



# ROO RECIPES

80 of Australia's best Kangaroo recipes



# ROOCIPES

80 of Australia's best Kangaroo recipes



# CONTENTS

## INTRODUCTION TO KANGAROO

- 6 **Mel Nathan**  
INTRODUCTION
- 7 ENVIRONMENT
- 8 COOKING GUIDE
- 10 ROO WINNERS ARE GRINNERS
- 12 KANGAROO ON YOUR PLATE MATE
- 14 CORDON ROO AT KAM FOOK
- 16 HOP TO IT!
- 17 CHEFS EXAMINATION – KANGAROO
- 18 A TASTE OF KANGAROO

## CELEBRITY CHEF ROOCIPES

-  20 **Sean Connolly** Sean's Kitchen & Astral Restaurant
  - KANGAROO TARTARE
-  22 **John Leong** Kam Fook Restaurant
  - KANGAROO FRIED GEE MA DUMPLING
-  23 **Darren Ho** Chi Restaurant
  - KANGAROO CHAR SUI BAO
-  24 **Jean-Paul Bruneteau** Deep Blue Bistro
  - BRAISED KANGAROO SHANK
-  25 **Raymond Kersch** Edna's at Your Table
  - ENOKI MUSHROOMS WRAPPED IN LOIN OF KANGAROO IN PANDANUS LEAF SAUCE
  - KANGAROO TARTLET WITH WATTLESEED AND MACADAMIA DUKKAH
  - KANGAROO WITH CORN AND NORI BON BONS
  - MINATURE KANGAROO FILET MIGNON WRAPPED IN PROSCIUTTO
-  28 **Tony Bilson** Bilson's Restaurant
  - MEDALLION OF KANGAROO WITH ESCHALLOTS



- 30 **Vic Cherickoff**
  - EGG, BACON AND KANGAROO ROLL



- 31 **Marian Benardis** Greekalicious
  - KANGAROO WITH TRAHANA AND HONEY CARAMALISED ONIONS



- 32 **Mark Bayliss** Unilever Food Solutions
  - SMOKED KANGAROO WITH FIG AND CORIANDER CHUTNEY



- 33 **Daniel Ridgeway** The Little Truffle
  - SPHERE OF PEA AND KANGAROO
  - KANGAROO TERRINE
  - KANGAROO RAVIOLI
  - FLOWER KANGAROO
  - 12 HOUR KANGAROO LOIN
  - KANGAROO ASSIETTE



- 42 **Lindy Milan & Ian Hemphill**
  - ASIAN-STYLE KANGAROO FILLETS



- 44 **Ian Oakes & Alasdair Nicholson** Grand National Restaurant
  - SEARED KANGAROO LOIN, SHAWARMA SPICE WITH PICKLED BEETROOT, CHICKPEA PUREE, ROASTED KIPFLERS AND ROSEMARY SALT



- 46 **Gary Johnson** Sydney Hilton
  - CONSOMME WITH KANGAROO RAVIOLI AND TOMATO PICKLE
  - THAI RED KANGAROO CURRY



- 49 **Farzan Contractor** The Meat & Wine Company
  - MERLOT MARINATED KANGAROO STEAK WITH WASABI MASH
  - KANGAROO LOIN WITH PARSNIP PUREE ROSEMARY AND SPINACH PESTO



- 52 **Craig Squire** Red Ochre Grill
  - KANGAROO WITH QUANDONG CHILLI SAUCE WITH SWEET POTATO AND BOK CHOY



- 54 **Craig Macindoe** Mumu Grill
  - KANGAROO RUMP ON ROASTED PUMPKIN WITH BEETROOT RELISH



- 56 **Felix Halter** V Zug Gourmet Academy
  - PAPERBARK SMOKED KANGAROO

- 58 INDEX OF RECIPES

# INTRODUCTION

MEL NATHAN

## Good for you – good for the environment

Here's one type of meat unique to Australia which is lean, green and as good for the environment as it is for you. It's kangaroo, and it's appearing more and more on Australian restaurant tables. Kangaroo meat gets the thumbs up on a wide variety of nutrition fronts. It's a terrific source of high-quality protein, low in total fat (with less than 2% fat), low in saturated fat and a source of heart-friendly omega-3s.

What's more, it's a particularly rich source of iron and zinc, plus an important source of several B-group vitamins, namely riboflavin, niacin, vitamin B6 and vitamin B12.

Aside from its environmental advantages, kangaroo is lean, inexpensive, quick and easy to cook, versatile and flexible.

Historically, kangaroos played an important role in the survival of Australia's indigenous peoples.

Aborigines hunted kangaroos for tens of thousands of years, for both meat and skins, and when Europeans arrived in the late 18th century, they also depended on its meat for survival.

Kangaroo harvesting is carried out under the strict environmental controls provided by the federal Environment Protection and Biodiversity Conservation Act 1999. Most come from New South Wales and Queensland, with smaller numbers from Western Australia and South Australia.

The fact that kangaroos aren't herded together in close confines, transported, or have food withheld from them makes a big difference to the final quality of the meat. Kangaroos are the ultimate free-range animals. They're not farmed, but are "harvested" in the wild by licensed hunters.

Kangaroo has a unique flavour, a major factor in its rise from "bush tucker" to modern day haute cuisine. The intensity of the meat ranges from subtle (young animals) to distinctively gamey (older animals).

It is fine textured and soft, and can hold its own with aromatic spices, pepper, chili and garlic.



Craig Squire is the executive chef and managing director of the award-winning Red Ochre Grill in Cairns.

It specialises in Australian seafood, game meat, bush food, and regional Australian cuisine, and kangaroo has been a best-selling item on his menu for more than a decade. "Kangaroo meat is a wonderfully easy and healthy barbecue meat, but it's best served medium rare, or rare, because having almost no fat it can dry out if over cooked," says Squire.

"When we serve grilled fillet in the restaurant, we cook it whole and serve it sliced with a sauce as an accompaniment. This allows the customer to eat the meat 'straight' to appreciate the flavour and texture."

Squire says another bonus of cooking with kangaroo is that there's no sinew in the meat, and it's relatively inexpensive to purchase. The wide variety of cuts available also provides chefs with the opportunity of cooking many ways. Popular techniques for prime cuts include pan frying at high temperatures, rare roasting on a high heat, barbecuing, char-grilling and stir-frying. But it can also be marinated in Asian pastes and curry sauces for grilling. Squire's recommendations include vindaloo, korma, hoi sin and tandoori.

It would seem the future of kangaroo meat in haute cuisine is assured. There's a growing demand for native Australian flavours being used at home and overseas, and for many people it's only natural that kangaroo has "hopped" on to the back of this trend.

"I believe kangaroo has significant global potential as a food source," says Squire. "It's also healthy and it tastes great - for meat lovers especially, it's a win-win situation."

Open the book... And cook...

May your days, months, years fill with good tastes...

Mel Nathan

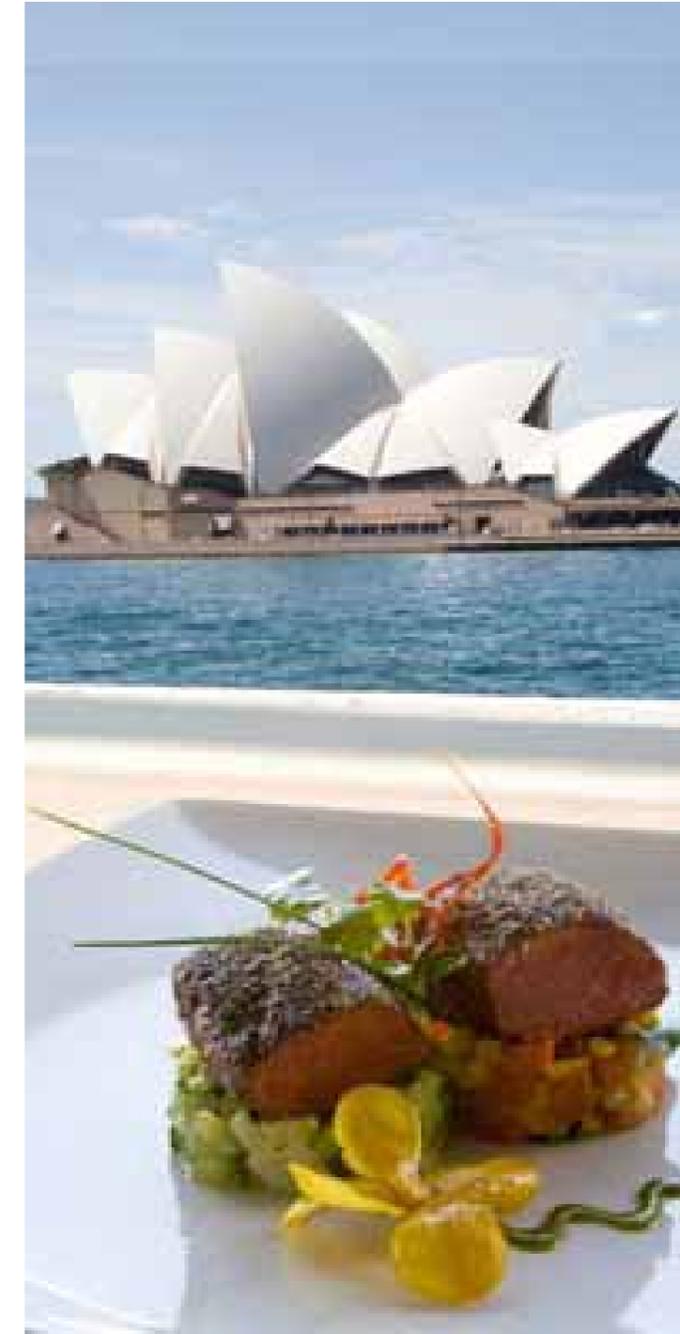
# ENVIRONMENT

Many people are already aware of the health benefits associated with eating kangaroo meat. Kangaroo is a very lean red meat that has less than 2% fat content, it is very low in saturated fat and trans fat, which helps lower cholesterol. It has also been revealed that kangaroo meat may be the highest known source of the healthy fat CLA (conjugated linoleic acids), a naturally occurring fatty acid found primarily in the meat and dairy products of ruminants and have been shown to reduce obesity and heart disease as well as having anticarcinogenic properties. Kangaroos can have as much as five times more CLA in their fat than other animals.

