossil Farms recipe swap ONLINE!

Want to share your favorite game meat recipe? Email Fossil Farms at: Debbie@fossilfarms.com.

Happy eating everyone!

From,

The Fossil Farms Ostrich & Wild Game Family



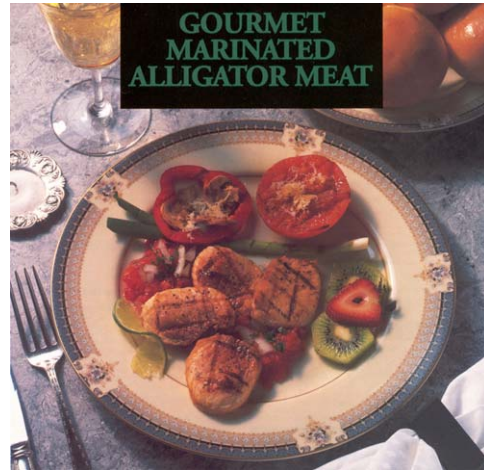
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Alligator Marsala

Ingredients:

1 - ½ lb. Alligator Meat
Black Pepper
All Purpose Flour
2 – Tablespoon Butter
3 – Tablespoon Extra Virgin Olive Oil
1 – ½ Cups Marsala Wine
½ Cup Chicken Stock



Prepare:

Season the alligator meat with black pepper. Dust meat with flour. Shake off excess flour.

In a large thick skillet melt butter along with olive oil. With hot pan-fry gator meat for 2 – 3 minutes per side. Transfer the meat into a plate. Drain most of the oil mixture. Add Marsala wine & chicken stock. Boil 2-3 minutes, scrape pot while doing this. Reduce heat and add gator. Let simmer for 10 – 15 minutes. When thick enough remove heat.

Blackened Alligator Salad

Ingredients:

1 – Tablespoon cayenne pepper	1 ½ - Teaspoons salt
1 – Tablespoon black pepper	1 – Cup Worcestershire sauce
1 – Tablespoon plus ½ teaspoon white pepper	1 ¼ - Cups red wine vinegar
6 Pieces Alligator meat 6 to 8 ounces each	1 – Tablespoon vegetable oil
1 ¼ - Cups peanut oil	1 ¼ - Cups chopped pecans
3 heads romaine lettuce, chop bite size pcs.	1 ½ - Cups chopped scallions
3 Heads Belgian endive, sliced diagonally	

In a small bowl, combine the cayenne, black pepper, 1 tablespoon of the white pepper, and ½ teaspoon of the salt (or less according to taste.) Set the seasoning mixture aside.

Place the Alligator meat in a shallow dish and pour the Worcestershire sauce over the meat. Marinate the Alligator for 30 minutes in the refrigerator, turning the meat several times.

In a medium bowl or cruet, combine the peanut oil and vinegar with the remaining ½ teaspoon of white pepper and 1 teaspoon salt. Whisk until well blended, then set the dressing aside. Preheat oven to 350 degrees F. Spread the pecans in a single layer on a rimmed baking sheet and roast in the hot oven about 8 minutes. Let cool.

Sprinkle the marinated alligator on both sides with the seasoning mixture. Coat a large cast iron skillet with the oil and heat until almost smoking. Place the alligator in the hot skillet and sear about 2 minutes per side, until the mixture has melted into the meat. Remove from the skillet and break or cut into bite size pieces.

In a large bowl, combine the romaine, scallions, endive and blacked alligator. Add dressing as desired and toss until the ingredients are well coated. Mound blackened alligator salad on six chilled plates and garnish with roasted pecans.

Blackened Alligator Steaks

Serves 4

Note: Cook inside only if you have the best ventilation--blackening the steaks will be very smoky.

4 alligator steaks, from the tail (about 6 ounces each)
3 tablespoons butter, melted

Seasonings:

1 teaspoon salt
1 tablespoon paprika
1 teaspoon ground cumin
1 teaspoon cayenne pepper
½ teaspoon freshly ground black pepper
½ teaspoon freshly ground white pepper
½ teaspoon dried thyme
½ teaspoon dried oregano
½ teaspoon dried chives
1 teaspoon garlic powder



1. Mix seasonings in a bowl. Pour onto a plate.
2. Brush steaks with 2 tablespoons melted butter. Dip both sides of each steak into seasoning mix
3. Place a dry, heavy cast iron skillet over high heat for 5 to 7 minutes. Place steaks in pan and sear for 2 minutes; turn, brush with remaining 1-tablespoon butter, and cook for 1 to 2 minutes. (with thicker steaks, it may be necessary to finish in a moderate over for 4 to 5 minutes.)

Lemon-Herb Alligator Stew

Serves 8

2-1/2 to 3 pounds of alligator cut into 1-inch cubes
1 leek (white and pale green parts only), thinly sliced
3 cloves garlic, minced or pressed
1 tablespoon dried tarragon
½ teaspoon grated lemon peel
½ teaspoon dried thyme
½ teaspoon ground white pepper
¼ teaspoon dried sage
1/3 cup all purpose flour
¾ cup dry white wine
¼ cup lemon juice
1 tablespoon cornstarch
¼ cup whipping cream
Salt
Tarragon or sage sprigs; or chopped parsley
Thin lemon slices

1. In a 3-quart or larger electric slow cooker, combine leek, garlic, tarragon, lemon peel, thyme, white pepper, and sage. Coat alligator cubes with flour, then add to cooker and pour in wine and lemon juice. Cover and cook at low setting until alligator is very tender when pierced(7 ½ to 8 hours)
2. In a small bowl, mix cornstarch and cream; blend into stew. Increase cooker heat setting to high; cover and cook , stirring 2 or 3 times, until sauce is thickened(about 15 more minutes). Season to taste with salt.
3. Garnish servings with tarragon sprigs and lemon slices

Duck with Orange

Serves 4

1 large duck (4 to 5 pounds)

Salt and freshly ground pepper to taste

2 medium oranges

2 medium lemons

Boiling water, as needed

¼ cup sugar

1/3 cup white wine vinegar

3 cups chicken stock

1/3 cup Grand Marnier or other orange-flavored brandy

2 teaspoons cornstarch

1-tablespoon red currant jelly or apricot jelly (optional)

½ cup dry white wine

Freshly ground white pepper



1. Preheat oven to 350 degrees F. Season duck inside cavity with salt and black pepper. Place breast side up on a rack in a roasting pan and prick thighs and breast with fork to allow fat to escape. Roast until juices run clear when the thigh is pricked, about 1½ hours or until thermometer registers 155-160 degrees.
2. While duck is cooking, remove zest from oranges and lemons and cut into fine julienne. Squeeze juice from oranges and lemons and set aside. Blanch zest in boiling water to cover for 3 minutes; drain and set aside.
3. In a heavy-bottomed saucepan over moderate heat, melt sugar and cook until it begins to brown lightly. Add vinegar, orange and lemon juices and stock and reduce over medium heat to a light sauce consistency.
4. In a small bowl, mix together Grand Marnier and cornstarch and stir into stock mix. Simmer briefly until slightly thickened. Stir in jelly, if used, and keep sauce warm.
5. When duck is cooked, remove from pan and cover with aluminum foil. Scoop fat from pan juices. Quickly deglaze roasting pan with wine scraping the brown bits. Strain into sauce. Add reserved zest and simmer until slightly thickened.
6. Carve duck and place on warm serving platter, and pour sauce over pieces