But what people might not be aware of is the environmental benefits that eating kangaroo meat also has. Firstly, kangaroos are soft-footed animals, so damage to the land is far less than that of sheep and cattle. Kangaroos also need less food than sheep and cattle, and can better adapt to drought conditions. But apart from these reasons, in more recent findings, it has been reported that eating kangaroo meat can help reduce greenhouse gas emissions. Methane emissions from farm animals account for about a quarter of the world's greenhouse gas production. Kangaroos feed on the same sorts of grass as cattle and sheep but produce very little or no methane gas. Therefore choosing kangaroo meat over other meats as part of your every day diet, is recommended to help save the world from global warming. This climate friendly meat can be a small way in which we can lessen the impact our food sources have on our environment. Report author of "Paths to a Low Carbon Future" Dr Mark Diesendorf said reducing beef consumption by 20 per cent and putting Skippy on the dinner plate instead would cut 15 megatonnes of greenhouse gases from the atmosphere by 2020.

Macro Meats Gourmet Game produce a variety of kangaroo products from our premium 98% fat free kangaroo fillets, to our famous gluten free kanga bangas, which are a healthy option for your next BBQ. It is important that we encourage our children and our generation to have a healthy diet and to look after our environment, therefore education and offering healthy food options is essential for their future.

Report source: Paths to a Low Carbon Future, commissions by Green Peace.



# COOKING GUIDE

## KANGAROO COOKING TIPS

Kangaroo meat products can be prepared in a variety of dishes using various cooking methods. Generally fat content in other meats mean they can be cooked to a well-done state. In comparison kangaroo meat, because of its low fat content can dry out during the cooking process. It is therefore recommended to not overcook kangaroo meat to retain moisture and flavour.

Some flavours that go particularly well with kangaroo meat are: garlic, rosemary, juniper, mountain pepper (or pepper) and fruity flavours such as - plum, red currant, quandong or orange. Although it is easy to adapt most meat recipes and replace other meats with kangaroo instead, and following the cooking tips below.

Kangaroo meat cooking times, as with any other red meat will vary. For best results Kangaroo should be cooked rare to medium rare, and should never be overcooked - with the exception of sausages and mince, which must be cooked thoroughly.



- Always make sure pan or BBQ hotplate is HOT
- For steaks and fillets cook on high heat for approx 3 minutes each side. If you are cooking thicker pieces, cook for a further 2-3 minutes, depending on thickness. Remove from heat, cover with foil and rest meat for 5 minutes before serving. Best served medium rare
- Steaks and fillets should be cooked quickly and on very high heat, this will keep the meat tender and prevent it from drying out. Firstly the meat should be soaked in oil for at least 15 minutes prior to cooking. It should then be placed in a very hot pan and quickly turned over to ensure all sides are seared, this will seal the meat up and prevent moisture loss.
- If pan frying, the temperature can then be turned down a little and the cut cooked to medium rare at the most. If roasting it can be transferred to a moderate oven for 10 minutes, but once again not cooked further than medium rare.
- Marinated Steaks can be cooked further (medium) without drying out and will remain very tender.
- Stir fry should be cooked quickly in a very hot wok or pan on high heat. Do not put too much in the pan at once or the meat will stew not stir fry.
- Mini roasts
  1. Put Mini Roast on tray and cover with foil. Cook in pre-heated oven at 200c for approx 25-30 minutes
  2. Remove foil and cook uncovered for a further 10 minutes
  3. Remove roast from oven, wrap in foil and leave to rest for a further 10 minutes before serving.
- Minces, Burgers and sausages MUST be cooked thoroughly.

## KANGAROO COOKING REFERENCE GUIDE

SUGGESTED CUTS	COOKING METHOD	COOKING TIMES
Steaks, Fillets	Pan fry, BBQ, Oven	3-4 minutes per side (medium rare) Or once sealed, can be transferred to oven for 10min
Marinated Steaks	Pan fry, BBQ	4 minutes each side (can be cooked to medium)
Kebabs	Pan fry, BBQ	2-3 mins per side
Kanga Banga's, Burgers	Pan fry, BBQ	Cook 5-6 minutes or until juices are hot and clear. Must be cooked thoroughly.
Kangaroo Mince	Pan fry, simmer	Cook until brown and broken up. Must be cooked thoroughly. Great in bolognese, lasagna, meatballs, home made burgers, tacos
Mini Roast	Oven	200C oven for 40 mins.
Stirfry	Wok, Panfry	Fry quickly on high heat for 2-3 mins or until just browned (it will continue to cook through once removed from heat)

## USEFUL INFORMATION

Kangaroo is as versatile as beef and easier to cook, having to worry less about it being tough and over or under cooked, particularly when sliced into pieces and marinated then quickly barbecued. When we serve grilled fillet in our restaurant we cook it whole and serve it sliced with the sauce as an accompaniment. This allows the customer to eat the meat 'straight' to appreciate the flavour and texture, this style of presentation is outlined in Kangaroo with Quandong chilli glaze. Kangaroo can be marinated for grilling with many of the Asian pastes and curry's that abound the supermarket shelves for example Vindaloo, Korma, Hoi sin and tandoori. For more of an Australian flavour, serve with mash potato and salad.

*Craig Squire - Red Ochre Grill.*

# ROO WINNERS ARE GRINNERS

In a search to find Australia's best kangaroo dishes, Food Companion International ran a recipe competition to find recipes from chefs and epicureans for the lean red meat.



The competition was also part of launching kangaroo as its own identity on the net. By creating a marketing platform around Kangaroo meat it has assisted in the growth and consumption of the meat itself and boost revenue for those in the distribution chain to further manage the marketing and communication of the meat. The most cost effective way to provide a point of reference for Kangaroo meat was via its own website and by initiating an access point for consumers it will now enable us to assist and influence kangaroo meat purchasing decisions says John Kelly Executive Officer of the Kangaroo Industries Association of Australia.

First prize was a Black Mojito Aprilia scooter bike valued at \$6750.00 (+ on road costs). Second prize a lifetime of Tojiro Japanese knives, valued at \$5,000.00 and Third prize is a food themed original painting by Queensland realist Claire Stenning, valued at \$3,500.00 by Rushcutters Bay Gallery.

**1st prize** – John Leong, Executive chef of Kam Fook Chinese Restaurant for his Kangaroo doy-shee pie. "Yum cha is an all time favourite with Australians and Chinese diners."

**2nd prize** – Raymond Kersch, Edna's Catering [formerly of formerly of Edna's Table] for his Kangaroo burger with bush tomato chutney and BBQ eggplant. "One of the simplest dishes you can make and affordable. Every kitchen can make it."

**3rd prize** – Kerry Jackson of Woodgate Beach, in far north Queensland for his, Kangaroo Chili Con Carne recipe. "I was working At Rum Jungle back in the 60's, we had this Crocodile Dundee character, a real knock about Aussie, well he was the fellow who first cooked up this Roo dish, he showed me how to cook with it and that's the simple story behind the recipe."

WINNING DISH BY CHEF JOHN LEONG

## KANGAROO 'DOY-SHEE' PIE

Serves  
14

### PIE FILLING INGREDIENTS

150g Kangaroo mince  
20 g Diced Water Chestnuts  
20g Diced carrot  
20g Chopped shallot onions  
20g Chopped straw mushroom  
A pinch of five spice powder  
2 tspn Hoi Sin Sauce  
4 tspn Oyster sauce  
1/2 tspn dried mandarin peel powder  
A pinch of finely chopped thyme  
A pinch of white pepper  
1 tspn salt  
5 tspn sugar  
100ml Chicken stock  
1 tspn Chicken stock powder  
Drizzle of cooking wine  
Drizzle of oil  
1 tspn sesame powder  
20g corn starch

### METHOD

Boil water and add Kangaroo mince for 3 minutes.

Drain mince.

Heat wok and add oil and shallot onions until fragrant.

Add Kangaroo meat and cook for 5 seconds then add cooking wine and chicken stock.

Add water chestnut, carrot and straw mushrooms and stir fry until almost cooked.

Add Hoi Sin sauce, oyster sauce, salt, sugar, pepper, dried mandarin peel powder, thyme, chicken stock powder and sesame powder and mix.

Mix in corn starch with a little water in a separate bowl and pour into wok.

Stir fry for 10 seconds and take it out.



### PASTRY INGREDIENTS

165g plain flour  
90 g butter  
25 g icing sugar  
Whisk one egg 10g finely chopped Vietnamese mint  
One slice of Puff pastry  
145cm tart mould  
5 cm round cutter for pastry

### METHOD

Rub the butter into the flour, and then add the egg and icing mixture to make dough for pastry. Place dough in fridge for 10 minutes.

Make the dough into tubular shapes with your hands and cut 14 portions for the tarts.

Put each pastry slice in a mould and add Kangaroo meat from Part A.

Use the round cutter to cut the puff pastry into 14 circles.

Place the circles onto the tart top and bake them in the oven for 10-15 minutes at 150 degrees.

Sprinkle chopped Vietnamese mint on top when done.



Kevin Connors with the chef brigade at Wildfire.

Caption



◀ Young guns, Darren Ho (Duck Duck Goose), Dettlef Haupt (SCEC), Lauren Murdoch (Ash Street Cellar, The Ivy) Hattie Tamplin (Hatrick Catering) discussing all the innovative ways of cooking kangaroo.



▶ Chefs, Ben Armstrong and Lauren Murdoch with purveyor Josh, Waimea Trading getting into the action at Wildfire.



▲ Classic chefs, Raymond Kersch (formerly of Edna's Table) talking up kangaroo to Paul Curtis (executive chef Qantas Catering).

# KANGAROO ON YOUR PLATE, MATE

Against the backdrop of two of Australia's most recognisable icons, Sydney's leading chefs gathered at Wildfire.

**D**emystifying Kangaroo? It was an idea brought up on the evening by Australian native food pioneer Vic Cherikoff. And the concept was adopted vigorously by all those in attendance. The night proved to be a lively gathering for our culinary leaders to hear more about kangaroo meat. But the task of dethroning Skippy and replacing him with the versatility, leanness and gamey qualities we associate with Kangaroo meat quickly became the agenda of the night.

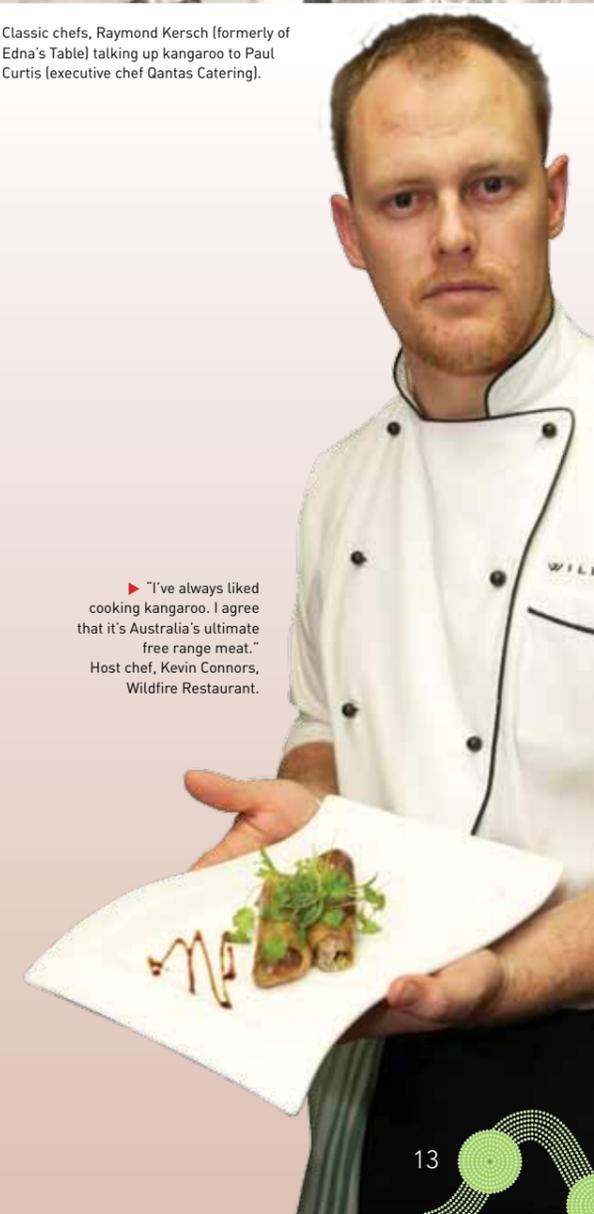
It seemed those who attended the evening arrived already convinced that kangaroo could easily justify itself as a unique and tasteful alternative to other meat staples. However its not the chefs that need convincing. As Jessica Muir of Universal alluded to, advertising and marketing needs to be directed at the public, as for all of Sydney's leading chefs the simple problem remains, if kangaroo is on the menu, will people choose to eat it, as Lauren Murdoch of The Ivy pointed out. Throughout the course of the evening the latest cuts, trends, and themes were showcased by Kevin Connors (formerly of Aria Restaurant) in his eight course journey style menu. And as the menu hopped from a kangaroo carpaccio and tartare to variations on old favourites like kangaroo pie, and backstrap of kangaroo curry it only

fuelled further debate. Aided by a sample of Australia's finest wines and encouraged by the champion of kangaroo, Michael Archer, attendees enthusiastically began the task of demystifying kangaroo.

For Paul Curtis of Qantas In-flight Catering this begins by creating a cultural understanding of the product itself. Also establishing a cooking structure around it hoping to replace the lamb, pork, or steak on the barby and eventually the dinner plate. A reality? Well why not, why we couldn't establish, kangaroo as just another ingredient, as Vic Cherikoff had hoped. That responsibility surely rests with our connoisseurs in the kitchen. And in this regard, innovative ways of serving the meat was discussed, led by the young guns in attendance.

Chef Ben Armstrong, (son of chef Mark Armstrong) of Sens Pourcel Brothers based out of Paris spoke of smoking and braising the meat or even using the cheeks and head to make a terrine. While a recipe he believes will be popular with his customers in France involves, spicing the Kangaroo fillet, freezing it and serving it in a carpaccio. Ageing and curing kangaroo may accentuate its gamey qualities and unique taste even further qualities that Darren Ho of Duck Duck Goose has endeavoured to make use of in a special Kangaroo Yum Cha gathering for the food media. The idea that arose on the night of demystifying Kangaroo for Australians and the world alike looks destined to become a topic of healthy debate.

The evening at Wildfire through the skill and flare of Kevin Connors left those who attended firmly convinced that Kangaroo could easily win its bout with Skippy. Its appeal as a meat comes as no secret to anyone in the food industry. And given the current movement towards organic and free range produce, in the very near future expect to see, Kangaroo-on-your-plate, mate!



▶ "I've always liked cooking kangaroo. I agree that it's Australia's ultimate free range meat." Host chef, Kevin Connors, Wildfire Restaurant.

# CORDON ROO AT KAM FOOK



Snaps by Bill Ranken

It was Darren Ho's turn to thrill twenty five top Sydney journalists with a Yum Cha with a difference, using Kangaroo! Ho accompanied John Leong head chef of Kam Fook Chinese restaurant in Bondi to further showcase the benefits of Kangaroo meat. The result excited the eyes, tasted brilliant whilst remained unique, but at the same time familiar to Australians but very much Chinese.

Ho and Leong dazzled and delighted the likes of Grant Jones of Daily Telegraph and Joanna Savill Good Food Guide, and Yasmin Newman of Masterchef Magazine among others, not only highlighting Kangaroo's qualities as a meat, but also their expertise in the Kitchen. They were able to dull the gaminess of the meat whilst still accentuating its unique taste in an array of traditional Chinese Yum Cha dishes. Kangaroo gee-ma (fried potato dumpling with Kangaroo & Australian native herbs) Amuse bouche (shot of Kangaroo tail broth with Kangaroo, coriander and shitake won ton) and simple family favourites, like Kangaroo Spring Rolls, were some of the standouts.

However the fact remains, the average Australian diner remains hesitant to order Kangaroo at a restaurant let alone cook it at home. For Paul Judge of the Department of Regional and State

development Ho and Leong provided a, "non threatening," introduction to Kangaroo meat for any restaurant goer, "every dish was distinctly different and sensational." Joanna Savill also left impressed, particularly with the Kangaroo bun, "fantastic.... incorporating the sweet flavours without being dry." And over some Chinese tea all the leading foodies on the day without a doubt enjoyed the clever array of Chinese delicacies, Australian style.

Darren Ho together with John Leong and his Kam Fook team had found yet another permanent place on a restaurant menu for Kangaroo. The get together, "went a long way to showcasing the versatility of Kangaroo meat," as Paul Judge noted, adding to its growing repertoire as an Australian meat staple worthy of all its praise. The Chinese, have done it again.



Carli Ratcliff and Darren Ho



Carli Ratcliff and Darren Ho



A: Paul Judge, Industry and Investment, NSW  
B: Grant Jones, Food Editor Taste.com.au  
C: Ashley Trott, Macro Meats and Louise Tracy, Outlook Research  
D: John Kelly, Executive Officer Kangaroo Industries Association of Australia  
E: Joanna Savill loved her Kangaroo Steamed Buns!  
F: Mark Eggleton, News Limited

# HOP TO IT!

# CHEFS EXAMINATION - KANGAROO



A group of leading Gold Coast chefs lunched at Sofitel Hotel's Room81 to debate the merits of a particular meat, with most deciding that it would be worth placing on their menus – at least as an occasional special writes Brian Mossop, Gold Coast Bulletin.



Caption

The meat was kangaroo and Sofitel's executive chef Daniel Ridgeway presented an eight-course degustation menu, six course of which were dedicated to kangaroo highlighting a variety of presentation methods. The first was the most stunning - titled the Sphere – a kangaroo consommé encased in a green-coloured membrane-like film and sitting in a spoon with shavings of truffle. Once in the mouth the 'bubble' bursts to release the liquid and the flavour within. But it was a fascinating experience.