Five Spice Roast Duck

Serves 4

1 5 to 5½ pound duck

1 orange, halved

1 onion, halved

2½ tablespoons five spice mix:

1 tablespoon ground Szechuan peppercorns

1 tablespoon ground fennel seed

5 star anise, ground

5 whole cloves, ground

1 teaspoon ground cinnamon

1 teaspoon ground coriander

(Reserve remaining mix for other uses)

- 1 Preheat the oven to 500 degrees F. Pat the duck dry with paper towels. Place the orange and onion in the cavity. Using a fork, prick the duck all over, just through the skin to the meat. Rub the duck all over with the spice mix and place on a flat rack in a roasting pan.
- 2 Place the duck in the oven for 10 minutes, then reduce the heat to 400 degrees and roast for about 15 to 20 minute per pound. Prick the skin every 20 minutes to release the fat.
- 3 When the bird is golden brown and the juices run clear when the underside is pricked with a fork, remove the bird from the oven and allow it to rest for 7 to 10 minutes before carving.

Stuffed Quail

Serves 2-4 people

4 Quail

1 large carrot (chopped)
4 stalks celery (chopped)
1 small onion (chopped)
1 cup chopped parsley
½ tsp. Garlic powder
1/8 tsp. Salt
1/8 tsp. Black Pepper
1/8 tsp. Tarragon leaves
¼ cup extra virgin olive oil



Rinse quail and arrange in pan large enough to give each bird some space. Mix chopped carrots, celery, onions and parsley and stuff into the cavity of each bird. Brush each bird liberally with the oil and sprinkle with spices listed. Bake, uncovered, for 30-40 minutes in preheated 375 degree oven or until juices are clear.

Seasonal Greens with Grilled Quail Breast and Blue Cheese Cream

Serves 10

1lb. Mixed Greens
10 Boneless Quail Breasts
1 Cup Danish Blue Cheese
1 TSP Dijon Mustard
1 TSP White Distilled Vinegar
1 Cup Heavy Cream

Grill Quail for 2 minutes per side, cover and rest for 3 minutes. In a mixer, on medium speed, whip the dijon, vinegar, and cheese until incorporated. Slowly add the cream in a slow, steady pour, continue to mix for 1 minute. Adjust salt and pepper. Toss the greens in the dressing and arrange them on a chilled plate. Slice the quail and top the salad garnish with wild boar bacon crisps.

Bourbon Peach Glazed Quail Legs

60 pieces Quail Leg Bone In
1 10lb. Can of Peaches in Heavy Syrup
1 Medium Purple Onion Peeled/Diced
1.5 Cups Bourbon
2 Cups Veal or Beef Demiglace
1 Cup Granulated Sugar
1 Cup Soy Sauce

Sautee the onion over high heat for 2 minutes until translucent. Remove from heat and add the bourbon. Return to high flame, adding peaches, soy, stock and sugar. Bring to a low boil, simmer for 15 minutes, puree and strain. Place Quail Legs in roasting pan, and cover with bourbon peach glaze. Cover with foil and roast at 425 degrees for 10 minutes, uncover and roast for 8 minutes longer or until desired glaze consistency.

Braised Pheasant in Gin and Juniper

Serves 2

1 pheasant (2 to 3 pounds)
Salt and freshly ground black pepper to taste
6 to 8 slices bacon
¼ cup vegetable oil
½ cup slivered shallots
½ teaspoons juniper berries, crushed
2 bay leaves
2/3 cup high-quality gin
¼ cup dry sherry
1 cup chicken stock
3 tablespoons minced fresh parsley
2 tablespoons butter (optional)

1. Season pheasant with salt and pepper and truss cavity closed to help maintain shape. Completely wrap bird with bacon and tie with string.
2. In a deep heavy-bottomed saucepan, sauté bird in oil until golden brown on all sides. Cover and cook slowly for 35 minutes. Uncover, skim off fat, and cook until bird is tender and juices run pink when thigh is pierced with a fork, 10 to 15 minutes more.
3. Remove pheasant to a serving platter and cover with aluminum foil to keep warm skim off fat from pan, and add shallots, juniper berries, and bay leaves. Sauté until shallots are soft but not browned. Add gin and sherry and carefully ignite. When flame dies out, add stock and reduce quickly over high heat to a light sauce consistency. Whisk in parsley and butter, if desired.

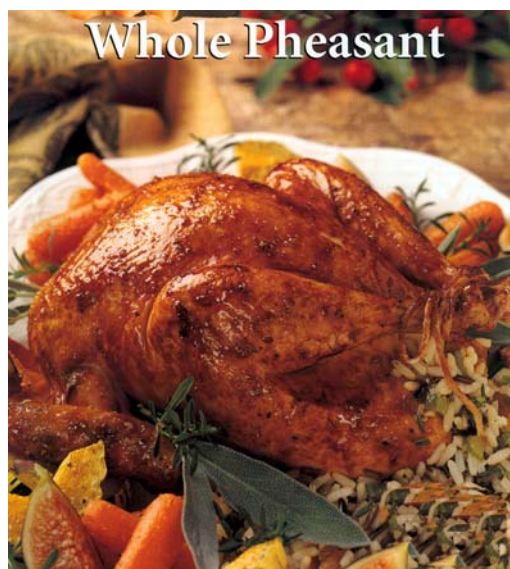
Remove and discard trussing strings from pheasant. Carve bird into serving pieces. Pour sauce over and serve immediately.

Roast Pheasant with Grapes, Pomegranate seeds

And Tiny Onions

Serves 2 to 3

1 Pheasant (about 2-1/2 pounds)
4 tablespoons butter or margarine
10 to 15 small white boiling onions (1-1/2" diameter)
½ cup water
1-1/2 to 2 cups seedless green grapes
½ to 1-cup pomegranate seeds (optional)
½ teaspoon cornstarch
1/3 cup sour cream
½ cup beef broth
2 tablespoons brandy
1/8 teaspoon dried tarragon



1. Remove pheasant neck and giblets; reserve for other uses. Rinse bird inside and out and pat dry.
2. Melt 2 tablespoons of the butter in a wide frying pan over medium-high heat. Add pheasant; cook, turning, until browned on all sides
3. Place pheasant, breast up, on a rack in a shallow roasting pan. Roast in a 450 degree F oven until bird tests done (about 25 minutes—when a slash cut in thickest portion of breast looks moist but not wet; meat will be white with touch of pink at the bone) After you put the bird in the oven, melt remaining 2 tablespoons butter in frying pan over medium heat. Add onions and cook, turning frequently, until golden. Add water; cover and cook until

onions are just tender when pierced and liquid has evaporated (about 20 minutes). Add grapes and pomegranate seeds; stir until warm

4. Remove pheasant to a platter, arrange onions and fruit on platter and keep warm.
5. Stir together cornstarch and sour cream; add to roasting pan juices with broth, brandy, and tarragon. Boil over high heat, stirring constantly, until sauce is reduced to ½ cup. Pour into a serving bowl to be spooned over servings.