There was less reliance on the laboratory for the remainder of the dishes – a terrine of vegetables with seared kangaroo and Persian feta; a confit of kangaroo ravioli; a steamed zucchini flower with kangaroo, girolle mushroom mousse and sautéed girolles; a pistachio-crusted 12 hour kangaroo loin with braised kangaroo shank; and an assiette of kangaroo. A strawberry dessert and cherry soufflé ended the lunch which was hosted by Sydney based Food Companion International magazine editor publisher Mel Nathan and designed to provoke the thoughts of Gold Coast chefs about kangaroo.

Highly regarded Matt Moran, of Sydney Restaurant ARIA, is already on record as stating it there will never be a market for kangaroo in top restaurants and that he would never use it. Only one of the lunch guests, Marty Kolrepp from Oskars on Burliegh admitted to having a regular kangaroo dish on his menu, while most of the others view the product as an occasional special rather than a permanent menu item. The chefs included Daniel Ridgeway who presented the meal, Marty Kolrepp, Michael Fletcher from the Gold Coast Convention and Exhibition Centre, Jay Jorgensen from Verve, Daran Galsgow from Chill, Luke Turner from Spendelove Bistro, Jason Smith from Café Alba and Saskia Hendriks from the Marriott Surfers Paradise Resort and Spa.

When asked to showcase an 8 course meal involving kangaroo to some of the Gold Coast's leading chefs, Daniel Ridgeway from the Gold Coast Sofitel certainly had a challenge ahead of him, writes Grant Good, Gold Coast Dining Magazine.



Mel Nathan, Publishing editor of FCI, organised the lunch to promote kangaroo and to gather feedback from the Gold Coast chefs. I was invited to photographically document it, at the same time sample Daniel's creative side. Invited chefs included; Marty Kolrepp, owner/chef of the superb Oskars on Burleigh, Michael Fletcher from the Gold Coast Convention and Exhibition Centre, Jay Jorgensen from Verve, Daran Galsgow from Chill, Luke Turner from Spendelove Bistro in Southport, Jason Smith from Café Alba and Saskia Hendriks and Sous chef Stephen Little from the Marriott Surfers Paradise Resort and Spa. Daniel and his team met the challenge head on, and dished up a sensational banquet of beautifully presented, deliciously tasting fare.

We started with a Sphere of pea and and cured kangaroo, the kangaroo was cured for a day, lightly smoked and left to hang in the cool room for one week, then shaved an sautéed with fresh pea, pureed and formed into a sphere; delicious vegetable terrine with seared kangaroo was the next dish, possibly my favourite dish, but too hard to call, as the next four roo dishes excelled in presentation, taste and creativity.

With the outstanding nutritional value of kangaroo for your health, the very best red meat on the planet and when the extensive supply at least in this country, one can only wonder why we don't see more menus featuring this wonderful meat. Hats off to Daniel and to his team for the memorable lunch. The food was superb, the wine was excellent, the service was faultless, and the company delightful.



Daniel Ridgeway  
Sofitel Gold Coast



# A TASTE OF KANGAROO

Department of State and Regional Development gathered some of the best in the business at NSW's Parliament House to taste Kangaroo.

Kangaroo was on everyone's lips quite literally – when the experts gathered for a Kangaroo tasting. The former Hon. Tony Kelly, Minister for Regional Development, and former Hon. Ian Macdonald, Minister for Primary Industries, invited selected representatives of the Sydney food industry sector to discuss different ways of increasing their awareness of kangaroo meat and hear how it could help benefit their restaurant and businesses.

## THE EVENT EXAMINED

- Where does kangaroo meat come from?
- Is it safe?
- Is it sustainable?
- Is it good for you and the environment?
- What are its nutritional/functional benefits?
- How is it perceived by restaurants and consumers?
- What are the different cuts?
- Flavour profiles/cooking applications?

## SPEAKERS/PRESENTERS/CHEFS

MC'ed by food media professional, Lyndey Milan, the event featured presentations, recipes and tasting notes by some of Sydney's leading chefs, including:

- Tony Bilson, Bilson's Restaurant
- Jean-Paul Bruneteau, Deep Blue Bistro
- Sean Connolly, Astral Restaurant
- Darren Ho, Chi and John Leong, Kam Fook Chinese Restaurant
- Raymond and Jennice Kersh, Edna's At Your Table

## THE PANEL DISCUSSION INDUSTRY EXPERTS WERE:

- Michael Mulligan, President, Kangaroo Industry Association of Australia
- Michael Archer, Dean of Science, University of NSW
- Peter Ampt, Program Manager, UNSW/co-author "Consumer Attitudes to Kangaroo Meat Products"

## ATTENDEES

- Chefs
- Restaurateurs
- Hoteliers
- Specialty butchers
- Food media



Department of State and Regional Development



## INVITATION

Monday, 22 September 2008

### A taste of kangaroo

A briefing, masterclass and tasting for the Sydney food service sector

The Hon. Tony Kelly, Minister for Regional Development, and the Hon. Ian Macdonald, Minister for Primary Industries and State Development, invite selected representatives of the Sydney food service sector to attend this special event, to increase their awareness of kangaroo meat and hear how it can benefit their businesses.

The event will examine:

- Where does kangaroo meat come from
- How does it reach the chef/consumer?
- Is it sustainable?
- What are its nutritional/functional benefits?
- How is it perceived by trade and consumers?
- What are the different cuts and flavour profiles?
- Does it really have unlimited culinary applications?

Speakers/presenters

MC'ed by food media professional, Lyndey Milan, the event will feature presentations by leading Sydney chefs who will inform, excite and inspire you:

- Tony Bilson, Bilson's Restaurant
- Jean-Paul Bruneteau, Deep Blue Bistro
- Sean Connolly, Astral Restaurant
- Darren Ho and John Leong, Kam Fook Chinese Restaurant
- Raymond Kersh, Edna's At Your Table

Each of the chefs will prepare a signature dish, and provide the full recipe and tasting notes. Attendees will be able to watch the chefs in action, sample their recipes, ask questions, and gain practical tips on how to handle and prepare this unique protein.

Lyndey will also moderate a panel discussion by industry experts including:

- Michael Mulligan, President, Kangaroo Industry Association of Australia
- Jennice Kersh, Principal, Edna's At Your Table
- Michael Archer, Dean of Science, University of NSW
- Peter Ampt, Program Manager, UNSW and co-author of "Consumer Attitudes to Kangaroo Meat Products"

When  
Monday, 22 September 2008  
3.00 – 6.00pm

Where  
NSW Parliament House, Strangers Dining Room  
Macquarie Street, Sydney

Cost  
This event is FREE to invited trade and media representatives

Who should attend

- Chefs, restaurateurs and caterers
- Hotel food and beverage managers
- Speciality butchers and meat processors
- Food and hospitality training institutions
- Food media

For further information, please contact:  
Paul Judge, Dept of State and Regional Development  
Tel: 9338 6658  
Email: [paul.judge@business.nsw.gov.au](mailto:paul.judge@business.nsw.gov.au)

Co-sponsored by



Australian Government  
Rural Industries Research and Development Corporation

## Registration

I will be attending and have provided my details below:

Name ..... Position .....

Name ..... Position .....

Company .....

Phone ..... Fax ..... Email .....

Please register by Monday, 15 September 2008  
Please fax back to (02) 9338 6676 or email your registration to [paul.judge@business.nsw.gov.au](mailto:paul.judge@business.nsw.gov.au)

Privacy Statement: Personal information you provide to the Department of State and Regional Development is protected by the *Privacy and Personal Information Protection Act 1998* (NSW) (the "Act").

# SEAN CONNOLLY

## SEAN'S KITCHEN & ASTRAL RESTAURANT, SYDNEY

Sean Connolly's passion for cooking has been evident since the day he enrolled as the only boy in his Yorkshire School's home economics class. Ever inspired by his grandmother's cooking, Sean took his passion further and started his chef's apprenticeship at the Pennine Hilton, Ainley Top in Leeds, working for free two nights a week at the age of thirteen.

After continuing his apprenticeship in various restaurants throughout the UK, Sean found his calling during his tenure at the Princess Grill, aboard the world's most luxurious cruise ship, the QE2. It was there that Sean developed his love of luxury, catering for the rich, the famous and the fussy, who were able to order outside of his menu, according to their individual tastes, on any day at any time.

After arriving in Australia in 1988 on a working holiday, Sean soon fell in love with the local weather, produce and burgeoning food scene. After various sous chef roles, Connolly's talent quickly led to his appointment at Star City's Astral in 1995. With its spectacular 270 degree views across the city and harbour, Sean has successfully worked to position the restaurant as one of Sydney's top fine-dining destinations.

A recent epiphany as to how Australian cuisine has matured led Connolly to rethink his own style and that of his One Hat (2010 SMH Good Food Guide) dining establishment, Astral Restaurant.

"Multiculturalism really defines contemporary Australian cuisine and the 2009 Sydney International Food Festival (of which Star City was the major partner) really celebrated this," says Connolly.

"After playing host to a range of exciting local and international chefs, I found new inspiration. The combination of these multicultural elements was a catalyst for me to start discovering a whole new world of ingredients."

Connolly's new menu celebrates his style with the introduction of some new and diverse ingredients. Guests enjoy many dining options within Astral Restaurant, from the customised menu in the breathtaking Astral Private Dining Room, to the fast and fabulous pre-theatre dishes. Connolly opened the doors to his second restaurant, Sean's Kitchen, in September 2008. This development further revitalises the Pymont dining scene, offering customers an inspired Mediterranean menu featuring the country's finest produce.

## KANGAROO TARTARE

### INGREDIENTS

Serves  
**4**

400g kangaroo loin minced  
50g shallot finely chopped  
50g gherkin finely chopped  
10g parsley chopped  
4 egg yolks  
1dstsp tomato paste  
1dstsp Dijon mustard  
Dash of Worcestershire sauce  
Dash of Tabasco  
¼ of a teaspoon of smoked paprika  
Freshly ground black pepper  
Salt to taste

### METHOD

Ficelle croutons  
Thinly slice French baguette  
Spread each slice with salted butter, and bake in oven until golden brown  
Take stainless steel bowl, place the raw meat and all the above ingredients  
Gently fold together with a metal spoon  
Serve with the crisp ficelle croutons



# JOHN LEONG

KAM FOOK RESTAURANT

In 1982 John started as a Dim Sim chef in Singapore and continued his career after his arrival in Australia.

He has spent over 20 years working in the industry in many leading restaurants which are well known in Sydney's Chinatown area. John has been working for the Kam Fook Restaurant Group for 5 years; currently he is the Head Chef for the Yum Cha kitchen at the Bondi Junction Kam Fook restaurant, which was named "Best Chinese Restaurant" at the 2008 Sydney Metro R&C Awards.

## KANGAROO FRIED GEE MA DUMPLING

Serves  
12

### INGREDIENTS

#### FILLING (A)

500g kangaroo meat (Diced)  
40g water chestnut (Shredded)  
40g Kai Lan (Shredded)  
20g carrot (Shredded)  
40g shallot onion (Shredded)  
1/2 tsp Five Spice  
2tbsp Hoi Sin sauce  
1/4 tsp dried mandarin peel powder  
40g preserved radish (shredded)  
50g garlic chive (shredded)  
1tbsp oyster sauce

#### MIX: (B)

1/4 tsp salt  
1/4 tsp chicken powder

3 tbsp sugar  
2 tsp cornstarch  
1/2 cup water  
(C)

1 cup sesame seed

#### PASTRY: (D)

3 cup glutinous rice flour  
1/2 cup sugar  
1/2 cup wheat flour  
1/2 cup oil  
3/2 cup water

### METHOD

(A) Filling: Heat pan then add 4T oil. Fry diced kangaroo meat until colour changes, then add all fillings and fry together. Then mix with (B). Mix well and remove.

(D)Pastry: 1/2 cup boiling water, mix with wheat flour then add 3 cups of glutinous rice flour, sugar and 1 cup of water and 1/2 cup of oil.

Place fillings in pastry, dip with sesame seed. Heat oil for deepfrying. Deep fry dumplings over medium heat until they rise to the surface, and are golden brown.

# DARREN HO

CHI RESTAURANT

Darren has been in the kitchen since he was seven years old. His family is well entrenched in the food world, with his grandfather, father, uncle and brother all being chefs. His uncle is part owner of the famous BBQ King and Golden Century Restaurants in Sydney's Chinatown.

Darren went to the Hunter Region in 1997 when he took the position as Executive Chef of Bay Views Restaurant in Warner's Bay. He went on to become Executive Chef at Seasons Restaurant at Hunter Valley Gardens Lodge, and Chef de Cuisine at Terroir Restaurant at Hungerford Hill. He won numerous awards and became a noted champion of local produce.

Darren takes a keen interest in developing talent within chefs in the restaurant sector. His chefs have won many competitions in regional, state and international events. In his spare time he has been a culinary teacher with Commercial Cookery and Australian Regional Cuisine.

Now he has embarked on his newest Sydney venture called Chi.

## KANGAROO CHAR SUI BAO

Serves  
12

### INGREDIENTS

#### MARINADE: (A)

500g kangaroo meat  
2 tbsp Hoi Sin sauce  
2 tbsp ground garlic paste  
1/3 tsp ground black pepper  
1 fresh shallot  
2tbsp dried shallot  
2tbsp oyster sauce  
1/4tsp dried mandarin peel powder  
3tbsp sugar  
1/4tbsp salt  
1/4tbsp chicken powder

#### PASTRY: (B)

3cup wheat flour  
3/4 cup water  
1/4 cup sugar  
1 tbsp baking powder  
1/4tsp lye water  
2tbsp oil

### METHOD

Marinate (A) for 3 hours.

Preheat oven, roast at 200°C for 40 minutes.

Filling: Cook and cut the roast kangaroo meat into small thin slices.

Mix (B) together.

Place fillings in centre of a dough circle. Wrap the dough to enclose the filling. Shape the dough circle by pleating and pinching the edges to form the bun. Steam buns for 10 minutes.



# JEAN-PAUL BRUNETEAU

## DEEP BLUE BISTRO

John-Paul is a pioneering chef of Australian cuisine using native ingredients, with over 80 original recipes, 16 of them using kangaroo. Many of his recipes and ingredients are currently used in manufacturing with many 5 star establishments here and overseas eg. "Seared Kangaroo Fillet with a Pepperberry jus and Candied Yams", and his famed "Rolled Wattleseed Pavlova".

After continuing his apprenticeship in various He has won numerous awards for culinary excellence over the last three decades, and has achieved certification as "Gourmet – Supertaster" through P.R.O.P.

He is the author of "Tukka, Real Australian Food", and recipient of the prestigious International Association of Culinary Professionals "Julia Child Award", the first Australian to receive this award (in 1998), for this book's design and content. The book is currently listed in the top three for "Best of the Best" for the last twelve years, in the category "Best history culinary book", and is awaiting final results at the Frankfurt Book Fair in mid-October.

Jean-Paul is currently engaged as a culinary consultant, in product conceptualisation, and as a food writer. He is regularly used as a spokesperson for kangaroo industry.

## BRAISED KANGAROO SHANK

*Kangaroo shanks are absolutely delicious on their own and are also perfect for the METHOD of raviolis or other dishes requiring a meat filling*

### INGREDIENTS

Several shanks cut short

A good amount of flavoursome stock

Light red wine – merlot or pinot

Root vegetables, celery and onions to roast the shanks on

Seasoning- salt & pepper, fresh or dried marjoram

Olive oil

Heavy bottom roasting pan to cook with

### METHOD

Sear shanks

Place on roughly cut vegetables – preferable height of vege's 4 cms

Splash generous amount of olive oil

Season well with salt, pepper and herbs

Roast 10 hours on 120°C

Rest 1 hour before lifting off the vegetables

Reduce the remaining stock to a glaze. Adjust and serve

# RAYMOND KERSH

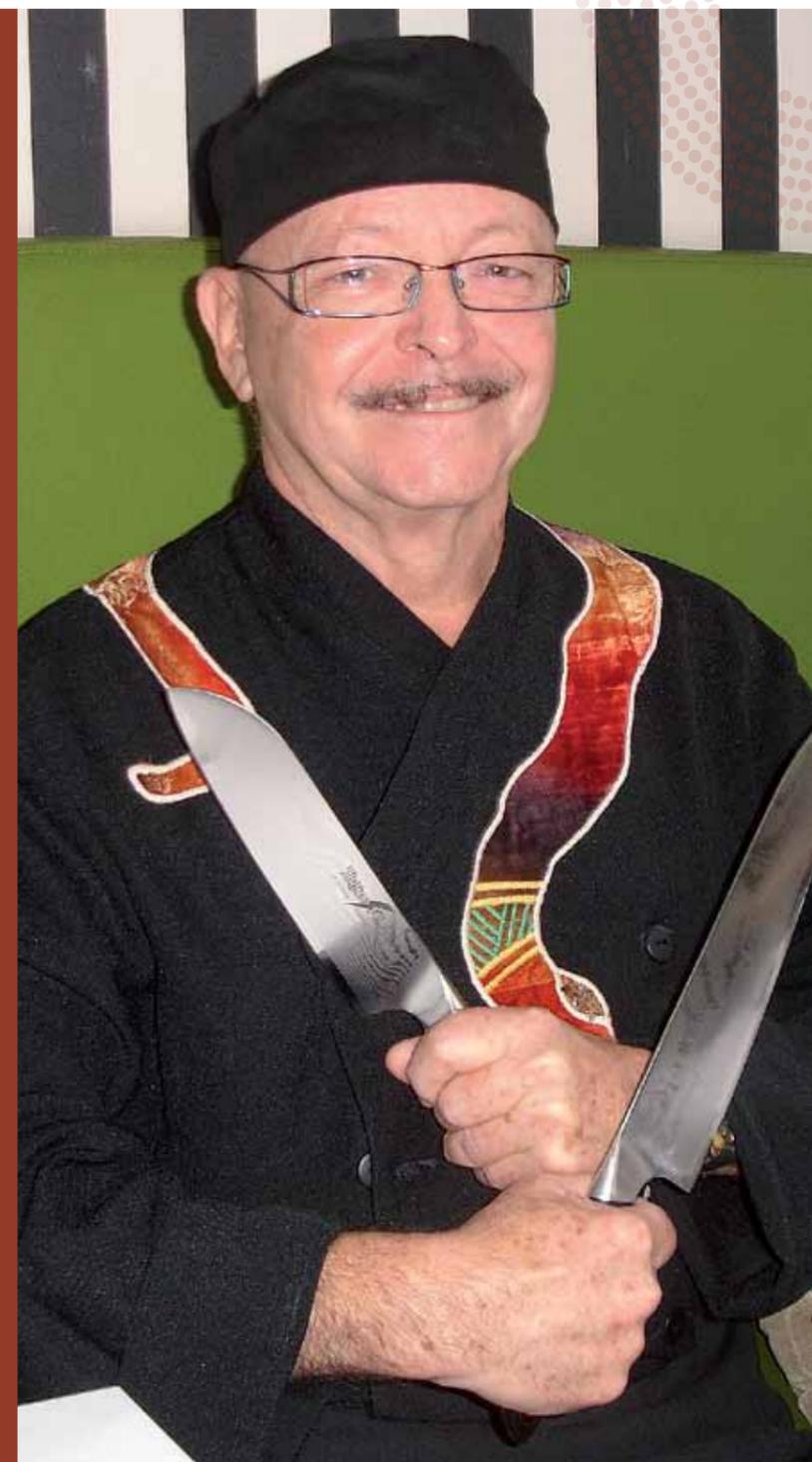
## EDNA'S AT YOUR TABLE

Back in 1981, Sydney's restaurant scene welcomed brother and sister entrepreneurs, Raymond and Jennice Kersh. They opened Edna's Table which was to become one of Sydney's best known nosheries. The origin of the restaurant's name was in deference to their mother Edna, a humble housewife from Pymont whose loving example of strength and perseverance is alive and well in both Raymond and Jennice today.