Wild Boar –Grilled Wild Boar Chops With Honey-Mustard Apricot Glaze

Serves 4

(2 Chops each, about ¾ inch thick)

8 Wild Boar saddle chops

Olive oil

Glaze (makes about 2 cups):

¼ pound dried apricots

1 ½ cups water

2 tablespoons unsalted butter

¼ cup finely minced shallots

2/3 cup white wine vinegar

¼ cup Dijon mustard

½ cup honey

1 teaspoon salt

1/3 teaspoon freshly ground white pepper



1. **Glaze:** In a heavy saucepan, combine the apricots and water. Bring to a boil, reduce heat, and simmer uncovered for 12 to 15 minutes or until the apricots are tender and the liquid is reduced by half. In a separate sauté pan, melt the butter and sauté the shallots until softened but not brown. Transfer the apricot mixture and the shallots to a food processor along with the vinegar, mustard, honey, salt, and white pepper and puree until smooth. Return the mixture to the saucepan and bring to simmer. Simmer uncovered 8 to 10 minutes or until thickened. (Glaze can be cooled and stored in the refrigerator for up to 3 weeks)
2. Marinate the boar chops in a cup of the glaze for several hours or overnight in the refrigerator.

Prepare a fire in a charcoal grill. Lift chops from marinade and drain briefly, reserving the marinade. Place chops on a lightly greased grill 4 to 6 inches above a solid bed of medium coals. Cook, brushing occasionally with marinade and turning once, until meat near bone is no longer pink, about 4 to 5 minutes per side.

Wild Boar Roast with Chiles and Sweet spices

Serves 6

3 pounds boneless roast boar from the leg or shoulder

3 large dried California or New Mexico chilies

2 teaspoons seeded, minced fresh Serrano chilies

1¼ cups dry red wine

½ cup fresh orange juice

¼ cup red wine vinegar

4 tablespoons chopped garlic

2 teaspoons ground cumin 2 teaspoons dried cinnamon

1 teaspoon salt

2 pounds onions, peeled and thinly sliced

1/3 cup golden raisins

1. Trim all excess fat and sinew from roast



2. Remove stems and seeds from dried chilies. Rinse and place in a sauce pan with water to cover. Bring to a boil, then remove from heat and allow to sit for one hour. Drain.
 3. Add drained softened chilies, fresh Chile, wine, orange juice, vinegar, garlic, spices and salt to a blender and puree until smooth.
 4. Scatter half the onions and raisins in a roasting pan and place the boar roast on top. Scatter remaining onions and raisins over the roast and then pour the Chile puree on the roast.
- Cover tightly and bake in a preheated 350-degree oven until boar is very tender, 3 to 4 hours.
-

Wild Boar Tenderloin with Mango Avocado Chutney

Serves 4

“The wild boar truly tastes like Italian boar, the way pork should taste. In the United States we raise our pork too lean, compromising flavor. The delicate beef flavor has a slight sweetness that matches the chutney perfectly.”

- 4-8oz medallions of Boar tenderloin
 - 2 ripe mango, peeled and diced to ¼ inch cubes
 - 2 ripe avocado peeled and diced to ¼ inch cubes
 - 1 medium onion peeled and diced
 - 1 tablespoon honey
 - 1 cup of orange juice
1. In a medium sauce pan sauté the onion for 2 minutes until translucent, add avocado, mango and honey, and continue to cook for 2 minutes
 2. Add orange juice and reduce by half.
 3. In a hot sauté pan over high heat sear Boar on all sides for 2 minutes covered. Allow boar to rest one minute, season with salt and pepper. Slice boar and arrange in a circle on the plate.
 4. Fill the center with the chutney

Recipe by Chef Jeff Girard
GirardsBistro@aol.com

Oriental Wild Boar Spare Ribs

5 lbs. Wild Boar spare ribs cut into individual ribs
Rice Wine Vinegar

Into a large pot of boiling water, add 2 cups of rice wine vinegar (or plain white vinegar if you cannot find rice wine vinegar), and parboil ribs for 15 minutes. Drain and let cool.

Make marinade, below

Let ribs sit in marinade for at least 1 hour or up to 24 hours in the refrigerator. Make sure all ribs are sitting in marinade (use a Tupperware marinade container or something similar that you can just turn upside down every once in a while to coat all the meat evenly.)

Grill or broil ribs for about 15 minutes, brushing leftover marinade over them as they cook.

Marinade:

- 1-cup soy sauce
- 1 tsp. Sesame oil
- ½ cup honey
- 2 cloves garlic
- 1/8 tsp. 5 spice powder or ground red pepper



Wild Boar Spareribs with 5 Spice Rub and Roasted Jalapeno Barbecue

Five Spice Rub – Cinnamon, Clove, Fennel, Star Anise, Szechwan Pepper

- ½ Tablespoon Cinnamon Ground
- ½ Tablespoon Clove Ground
- 1 Tablespoon Fennel Seed Pounded
- 1 Tablespoon Star Anise Pounded
- 1 Tablespoon Szechuan Pepper

3 Six to Eight Bone Boar Spare Rib Racks to yield 20 ribs

Combine ingredients and mix thoroughly with a mortar and pestle. Rub generously on Rib Backs.

For the Sauce:

- 2 oz. Roasted Jalapeño Puree
- 1 Medium Onion Peeled/Diced
- 1 10lb. Can Tomato Product While Peeled
- 1 Cup Cider Vinegar
- ½ Cup Worcestershire
- ½ Cup Balsamic
- ½ lb. Brown Sugar

In a large sauce pan over high heat, sauté the onion for 2 minutes, add cider vinegar, Worcestershire, Balsamic vinegar, jalapeño, sugar and the crushed tomato product. Bring to a low boil, turn to simmer. Simmer for 3 minutes puree and strain. Adjust seasoning. Roast the Ribs in a 300 degree oven for 35 minutes basting frequently. Add remaining sauce to roasting pan. Cover ribs, cover pan, and cook 30 minutes longer. Allow to rest for 15-20 minutes.

Mountaineer Stew

Serves 20

- 10lbs. Wild Boar BRT Leg Unrolled, Trimmed, Cut into Spoon Size Pieces
- 10 lbs. Buffalo Top Round Trimmed, Cut Spoon Sized
- 5 lbs. Red Bly's Potato, Scooped into Balls
- ½ Head Celery, Diced
- 2 lbs. Carrots, Peeled, cut into Wheels or ½ Moon
- 1 Medium Onion, Peeled, Diced
- 1 10lb. Can Whole Peeled Tomato Crushed with Juices
- 1 Pint Irish Stout
- 1 Quart Demiglace/Beefstock

Flour and sear meat in a large sauce pan; remove from pan. Sauté onion, celery, carrot, potato, for 3-5 minutes; add tomato product, then stout, simmer 10 minutes. Add demiglace, bring to a boil, turn to simmer, and simmer 25-30 minutes, and adjust seasonings.

Good Old American Sloppy Spare Ribs

10 lbs. Wild Boar spare ribs
Masterpiece Original Barbeque Sauce
Honey
Salt
Pepper
Garlic Powder



Arrange ribs on baking sheets and sprinkle with salt, pepper and garlic powder to your taste. Put into a very low oven (230 degrees) and allow to cook, undisturbed, for about 4 hours. Mix Masterpiece Original Barbeque Sauce with an amount equal to half of honey (2oz. barbeque sauce to 1 oz. honey, etc.) Brush the ribs with this sauce the last hour of cooking. (You can either transfer ribs to a barbeque grill, or turn the oven to broil the last 15 minutes.) Serve the ribs with the rest of the sauce to be used as a dip.

Pistachio Encrusted Elk Medallions with Curry Scented Demi Glace

Serves 4

“ Cervena farms in New Zealand could be it’s own country. The elk roam free range, as a result the red meat is very lean, the pistachio crust helps form a seal around the meat, locking in the flavor and juices. The hint of curry in the demi adds spice to the pistachio’s woody sweetness.”

- 8-4oz medallions of elk
- 1 cup pistachio, ground medium fine
- 2 medium shallots peeled -julienne
- 2 stalks celery cut into ½ moon
- 1 medium carrot, peeled diced to 1/8 in cube
- 1 tsp curry powder
- 2 cups veal or game stock

1. In a medium sauce pan over high heat sauté the shallot, celery, and carrot for 2 minutes, the various cuts will be most effective to release the flavor or the vegetables
2. Add the curry and sauté 1 minute, then add the stock, and reduce by half
3. Strain the sauce through a fine mesh strainer, adjust seasonings, add salt and pepper
4. Lightly flour the elk, then brush on an egg wash and pack the elk in pistachio.
5. Warm a sauté pan, add a small amount of clarified butter and sear the elk for 2 minutes per side over medium flame being careful not to burn the crust
6. Allow the elk to rest, plate and garnish with the curried demi.

Prior to plating try dipping a pastry brush in oil or clarified butter and make a few brush strokes on the rim of the plate from the center out. Dust the plate with curry powder, and then lifting the plate to a vertical position let the excess curry powder fall to a sheet of wax paper. The garnish adds a balance of color to the dish and provides a nice aroma.

Recipe by Chef Jeff Girard
GirardsBistro@aol.com



Grilled Ostrich Filet with Bourbon Cherry Barbecue Sauce

Serves 4

“ The sweet dried cherries along with the bite of the tangy Barbecue sauce are the perfect compliment to the smoky bourbon. Together they combine for a great pairing with the ostrich.”

- 4-8oz Ostrich Filet of Steak
- 1 small onion peeled/diced
- 2 small shallot peeled/diced
- 3 cups pureed peeled tomato
- 1 cup sun dried Bing cherry
- 1 cup dark brown sugar
- ¼ cup cider vinegar
- ¼ cup lemon juice
- ¼ cup bourbon
- 1 dash Tabasco smoked chipolte sauce

Preheat grill or cast iron skillet

1. Sautee onion and shallot in clarified butter for 2 minutes until translucent, add cherries and sauté one additional minute
2. Remove saucepan from heat and add Bourbon, vinegar, lemon juice, tomato and brown sugar, return to heat and simmer for 15 minutes.
3. Add Tabasco and adjust seasonings if necessary
4. Grill ostrich three minutes per side turning ¼ of a turn after 1 ½ min. Flip and repeat.
5. Allow ostrich to rest one minute, season with salt and pepper. Dress with sauce.

Recipe by Chef Jeff Girard
GirardsBistro@aol.com

The Ostrich Bistro Burger

Because of the blood type, and lack of excessive fat and ACCP USDA approved processing, it is recommended to cook ostrich burgers medium rare.

Use a nice heavy roll or bun, we recommend an onion roll.

Grill the ostrich burger and allow it to rest one minute. Place the burger on the roll bottom and then layer thin sliced Monterey jack cheese, fresh ground pepper, whole grain mustard, bib lettuce and julienne purple onion. Top the burger and enjoy.

Recipe by Chef Jeff Girard
GirardsBistro@aol.com



Ostrich with Mediterranean Sauce
Serves 4

24 oz. Fossil Farms Ostrich filet
½ c. extra-virgin olive oil
2 oz. demi glaze (Option 1)
17 oz. balsamic vinegar (Option 2)
Salt & pepper to taste



FOR SAUCE:

2 hot cherry peppers with seed removed
2 sweet cherry peppers with seeds removed
2 oz. capers
3 oz. sun-dried tomato
3 oz. black olives
3 cloves garlic
1 c. extra-virgin olive oil
1 tbs. Chives
1 tbs. Parsley

Brush ostrich with olive oil. Grill three minutes on each side to medium-rare. Set aside.

Chop very fine by hand or in food processor the cherry & sweet peppers, capers, sun-dried tomatoes, olives & garlic. Add the olive oil, chives and parsley & chop until fully combined.

Slice ostrich and drizzle with Mediterranean sauce. Serve with mesclun salad or roasted potatoes.

OPTION 1

Heat up medium size pan and add 1 tsp. Olive oil. Add herb mixture and cook 1 minute. Drain excess oil and add demi-glaze. Drizzle over Ostrich and serve with a vegetable or mashed potatoes.

OPTION 2

Simmer balsamic vinegar until reduced by ¾. Vinegar should be thick and of syrup consistency. Place sliced Ostrich over mesclun salad and drizzle with vinegar reduction and extra-virgin olive oil.

SUMMITTED BY &-
Special Thanks to

Ex. Chef – Marchello

Visit Chef Marchello at:

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Ostrich Chili

1 pound coarse ground ostrich meat
2 onions, chopped
1 tablespoon chopped garlic
1 pound black-eyed peas
2 (14-ounces) can tomatoes, diced
1 (10-ounce) can diced tomatoes and green chilies
3 cups water
1 tablespoon salt
1 tablespoon coarsely ground black pepper
1/4 teaspoon oregano (or more to taste)
1 tablespoon cumin
1 tablespoon Worcestershire sauce
2 tablespoons chili power
1 bay leaf
1 pound frozen cut green beans



Brown ostrich in 5-quart pot over medium heat. Add onion and garlic and continue cooking until onion is tender. Add peas, tomatoes, tomatoes and chilies, water, salt, pepper, oregano, cumin, Worcestershire sauce, chili powder and bay leaf. Bring to a boil. Reduce heat and simmer 30 min. more. Makes about 1 gallon.