The restaurant was acclaimed by local and international food buffs, and enjoyed 3 venues before closing in 2005. Raymond and Jennice played host to many international and Australian celebrities, and many contentious and critical national decisions are said to have been thrashed out over a meal at Edna's Table. Politicians of all persuasions and key players from the 'big end of town' were frequent diners and always enjoyed the unique Edna's experience.

The Kersh duo are best known for their pioneering and adventurous foray into serving up their version of modern Australian cuisine. Having experienced many years with their brother John on his Balgo Station property, both Raymond and Jennice enjoyed an appreciation of native flora and fauna. More so, they developed an understanding of how to blend these unique flavours into the wondrous cooking creations that Raymond came up with in his kitchen. Many scoffed at such extraordinary culinary measures claiming it was a fad. It has, in fact, become a trend on both the local and international culinary stage. We now have a greater appreciation of our own local indigenous produce. Such appreciation can be attributed to the tenacity of Jennice and Raymond Kersh.

Jennice and Raymond can boast many industry awards for excellence and creativity. They entertained the world's press corps throughout the 2000 Sydney Olympics and have recently returned from Dubai where they showcased their skills and the magnificence of Australian native cuisine. They continue to thrill appreciative foodies through their catering business Sydney based called, Ednas At Your Table.



Recipes overleaf >>

# RAYMOND KERSH

EDNA'S AT YOUR TABLE

## ENOKI MUSHROOMS WRAPPED IN LOIN OF KANGAROO IN PANDANUS LEAF SAUCE

Serves  
**4**  
Entree  
size

### INGREDIENTS

500g kangaroo loin  
100g butter (softened)  
300g Enoki mushrooms  
1 leek (blanched and cut into thin strips)  
Vegetable oil for brushing

### METHOD

Cut kangaroo loin into 8cm slices. Use meat cleaver to flatten meat strips. Spread softened butter over meat. Season with salt and pepper to taste. Bundle 8 mushrooms and roll into small parcel. Wrap and tie with blanched leek leaf. Brush with vegetable oil and grill. Turn parcels till brown all over then serve with Pandanus sauce.

### INGREDIENTS – PANDANUS SAUCE

1 cup oyster sauce  
2 cups rice vinegar  
1 cup chopped root ginger  
1 medium brown onion  
200g palm sugar  
3 pandanus leaves  
1.5 litres water  
Corn flour

### METHOD

Combine all ingredients in one saucepan. Bring to boil and reduce by a third. Strain into another saucepan and thicken with corn flour.

## KANGAROO TARTLET WITH WATTLESEED AND MACADAMIA DUKKAH

Serves  
**12**  
Entree  
size

### INGREDIENTS

500g kangaroo strip loin mince  
2 eggs  
½ cup cream  
¼ cup chopped dill  
salt and pepper  
12 blind baked pastry cases  
2 leeks sautéed in garlic and ginger oil (separate ½ for pastry cases)  
½ cup flour  
1 egg white

### METHOD

Using a food processor, combine first five ingredients and mix till smooth. Place pastry cases on tray and scoop ½ teaspoon of sautéed leek and top with meat mixture. Mix flour and egg white. Use this mixture to brush kangaroo mix to enable the Dukkah to affix itself.

### INGREDIENTS – PANDANUS SAUCE

50g chopped macadamia nuts  
25g shredded coconut  
25g cumin seeds  
25g bread crumbs  
25g wattleseeds  
25g coriander seeds  
15g fennel seeds

### METHOD

Combine on baking paper lined tray and roast in a 180C oven for 5-8 min (until fragrant) then let cool. After ingredients have been roasted, combine in a food processor until coarsely ground.

Bake tartlets in a 180C oven for 10 minutes.

## KANGAROO WITH CORN AND NORI BONBONS

Serves  
**40**  
Finger  
food  
(25g ea)

### INGREDIENTS

1kg kangaroo strip loin  
2 tablespoons fish sauce  
4 tablespoons curry paste  
2 whole eggs  
2 medium zucchinis (grated)  
1 bunch shallots (green onions) (chopped)  
1 bunch mint (chopped)  
2 corn cobs  
1 pkt seaweed sheets  
1 pkt won ton pastry sheets  
Egg wash

### METHOD

Using a food processor, combine kangaroo, fish sauce, curry paste and eggs. Place in a bowl and fold in chopped shallots, grated zucchinis and corn granules off cob and mix.

Cut seaweed into 6 even portions then egg wash 1 end and 2 sides. Cut won ton sheet into triangular halves and place on either side of the seaweed strip pointy side out. Heap dessert spoon of meat mix on dry end of seaweed strip and roll into a parcel. Remember to press each side of the parcel in to hold the mixture firm.

### INGREDIENTS – CURRY PASTE

10 dried chillies  
2 tablespoons coriander  
2 teaspoons cumin seeds  
2 teaspoons white peppercorns  
2 sticks chopped lemongrass  
1 tablespoon chopped galangah  
1 tablespoon lime zest and juice  
1 teaspoon of malze  
2 teaspoons cooking salt  
2 teaspoons shrimp paste  
Plain flour

### INGREDIENTS – BATTER

1 cup cornflour  
1 cup plain flour  
1 cup self-raising flour  
750mls beer

### METHOD

Soak chillis in hot water for 30 minutes. Remove from water and finely chop. Grind chillis with remaining ingredients to a smooth paste.

Mix flours in a large bowl and whisk in beer.

Roll in plain flour and dip in batter then lightly deep fry till golden brown.



## MINATURE KANGAROO FILLET MIGNON WRAPPED IN PROSCUITTO

Serves  
**40**  
Finger  
food

### INGREDIENTS

1 tablespoon native pepper leaf (ground)  
1 tablespoon salt  
1 kg kangaroo loin  
400g sliced prosciutto  
Oil for grilling

### METHOD

Combine pepperleaf and salt then set aside.

Cut kangaroo into 3cm pieces and cut prosciutto in half. Season kangaroo with pepperleaf and salt. Wrap prosciutto around kangaroo. Seal with toothpick and lightly brush with oil. Grill till medium and serve as finger food.

# TONY BILSON

## BILSON'S RESTAURANT

Regarded as the "Godfather of Australian Cuisine" Tony Bilson has dedicated his life to the pursuit of cuisine excellence. In 2006 he was inducted into the Restaurant & Catering Hall of Fame and the Sydney Morning Herald Good Food Guide Awards honoured him with a special award for his contribution to the industry.

Tony's restaurants have been milestones in the advance of Australian gastronomy throughout his ever expanding career. Included are Tony's Bon Gout, Berowra Waters Inn, Kinselas, Bilson's at Circular Quay, Fine Bouche, Treasury at Sydney's Inter-Continental Hotel, Ampersand, Canard, and the present Bilson's Restaurant at the Radisson Plaza Hotel and the Number One Wine Bar at ! Alfred Street, Circular Quay. (The latter a modern take on Kinsela's - fine bistro menus, blackboard dailies, stunning wine by glass and bottle, and home to cabaret, writers and poets late evening)

Tony opened Bilson's Restaurant in 2003. An oasis of calm with superb service and again an extraordinary wine list, Bilson's has held successive "Hats" in the Sydney Good Food Guide - three marques since 2007. The restaurant is described by reviewer Simon Thomsen as a 'rare treat that should be loved, adored and honoured by every serious Sydney diner.' A new contract with Australian Opera introduces regular musical nights with individual supranos and tenors, matching menus and guest Australian wines to each program.

In early 2010 Tony instigated the first CUISINE NOW program - a fortnight of stunning contemporary cuisine, involving international and Australian chefs across masterclasses, celebratory lunches, a gala dinner with some of Australia's finest opera and cabaret stars at the wow new venue Doltone House, and week-long fine dining menus with visiting maestros at leading hotel restaurants Altitude at Shangri-La, Sydney and Bilson's, Radisson Plaza Sydney. CUISINE NOW is now a firm fixture on Sydney's event calendar January of each year.

In September 2008 Tony opened the Number One Wine Bar at Circular Quay and is a unique venue that adds a new dimension to Tony's culinary portfolio.



Serves  
**40**  
Finger  
food  
(60g ea)

### INGREDIENTS

Kangaroo fillet  
(adjust quantity according to need)

### METHOD

Cut the kangaroo fillet into 60g pieces and tap into medallion shapes with a meat hammer. Season with salt, pepper and a little thyme.