Ostrich Steak with Sun-dried Blueberry Chutney

1 cup sun-dried blueberries
1/4 cup rice wine vinegar
3 tablespoons salad oil
1 shallot, minced
1 clove garlic, minced
1/8 teaspoon salt
1/8 teaspoon pepper
1 (4-ounce) ostrich steak, thinly sliced into 1/4 inch slices
Ostrich with Blueberry Chutney (cont.)



Soak blueberries in rice wine vinegar 1 hour. Place oil in small saucepan over medium heat. Sauté shallot and garlic. Do not brown. Add blueberries and vinegar and bring to a boil. Remove from heat and let cool. Season with salt and pepper. Put in food processor and pulse briefly until mixture is consistency of preserves or jam.

Pan-sear ostrich steak slices. Serve with chutney. Makes 1 serving meat and 1 cup chutney.
Per serving: Calories 285 Fat 12g Cholesterol 58mg Sodium 163 mg
Percent calories from fat 38%

Ostrich Low Fat Meatballs

1 1/2 pounds ground ostrich meat
3 egg whites, whipped
1/4 teaspoon thyme
1/4 teaspoon basil
salt to taste
2 cloves garlic, crushed
3 chopped anchovies (optional)
1/2 cup diced onion
1/2 cup bread crumbs
1/2 teaspoon chopped parsley
2 cups low sodium beef stock

Place meat in large bowl and break up lightly. Add eggs and stir. Add next 10 ingredients. Heat beef stock in large skillet. When stock is simmering, add meatballs and cook for 10 minutes. (serves 4)

Marinated Grilled Ostrich Tenders

1 1/2 lb. ostrich tenders
6 scallions, trimmed and thinly sliced
4 cloves garlic, finely chopped
3 tablespoon finely chopped peeled ginger root
3 tablespoon reduced-sodium soy sauce
1 tablespoon cider vinegar
1 1/2 teaspoon canola oil
1 1/2 teaspoon sugar
freshly ground black pepper to taste

- Score tenders deeply in a 1 inch crisscross pattern on both sides. Put aside.
- In a shallow dish large enough to hold the meat, combine the remaining ingredients. Add the meat and turn to coat in marinade. Cover and marinate in the refrigerator for 1 - 3 hours.
- Prepare outdoor or indoor grill. Remove meat from marinade and grill about 2 - 3 minutes per side or until desired doneness. Slice into strips and serve at once. (serves 6)

Ostrich Arugala Corn and Blue Cheese Quesadilla

Each will serve 6 pieces

4 oz. Ostrich Fajita Strips
1/2 Cup Corn off the Cob
1/4 Cup Arugala Leaf Loose Picked
1/4 Cup Blue Cheese
2 Corn Tortillas
Salt & Pepper

Sear Ostrich Fajita Strips in a pan over high heat for 2 minutes. Add corn, arugala, and blue cheese; cover. In a nonstick pan brown a corn tortilla, add ingredients from other pan, top with additional corn tortilla and flip. Cook 1 minute, remove and slice.

Martini Marinated Ostrich Tenderloin

Serves 10

5lb. Ostrich Tenderloin, cut into 8 Oz. portions
4 oz. Gin
4 oz. Dry Vermouth
½ Cup Shredded Carrot
¼ Cup Fine Diced Celery
¼ Cup Fine Diced Onion
1 Tablespoon coarsely grated black Peppercorn
1 Tablespoon Diced Rosemary
2 Cloves Garlic, Peeled, Crushed

Incorporate the ingredients and pour over the ostrich, cover and refrigerate for 1 hour up to 2 days. Grill tenderloin for 2-3 minutes per side, allow to rest covered for 2 minutes and slice. Arrange around the starch and garnish with chive oil.

Fossil Farm Marinade

½ Cup Soy Sauce (low sodium optional)
3 Tablespoon Oil
3 Tablespoon Honey
¾ Teaspoon ground ginger
1 Clove Garlic

Heat above in microwave for one minute. Stir and pour over meat to marinate.



Fossil Farms Finishing Sauce

This is great over any grilled or sautéed meat. Splash on at the end, just before removing from the heat.

1 part ...Kikkoman Lite Soy Sauce
¼ part...Red wine vinegar
¼ part...Red or White wine or brandy

Ostrich London Broil

4 pound Ostrich Fan Fillet
1 cup Olive Oil
1 tablespoon Vinegar
1 small Garlic Clove, minced
salt & pepper

Score the meat (Cut ¼ inch deep slits diagonally about two inches apart.) Place fillet in shallow pan. Combine olive oil, tablespoon vinegar, and garlic; pour over steak. Hint: You can prepare this the night before and leave in the refrigerator overnight.

Place fillet on cold rack in broiler pan. Broil 6 inches from the heat for about ten minutes, season with salt and pepper. Turn fillet, broil an additional 10 minutes. Hint: The length of broiling time depends on the thickness of the meat. Use a meat thermometer to insure meat is cooked to desired doneness.

To serve, carve into very thin slices across the grain. This will serve ten adults.



Ostrich Sweet and Sour Kabobs

2 pounds Ostrich Kabob Meat
 2 Red Peppers
 2 Green Peppers
 1 large can Pineapple (chunks)
 Yoshida's Hawaiian Sweet and Sour Sauce
 Wooden Skewers (8" long)

Cut meat into small 1" square pieces 1 1/2 to 1 3/4" thickness. Cut peppers into 1" squares. Skewer alternating meat, peppers, and pineapples. Brush sauce onto skewers and refrigerate for two hours. Place skewers on hot grill for seven to eight minutes. Baste with sauce and turn. Cook for five minutes. Makes approx. 16 skewers.

Ostrich Stir Fry

1 pound Ostrich strips
 2 Green peppers, sliced
 1 Red pepper, sliced
 2 medium white onions, cut into large pieces
 8 Tablespoon Low Sodium Soy Sauce
 Dash Ginger
 4 Cloves Garlic, crushed
 4 Tablespoon Margarine
 4 Cups cooked Rice

Marinate the strips overnight with soy sauce, garlic and ginger. Cook peppers and onions in a skillet with the margarine until partially cooked. Add meat, cooking until brown. Serve over a bed of rice.

Ostrich Low Fat Recipes (3 or less grams of fat per 100 calories)

OUTDOOR GRILLED STEAK - Thaw steaks. One hour before grilling, sprinkle both sides with salt, garlic salt, and lemon pepper. Grill approximately 6-7 minutes on each side.

FAJITAS GRILLED OUTDOORS - Thaw meat and marinate in fajita seasoning several hours or overnight. It is easier to grill pieces on a small mesh grate or rack, and cut larger pieces to size after they are cooked.

GENERAL MARINADE

1 Cup red or rose wine
 1/2 Cup soy sauce
 1/4 Cup Low-Fat Italian dressing

Fossil Farms Proper Cooking Methods

Roasting or Baking -

.. use low, moist heat

..oven temperature of 275 degrees F.

Oven Broiling - move the rack one notch

farther away from the heat than the notch
you would use for beef

Outdoor Grilling - move rack up or use a
slightly cooler fire

Hints:

..ground meat will cook faster than beef

..rare to medium rare range is best

Frog Legs Sautéed with Mushrooms and onions Serves 2 to 4

1 dozen medium frog legs

Salt and pepper

2 ounces butter

1 tablespoon flour

4 ounces white wine

4 ounces chicken broth

½ cup sliced mushrooms

½ cup shallots or green onions

Parsley

1 egg yolk

¼ cup cream

2 teaspoons dry sherry

1. Sprinkle frog legs with salt and pepper.
2. Melt butter in sauté pan, add frog legs and simmer for 5 minutes. Add flour, simmer again for 3 minutes. Add wine and chicken broth; simmer
3. In another pan, sauté mushrooms with shallots. Add to frog legs. Add parsley and cook until frog legs are done, about 5-10 minutes.
4. Before serving, bind the egg yolk mixed with cream and sherry.

Frog Legs Marinated in Beer with Pine Nuts and Lemon Serves 4

8 to 12 pairs large frog legs (2-3 pairs per serving)*

3 cups dark beer

2 tablespoons fresh thyme leaves, or 1 tablespoon dried thyme

Salt and freshly ground black pepper for taste

Flour for dredging

6 tablespoons olive oil

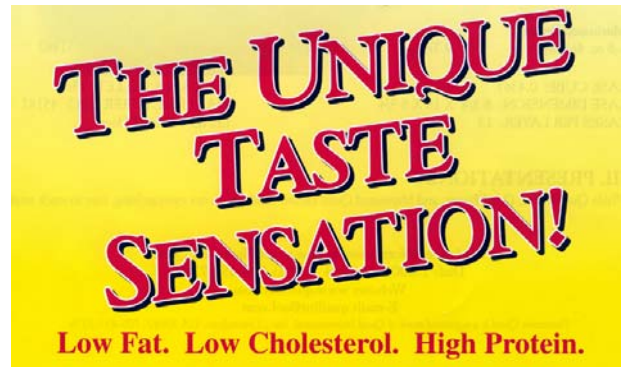
4 tablespoons unsalted butter

2/3 cup pine nuts

2 tablespoons fresh lemon juice

2 tablespoons slivered garlic

¼ cup minced fresh parsley



¼ cup loosely packed fresh basil leaves, minced
¼ cup drained capers

1. Combine beer and thyme in a bowl, add frog legs, and marinate for 1 hour at room temperature.
2. Remove frog legs from marinade and pat dry with paper towels. Season with salt and pepper and dredge in flour.
3. Heat oil in a sauté pan and sauté legs until golden brown and tender, about 10-12 minutes. * Remove to paper towels to drain; keep warm.
4. Sauce: In a separate sauté pan, melt butter and sauté pine nuts until lightly golden. Add lemon juice, garlic, parsley, basil, and capers and cook for 2 minutes.
5. Arrange frog legs on individual warm serving plates and pour sauce over them. Serve immediately

* For small legs, 24 pair (6-8 pairs per serving). Sauté for about 8 minutes

Kangaroo Filets With Mustard- Cream Sauce

Serves 3 to 4

1 pound kangaroo loin filets (about 1 inch thick)
1 tablespoon olive oil

Sauce:

¼ cup dry sherry
¼ cup minced shallots or green onions
2 tablespoons Dijon mustard
1 cup whipping cream



1. Make sauce: Pour sherry into a small frying pan over high heat. Add shallots and cook until soft. Stir in mustard and cream. Bring to a boil, stirring, and cook until sauce thickens and shiny bubbles form (3 to 4 minutes)
2. Heat oil in a fry pan and cook filets over high heat for about 2 to 2½ minutes per side. Transfer to a warm plate and allow to stand for a further 2 minutes. Serve with sauce

Kangaroo Stir-Fry

Serves 4

1 pound kangaroo topside cut, frozen until firm but not solid, then sliced thinly against the grain
3 tablespoons peanut oil or light olive oil
1 clove garlic, crushed
2 teaspoons grated ginger
1 cup thickly sliced green onions
1 cup sliced celery
1 small red pepper cut into strips
9 ounces broccoli florets, blanched (boiled in ½ inch water for 3-4 minutes, then plunged into ice water or rinsed with cold water)
1 tablespoon cornstarch
1 tablespoon soy sauce
1 tablespoon sherry
½ cup water

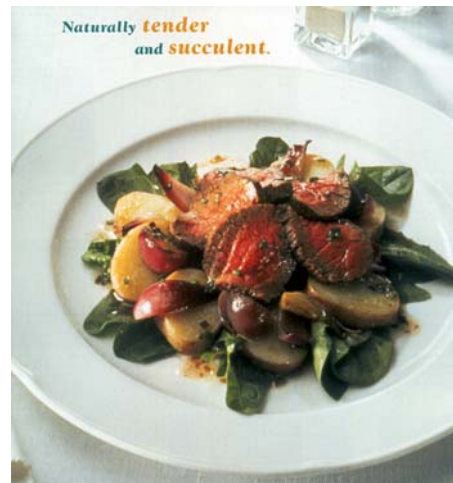
1. Heat 2 tablespoons of the oil in a wok or frying pan, add half of the meat and stir-fry until brown. Transfer to a plate and cook remaining meat, and remove.
2. Heat remaining 1 tablespoon in wok, add garlic, ginger, green onion, celery, pepper and broccoli and stir-fry for 2-3 minutes.
3. In a small container, blend cornstarch with soy sauce, sherry and water; add mixture to wok with meat.
4. Stir-Fry until mixture thickens and serve immediately.

Roast Antelope with Carrot-Rosemary Sauce

(Marinated 4 days and cooked in the slow cooker)

Serves 4-6

- 3 to 4 pound boneless antelope roast, trimmed of fat
- 1 cup dry red wine
- 1 ¼ cups water
- 3 garlic cloves, crushed
- 6 medium carrots, cut in 1-inch pieces
- 2 celery stalks, cut in 1-inch pieces
- 1 medium onion, coarsely chopped
- ½ teaspoon dried rosemary, crushed
- 1 teaspoon ground cumin
- 2 bay leaves
- 1 tablespoon fresh lemon juice
- 1 teaspoon Worcestershire sauce
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 tablespoons cornstarch



1. Place the roast, 1-cup water, and garlic in a big plastic bag, fasten the bag firmly, and lay it in a glass-baking dish. Marinate the roast in the bag, refrigerated and turning occasionally, for 4 days.
2. Drain the marinade into a slow cooker. Preheat the broiler. Brown the roast on all sides under the broiler for about 20 to 30 minutes. Transfer it to the slow cooker and add the carrots, celery, onion, rosemary, cumin, and bay leaves. Turn the cooker to low and cook for 10 hours, or until the roast is fork tender.
3. Remove the roast and keep it warm in a pre-heated 150-degree oven. Transfer the cooking liquid to a medium saucepan; add the lemon juice Worcestershire, salt and pepper. Bring the mixture to a boil. Remove the bay leaves. In a small bowl combine the cornstarch and remaining ¼ cup water and add to the cooking liquid. Continue cooking until the mixture thickens.
4. Cut the meat into serving portions and ladle a generous amount of sauce over each serving.