### INGREDIENTS – THE SAUCE 20L

*adjust quantity according to need*

200 g butter  
2 kg golden echalotes, chopped  
100 g black peppercorns  
1 bunch thyme  
1 bay leaf  
1 bunch tarragon  
1 bouquet garni  
5 star anise  
1 head garlic  
200 g fresh ginger, sliced  
Zest of 2 oranges  
4 kg mushrooms, sliced  
3 juniper berries  
1 kg tomatoes, chopped  
15 litres red wine  
500 ml Port  
300 ml balsamic vinegar  
10 litres brown kangaroo stock (use 1.5kg of vegetables maximum for this stock so as to avoid sweetness)  
5 litres veal glaze

### METHOD

In the butter, gently soften the echalotes, mushrooms and all the herbs and spices. Add the tomatoes and simmer gently for 5 minutes. Add the wine, Port and vinegar and reduce by one third. Add the kangaroo stock, reduce by one third, then add the veal glaze and simmer gently for 15 minutes. Strain and rest.

## MEDALLION OF KANGAROO WITH ECHALOTES

### INGREDIENTS – POTATO PUREE

10 kg cooked potato (peeled)  
2 kg cooked celeriac  
2 litres cream  
1 kg butter

### METHOD

Puree the vegetables and pass through a fine mouli. Mix in the cream and butter and season to taste.

### INGREDIENTS – MUSHROOM GARNISH

1 kg butter  
5 kg slippery jacks (or substitute), cleaned and diced  
6 cloves garlic, crushed  
1 tbsp thyme  
Salt and pepper  
2 cups julienne of flat leafed parsley

### METHOD

Sauté the mushrooms and garlic in the butter, add the thyme, salt, pepper and parsley

### TO SERVE

Grill the kangaroo medallions medium rare, place on a bed of the mushrooms, garnish with a quenelle of potato purée and a spoon of the sauce. Serve.



## VIC CHERIKOFF

Vic Cherikoff is regarded as a pioneer of the native Australian food industry and has 25 years of experience in commercialising wild food species and taking them from the wild as bush tucker or bush foods to developing them into sophisticated, versatile, authentic Australian foods, beverages and functional ingredients including; spices, herbs, fruits, seeds, nuts, sauces, splashes, seasonings, syrups, infused oils, extracts and concentrates. Used in authentic Australian recipes these unique flavours are defining Australian food and help chefs and home cooks to create what has become authentic Australian cuisine.

## MARIA BENARDIS

### GREEKALICIOUS

This dish combines kangaroo a truly Australian cut of meat with one of the most Ancient Greek forms of Greek pasta; Trahana. Trahana is also called Xinochondros. It is considered a primitive type of noodle and it is a dry granular grain product made with either wheat, semolina or bulgur and is mixed with either milk, yoghurt or buttermilk. There is a sweet and a sour version.

The word trahana can be traced to the ancient Greek words trakton or trakta, which it is believed are derived from tragos the word for the spelt grain. Trahana was extremely popular with shepherds who needed food that was quick to prepare and easy to carry. Trahana could be boiled with plain water to produce a nourishing meal whilst they were away from home.culinary portfolio.



## EGG, BACON AND KANGAROO ROLL

Serves  
**2**

### INGREDIENTS

30g low fat sour cream  
½ teaspoon Yakajirri\*  
butter  
macadamia nut oil\*  
a generous sprinkle of Alpine pepper\*  
4 slices of Kangaroo prosciutto\*\*  
1 large, ripe tomato  
30g Bush tomato chutney\*  
2 leaves of fresh aniseed myrtle or a pinch of Forest anise or Mintbush marinade\*  
2 eggs  
12cm slice of Turkish bread,  
cut through the centre and lightly toasted

### METHOD

Mix the sour cream with the Yakajirri and leave for 10 minutes for the flavours to infuse.

Melt about 10g butter and add a generous dash of macadamia nut oil in a microwave or small pan. Add the Alpine pepper, stir and leave to cool for the flavours to infuse. Alternatively, Use some Vic Cherikoff Down Under High Country Zinger Splash\*. This has all the flavours already infused along with a hint of chilli and wasabi.

In a dash of macadamia nut oil and a little butter, pan-fry two slices of the kangaroo prosciutto until just crisp. Slice the other pieces of prosciutto into 5mm strips (kangaroo makes for a deliciously rich but somewhat chewy prosciutto so the mix of some crisp and some not provides Maillard products for umani flavours and the rich softness of the cured kangaroo).

Halve the tomato and scoop out the seeds and juice and discard. Dice the tomato flesh and combine with an equal volume of Bush tomato chutney (around 30g). Add in either the Forest anise (or fresh aniseed myrtle leaves if you can get the young tips) or Mintbush marinade.

Fry the eggs in a fry pan with a little macadamia nut oil and butter. Turn once over easy. Remove from heat.

### ASSEMBLING THE EGG AND BACON ROLL

Brush the Alpine pepper butter and oil over inside of the 2 toasted Turkish bread pieces. On one slice, place the sliced, soft kangaroo bacon. Spread the prepared Bush tomato chutney mixture over the kangaroo. Add the fried eggs. Top with the 2 crispy slices of kangaroo bacon and the Yakajirri sour cream. Finish with the remaining bread slice.

Note: The eggs can be lightly salted for the taste impaired.



## KANGAROO WITH TRAHANA AND HONEY CARAMELISED ONIONS

Serves  
**3**

### INGREDIENTS

#### For Kangaroo

600 grams of Kangaroo tenderloin fillet, cut into thin slices  
1 tablespoon extra virgin olive oil  
Salt and pepper, to taste

#### For Trahana

½ cup sweet Trahana  
½ cup sour Trahana  
2 cups chicken stock  
1 heaped tablespoon plain Greek style yoghurt  
½ cup grated, kefalotiri or kefalograviera cheese

#### For caramelised onions

2 red onions, finely chopped  
1 heaped teaspoon thyme infused honey  
1 tablespoon extra virgin olive oil  
Salt and pepper, to taste

#### Garnish

1-2 tablespoons chopped continental parsley



### METHOD

In a saucepan bring the chicken stock to a low simmer. Add the Trahana and stir continuously until it thickens and the liquid is absorbed. This will take approximately 15-20 minutes.

Remove the Trahana mixture from heat and add the yoghurt and grated cheese and mix through well. Cover with the saucepan and set aside.

In a grilling pan place the olive oil and heat this up. Season the kangaroo with salt and pepper on both sides. When the grilling pan has heated up add the kangaroo and cook on each side for about 4 minutes. Remove from heat and place them in a plate. Cover them with tin foil and let them rest for 5 minutes.

In the interim in a frying pan add the olive oil and heat this up. Add the onions and season with salt and pepper. Turn the onions and cook for about 1 minute. Add the honey and mix this through. Cook the onions until they are golden brown and caramelised. Set these aside.

To plate up, place some Trahana in the middle of the plate. Then place the kangaroo fillets on top followed by the caramelised onions. Sprinkle some chopped parsley and serve immediately.



# MARK BAYLISS

UNILEVER FOOD SOLUTIONS



Not wanting to do anything else but become a chef, Mark started out straight from school and straight into the kitchens. With over 20 years as a chef Mark has gained considerable experience working in the hospitality industry along side some great chefs, one being Peter Gilmore who now leads the team at the multi award winning Quay restaurant in Sydney. As well as working overseas, Mark has worked in a wide variety of establishments including boutique brasseries, caterers and fine dining restaurants.

One of Mark's greatest achievements to date was being the Head Chef of Milsons Restaurant, when they were awarded a 'Chefs Hat' in the Sydney Morning Herald Good Food Guide. He also is an assessor at Le Cordon Blue Australia assessing industry apprentices.

15 years ago he embarked on a busy career as Executive Chef with Unilever Foodsolutions both in Australia and New Zealand.

## SMOKED KANGAROO WITH FIG AND CORIANDER CHUTNEY

### INGREDIENTS

Serves  
**10**

1kg Wood for smoking  
(can be bought at BBQ's Galore)  
1ltr Wine, red  
2.2kg Kangaroo, fillets  
400g Salt, course  
400g Sugar, brown  
500g Figs, diced  
1 Lime, juice  
150g White Sugar  
100ml Vinegar, white wine  
1 Onion, red, diced  
5g Corriander, powder  
4 Star Anise, whole  
Corriander, fresh

### METHOD

1. Chop the wood up into small pieces and soak in the red wine for 2 hours, remove and allow draining, discarding the wine.
2. Place the kangaroo fillets into a large bowl and add the salt and sugar, combine thoroughly until the meat is coated well, allow to sit and cure for 2 – 3 hours, remove from the bowl and scrape off any excess sugar and salt mix ready for smoking.
3. Place the wood chips into your smoker and bring up to the correct heat so that the wood chips start to smoke, add your Kangaroo fillets and cover, smoke for 1 – 2 hours for cold smoking and 1 hour for hot smoking.
4. Place the remaining ingredients except the fresh coriander into a large pot and bring to the boil, allow to simmer for 1/2 hour until thickened, remove from heat and allow to cool
5. Place smoked kangaroo fillets with the fig chutney and garnish with fresh coriander

# DANIEL RIDGEWAY

THE LITTLE TRUFFLE

Award-Winning chef Daniel Ridgeway began as an apprentice at Royal Pines Resort, Gold Coast then onto Melbourne. With an urge to create a more edgy, simple and stunning food he then moved to London for a two year stage at Rosette a 2 Michelin star establishment which made him a worldly and experienced chef.

Then a change of scenery beckoned Daniel and he moved to Vancouver for two more years picking up styles elegance with his food. Before returning to the Gold Coast, he then went on to become one of the coast's youngest Executive Chefs at the Sofitel at the age of 25. The whole time Daniel has enjoyed cooking with Kangaroo meat. So we organised a lively Kangaroo chef get-together held at The Sofitel. We enlisted the help of guest chefs from other high profile restaurants on the Gold Coast to have a laugh and bounce off ideas about kangaroo meat. Our chosen group provided different styles of feedback on Daniel's flavours, cooking style and presentation for the discussion

Now at 29 years of age, and close by on the Gold Coast, at Mermaid Beach, Daniel has just embarked on his own restaurant venture called Little Truffle, if you go there – call past and try some Kangaroo!