Roast Antelope with sweet onion sauce

Serves 6

- 1 boneless loin of antelope (3 to 4 pounds)
- 2 tablespoons oil or clarified butter
- Salt and freshly ground black pepper to taste
- 2 sweet onions (preferably Vidalia) chopped
- ½ cup chopped carrot
- ½ cup chopped celery
- 4 cloves garlic, minced
- 1 cup dry red wine
- 2½ cups beef stock, veal stock, or game stock
- 4 tablespoons butter, at room temperature

1. Preheat oven to 400 degrees F. Heat oil in a heavy, ovenproof roasting pan over medium-high heat. Season the roast with salt and pepper and sear on all sides in oil. Remove the roast from the pan. Add onions, carrot, celery, and garlic to pan and cook for 2 minutes, stirring frequently. Remove pan from heat and place the roast on top of vegetables. Place pan in preheated oven and roast to medium-rare, 10 to 12 minutes.
2. Remove the roast from pan and keep warm in foil. Place roasting pan over high heat on stovetop, add wine, and deglaze pan. Reduce to a medium sauce consistency. Add stock and reduce by half. Strain into a saucepan, discard vegetables, and reheat sauce. Reduce further, if necessary. Whisk in butter, 1 tablespoon at a time, and adjust seasoning with salt and pepper.
3. Cut the meat into serving portions and spoon sauce over top.

Roast Mustard Rabbit

With Spiced Apple Rings

Serves 4

1 rabbit, about 5 pounds, cut into 6 serving pieces

Salt and freshly ground pepper to taste

2 tablespoons olive oil

3 tablespoons butter

3 unpeeled red apples, cored and cut crosswise into ½ inch rings

Chinese 5 spice

2 tablespoons balsamic vinegar or cider vinegar

Marinade:

1/3 cup Dijon mustard

1/3 cup prepared whole-grain mustard

3 tablespoons distilled white vinegar

3 tablespoons olive oil

½ cup unsweetened apple juice

Juice of ½ lemon

1 large shallot, minced

Salt and freshly ground pepper to taste

1. Marinade: Combine mustards, vinegar, oil, apple juice, lemon juice, shallot, and salt and pepper in a non-aluminum baking dish. Season the rabbit with salt and pepper and place in the marinade, turning to coat well. Cover and marinate for 4 hours or overnight in the refrigerator.
2. Remove rabbit pieces from marinade and reserve marinade.
3. Preheat oven to 350 degrees F. Heat the oil in a skillet over medium high-heat. Add rabbit pieces and cook, turning once, until golden brown, about 4 minutes per side. Transfer rabbit pieces, skin side up, to a 9x13 inch baking dish.
4. Roast rabbit for 30 minutes basting with saved marinade every 10 minutes.
5. Meanwhile, add the butter to a skillet and sauté the apples until lightly browned, about 4 minutes. Sprinkle with 5-spice and add the vinegar to the skillet. Turn apples once, then remove from heat and set aside.
6. To serve, place the rabbit on warm plates and garnish with the apple.



Rabbit in Green Peppercorns And Wine Sauce

Serves 4

3 tablespoons olive oil
1 large rabbit (3 pounds), cut up
2 cups dry white wine
1 tablespoon green peppercorns
½ cup cream or half-and-half
Salt and pepper

1. Heat a Dutch oven and add the oil. Sauté the rabbit pieces in the oil until golden brown on all sides, about 10 minutes
2. Add the wine, cover, and simmer for 45 minutes. Remove the rabbit from the pot and place on a heated platter
3. To the pot add the green peppercorns, smashing them with a wooden spoon. Add the cream and bring to a heavy simmer. Cook for 3 minutes and add salt and pepper to taste. Pour the sauce over the rabbit

Rabbit Tenderloin with Sage Gnocchi and Whole Grain Mustard Cream

10 Rabbit Loins
1 Medium Shallot
1 Tablespoon Whole Grain Mustard
2 Cups of Heavy Cream

For the Gnocchi:

4 Cups All Purpose Flour
2 Cups Whole Milk Ricotta
1/3 Cup Milk
2 Eggs
2 Tablespoons Chopped Sage
1 Tablespoon Kosher salt

In a mixture with the paddle, incorporate all ingredients until dough forms. Roll into a disk 1 inch thick. Cut into strips, roll the strips like a shoelace, and cut into small nuggets. Press the nugget flat with your thumb and forward. Freeze or drop into boiling water for 2 minutes or until floating. Flour the Rabbit Loin, Sear the rabbit for 2 minutes per side covered and remove from heat. In the same pan, sauté 1 diced shallot for 1 minute. Add whole grain mustard and cream. Reduce by half, toss the gnocchi in the sauce, plate and garnish with sliced rabbit.

Buffalo Steaks with Jack Daniels Sauce

Serves 6

6 boneless buffalo rib steaks (10 ounces each)
Salt and freshly ground white pepper to taste
Sauce:

¼ cup minced shallots or green onion
½ cup sliced fresh mushrooms
4 tablespoons unsalted butter, at room temperature
2 cups beef stock
¾ cup dry white wine
2 tablespoons green peppercorns, lightly crushed
½ cup plus 5 tablespoons Jack Daniels or other high-quality bourbon



½ cup heavy cream (optional)
Salt and freshly ground white pepper
Drops of fresh lemon juice

1. Season buffalo steaks with salt and pepper to taste and let them rest for 1 hour at room temperature.
2. Make Sauce: in a saucepan, sauté shallots and mushrooms in 2 tablespoons butter until golden brown. Add stock, wine, ½ cup bourbon, 1 tablespoon of the peppercorns; reduce over medium heat by half. Add cream and reduce to a light sauce consistency. Whisk in remaining 2 tablespoons butter little by little. Add remaining 1 tablespoon peppercorns, 5 tablespoons bourbon, and lemon juice to taste, keep warm.
3. Sauté buffalo steaks in butter until medium-rare, 2 to 3 minutes per side. Serve with sauce.

Grilled Buffalo Steaks

Marinated in Red Wine

Serves 6

6 New York strip buffalo steaks, 6 to 8 ounces each

Marinade:

1 ½ cups green or gold-colored extra-virgin olive oil
3 garlic cloves, minced
¾ cup dry red wine
1 teaspoon ground black pepper

1. Marinade: Place the extra-virgin olive oil and garlic in a small bowl. Slowly add the red wine, whisking all the white with a wire whisk to form an emulsion. Add the pepper; mix well. (Marinade can be stored in a covered container in the refrigerator for up to 2 weeks.)
2. Place the steaks in a non-aluminum pan and pour the marinade over, turning to coat each piece evenly. Marinate the steaks for at least 6 hours or overnight, turning several times.
3. Drain steaks from marinade. Place steaks on barbecue grill 6" above a medium hot fire. Cook about 2 to 3 minutes per side, until medium rare. Remove from heat and let set stand 5 minutes before serving.

Three-Alarm Buffalo Chili

Serves 8 to 9(one cup portions)

5 pounds buffalo stew meat (¾" cubes)
1 or 2 fresh or pickled jalapeno chilies
1 large onion, chopped
4 cloves garlic, minced or pressed
2 large firm-ripe tomatoes, cored, peeled, seeded, and chopped
1 large can (15 ounces) tomato sauce
1 can (12 ounces) beer
2 teaspoons dried oregano leaves
2 to 3 teaspoons coarsely ground black pepper

1½ tablespoons ground cumin

1 tablespoon paprika

1/3 cup ground pasilla chili or ground New Mexico chili

Water

Salt

1. To prepare fresh jalapenos, hold each by the stem over a gas flame or almost touching an electric burner on high, turning until chili is charred on all sides. Let chilies stand until cool. Wearing gloves (to prevent hands touching eyes) pull blistered skin from chilies. Cut chilies in half lengthwise and scrape out seeds and veins; cut off stems. Chop chilies finely; discard remainder. For pickled chilies, cut off and discard stems and chop finely.
2. Add oil to a 6- to 8-quart pan over medium-high heat. Add meat, a portion at a time, and cook until well browned on all sides. Add onion and garlic and stir often until onion is limp, about 5 minutes. Stir in tomatoes, tomato sauce, chopped jalapenos, beer, oregano, pepper, cumin, paprika, and ground pasilla chili; stir well
3. Bring to boil, cover, reduce heat, and simmer until meat is very tender when pierced, about 2½ hours; stir occasionally. If chili is thinner than you like, stir in water and bring to boil. Add salt to taste.

Venison with White Peaches and Cranberry Vinaigrette **Serves 4**

Vinaigrette

½ cup sun-dried cranberries
4 tablespoons champagne vinegar
½ tablespoons hazelnut oil
Salt and pepper to taste

Salad

4 White peaches
Simple Syrup
Enough freshly squeezed lemon juice to prevent the fruit from browning
16 snow peas
12 asparagus spears
1 bunch watercress, leaves only, stems removed
1 red onion, very thinly sliced
3-4 ounces (80-100 grams) cold smoked venison, thinly sliced



For the vinaigrette, place cranberries and champagne vinegar in the bowl of a food processor. Add mustard and pulse the machine to blend. With the machine running, add hazelnut oil in a steady stream until an emulsion is formed. Add salt and pepper to taste. Poach peaches in simple syrup for about 15 minutes. Cool completely in the liquid. Peel and cut in half. Remove the stones and slice into 8 slices. Squeeze a little lemon juice over slices to ensure they keep their color.

Blanch peas and asparagus; chill.

Combine snow peas, asparagus, watercress, and onion; dress with a small amount of the vinaigrette. Top with slices of smoked venison. Drizzel remaining vinaigrette over the salad. Serve immediately with a glass of Sauternes.

Venison and Mushroom Scallopini

Serves 4

8 venison steaks (about 2 ounces each)
2 tablespoons olive oil
2 tablespoons garlic, crushed
1 cup button mushrooms, sliced
1 cup beef stock
3 tablespoons sherry
2 teaspoons cornstarch

1 tablespoon lemon juice
Salt and freshly ground black pepper

1. Slightly pound steaks to flatten. Season with freshly ground black pepper.
2. Heat 1 tablespoon of the olive oil in a heavy-based sauté pan. Sauté steaks over high heat for 1 minute per side until meat is just browned. Lift steaks from pan and keep warm. Reduce heat.
3. Add remaining 1-tablespoon olive oil, garlic and mushrooms to pan. Cook over medium heat until mushrooms are dry and starting to brown. Stir in sherry and beef stock.
4. Simmer sauce gently for 1 minute. Mix cornstarch to a paste with lemon juice. Mix into sauce, stirring continuously until the sauce thickens and boils.
5. Add cooked steaks to pan and heat for 1 to 2 minutes. Season to taste with salt and freshly ground black pepper.

Venison Roulade with Roast Garlic and Herb Butter **Serves 4**

4 Venison Leg Filets (3-4oz. per person)
8 Slices of Parma Ham
8 oz. of unsalted butter
2 anchovies
4 cloves of roasted garlic
½ tsp of chopped rosemary, basil, thyme, parsley
1 tsp of coarse ground pepper

Sauce

3 chopped shallots or onion
½ cup of red wine
1 tsp balsamic vinegar
1 oz. of butter or olive oil
½ cup of strong meat stock
Salt and Pepper



Use a sharp knife to cut the filet along the grain about ½ inch thick and roll out to form a flat piece. Season with pepper. Lay the Parma ham out on a piece of non stick paper and place the Venison on top. Mix the herbs garlic with the softened butter and smear over the meat. Roll up tight and allow to set in the fridge.

Sear the meat all over for 2 minutes and finish in a moderate oven (180 degrees) for about 8 minutes, allow to rest in a warm place. In the same pan add the butter and the shallots and sauté until soft. Add the red wine and reduce to syrup, add the meat stock and the balsamic vinegar to taste. Reduce a little and season.

Slice the meat into 3 pieces per filet and place on a bed of the sautéed vegetables and garnish with some cherry tomatoes and the sauce.

Garnish

Medley of spring vegetables sautéed with a little butter and new potatoes roasted with sprigs of rosemary and garlic.

Barbecued Venison Rib Chops with Rosemary Leaves

Serves 4-6

6 venison rib chops, cut $\frac{3}{4}$ to 1 inch thick (2 to 2½ pounds total)
¼ cup fresh rosemary leaves
2 tablespoons olive oil

Salt and pepper

1. Sprinkle $\frac{1}{2}$ of the rosemary leaves onto one side of chops. With a flat mallet, gently pound meat to hold rosemary leaves in place. Turn chops over and repeat. Lightly brush chops all over with oil.
2. Place chops on a grill 4 to 6 inches above a solid bed of hot coals
3. Cook chops about 2 minutes per side for medium-rare. Season with salt and pepper.

Elk Tataki (Thai Salad)

Serves 10

6 – 4 oz. Elk Medallions
1lb. Arugala or Peppery Greens
1 Cup Mirin or Rice Wine Vinegar Juice of 1 Lime
2 Tablespoons Sesame Seed
¼ Cup Shoyu or Aged Soy
Salt & Pepper

In a large pan sauté over high heat, add 1 tablespoon vegetable oil, sear peppered elk medallions for 1 minute on each side, set aside to cool. In a mixing bowl whisk together the mirin, lime, sesame and shoyu. Slice the elk very thin across the medallion, and place into the mixture, cover and refrigerate for 10 minutes. Arrange greens on the plate, add the Tataki and drizzle some of the mixture on as a dressing.