Recipes overleaf >>



## SPHERE OF PEA AND KANGAROO



Serves  
20

### INGREDIENTS – KANGAROO PROSCIUTTO

2kg kangaroo rump  
5 garlic cloves, minced  
3 bay leaves, chopped  
1kg rock salt  
50g black pepper corns

### METHOD

1. Wash and dry kangaroo rump with paper towels.
2. Mix garlic, 1/2 cup salt, pepper, bay leaves. Spread a thick layer of the mixture over kangaroo rump on all exposed surfaces. Refrigerate the salted kangaroo on non-porous surfaces for 24 hours.
3. Rub off remaining salt. Lightly smoke the kangaroo using a good quality oak. Liquid smoke is readily available but not ideal. 5ml will be sufficient rubbed over the kangaroo.
4. Lay kangaroo in a pan, cover and press with a very heavy weight in fridge for 14 days
5. Vacuum seal and leave in fridge ready for use.

### INGREDIENTS – PEA AND KANGAROO SOUP

300g Fresh peas  
50g Shallots  
50g Kangaroo prosciutto  
25g Butter  
500ml Vegetable stock  
Salt to taste

### METHOD

1. Slice shallots and sauté in a pan with butter, add some shaved and sliced kangaroo prosciutto and sauté for 3 to 4 minutes.
2. Add peas and vegetable stock and simmer till peas are tender but still green.
3. Blitz in a blender, pass through a fine sieve and season to taste.

### FOR THE SPHERES

*From the El Bulli Textures range (available at specialty food stores)*

5g Algin  
12g caltic

### METHOD

Blend 5g Algin with 1lt of water. Set aside for 24 hours.  
Whisk in 12g Caltic to 250 ml of the soup.  
Warm soup to serving temp and pour 20 ml into the Algin bath and leave for 30 seconds. Remove from bath and place on a spoon.  
Garnish with a fine slice of black truffle and serve immediately.

## KANGAROO TERRINE

Serves  
10  
Loaf  
1.35kg

### INGREDIENTS

500g Kangaroo loin  
2 Carrots, 0.5 cm sliced and blanched  
300g feta cheese  
200g French beans  
200ml Tomato juice  
2 leaves Gelatin  
2 each roasted red capsicum

### METHOD

1. Cut loin into 1cm thick pieces, season and sear in a hot pan, leaving the meat med rare in the middle. Set aside.
2. Line the terrine mould with the sliced carrot
3. Heat the tomato juice and melt in gelatin, line the mould with red capsicum followed by jelly.
4. Line the seared kangaroo next, followed by trimmed green beans and finish with feta cheese, fill with jelly and seal terrine with carrot.
5. Press terrine with the weight of a chopping board and chill for 2 hours.
6. Slice and serve.



# DANIEL RIDGEWAY

THE LITTLE TRUFFLE

## KANGAROO RAVIOLI

Serves

12

### INGREDIENTS – PASTA DOUGH

500g strong flour  
200ml egg yolks  
50ml egg whites  
50ml olive oil  
5g salt

### METHOD

1. Place flour in mixer and add eggs whilst mixing on speed 2 with a dough hook.
2. add olive oil and salt, mix until dough comes together.
3. work gluten in dough on the dough break until smooth and vac-pack pasta until required.

### INGREDIENTS – FILLING

500g chicken breast  
250g braised kangaroo tail  
500g double cream  
2 egg whites  
Sea salt

### METHOD

1. Cut chicken breast into small pieces to make it easy on the robot coupe.
2. Place chicken into the coupe bowl with egg whites and purée till smooth.
3. Pass chicken farce through a drum sieve and place into a bowl over ice.
4. Fold braised tail through mousse.
5. Slowly add the double cream with a spatula and season to taste.

\*Roll out pasta dough nice and thin, place kangaroo filling between 2 sheets of pasta and press out with a crinkle cutter. Cook in boiling water for 5 minutes and serve.



## FLOWER KANGAROO

Serves

12

### INGREDIENTS

250g cream  
250g kangaroo loin  
250 kangaroo leg braised  
2 egg whites  
Sea salt  
12 zucchini flower blossoms  
100g fresh girolles

### METHOD

1. Cut loin into small pieces to make it easy on the robot coupe.
2. Place kangaroo loin into the coupe bowl with egg whites and purée till smooth.
3. Fold through cream and braised leg.
4. Adjust seasoning and place in piping bag. Fill zucchini flower, steam for 5 mins and serve with sautéed girolles.





*Pistachio crusted  
12 hour kangaroo loin, pomes  
fondant, braised kangaroo shank,  
caramelised tomato.*

## 12 HOUR KANGAROO LOIN

Serves

### 12 INGREDIENTS

1.5kg Kangaroo loin  
50g Dijon mustard  
100g Pistachios crushed  
2kg Kangaroo shank  
150g Onion  
150g Carrot  
150g Celery  
150g Leek  
4 Bay leaves  
25g Thyme  
500ml red wine  
2lt Chicken stock  
4 Roma Tomatoes  
20g Derma sugar  
150g Baby spinach  
500ml Duck fat  
750g Desiree Potato

### METHOD

With a sharp knife Remove all sinew from kangaroo, roll into uniform cylinders using cling film.  
Place into vacuum sealable bag and vacuum seal so that it is air tight.  
Place in a water bath of 60°C for 12 hours.  
Remove from vacuum bags and cling film. pad dry with cloth.  
Caramelize in a pan with some oil and butter. Brush on some mustard and roll in crushed pistachios. Before serving, place in 180°C oven for 2-3 minutes and slice into 2cm thick.

### Shank

Chop onion, carrot, celery and leek roughly and place in a large saucepan with bay leaf and thyme  
Heat oil in a heavy based pan, place in the kangaroo shanks and sear all sides.  
Place the shanks into saucepan of vegetables and cover red wine and chicken stock. Place a lid on the pan and place in a low oven (120c) for 4 hours.  
Remove shanks from the stock and set aside to cool a little.  
Pass the stock through a fine sieve and reduce on a low flame by  $\frac{3}{4}$ . Set aside.  
Break apart the shank meat and with a knife slice it smaller. Combine some of the shank sauce as it can get a little dry.

### Fondant potatoes

Cut potatoes with a 3cm round metal cutter then slice into 3cm cylinders.  
Place potatoes and duck fat in a shallow pan with a lid and cook in a 130c oven cook 20 mins till tender.  
Remove potatoes from the duck fat and caramelize one side in a medium/hot pan or flat top grill till golden.

### Caramelised tomatoes

Blanch, peel and de seed tomatoes.  
Cut with 2cm round metal cutters, cover with derma sugar and caramelize under salamander.

### To serve

Sauté spinach and layer it in a round moulds with shank mix and top with caramelised tomato, 2 per plate. Arrange 3 pieces of crusted loin and two fondants on plate and spoon on some sauce. serve

## KANGAROO ASSIETTE

Serves  
12

### INGREDIENTS

2 Kangaroo fillets  
10 slices prosciutto

### METHOD

Wrap loin in prosciutto, sous vide for 30 mins at 60 degrees, cut into 60g minions panfry and baste in foaming butter till med rare. Serve with carrot puree and herb gnocchi, deglaze the pan to make a sauce.

### INGREDIENTS – CARROT PURÉE

250g large carrots  
20g butter  
10g sugar  
5g sea salt  
300ml water  
250ml double cream

### METHOD

1. Peel carrots and cut into 2cm thick rounds.
2. Place in a med size pot with butter, water, sugar, salt and water. Place a cartouche over the top, bring to the boil and simmer for 40 minutes.
3. Strain off cooking liquid and place cooked carrots in a food processor with the cream. Purée till smooth and pass through a chinois.

### INGREDIENTS – HERB GNOCCHI

500g Desiree potatoes  
3 egg yolks  
150g flour  
Sea salt  
½ bunch sage

### METHOD

1. Bake potatoes and press through a drum sieve and cool down completely.
2. Add the egg yolks, chopped herbs, flour and season to taste.
3. Knead dough till smooth and roll out into long cylinders.
4. Cut into 3 cm lengths and mark with a fork.
5. Blanch in boiling water and store in olive oil until required.

### INGREDIENTS – KANGAROO SAUSAGE

500g chicken breast  
250g braised kangaroo tail  
500g double cream  
2 egg whites  
Sea salt

### METHOD

1. Cut chicken breast into small pieces to make it easy on the robot coupe.
2. Place chicken into the coupe bowl with egg whites and purée till smooth.
3. Pass chicken farce through a drum sieve and place into a bowl over ice.
4. Fold braised tail through mousse.
5. Slowly add the double cream with a spatula and season to taste.
6. Pipe filling into sausage skin or wrap in crépinette. Sous vide for 30 mins and sear in pan till golden brown on all sides, slice and serve.



# LINDY MILAN & IAN HEMPHILL



As kangaroo becomes more readily available, we are discovering many great ways to cook it. We've learned, for instance, that kangaroo is an excellent recipient of Asian flavours, as this recipe amply demonstrates.

Kangaroo has robust flavours of its own, here overlaid with fragrance, so it's best to drink a big, rich wine such as a zinfandel, grenache or durif.

## ASIAN-STYLE KANGAROO FILLETS

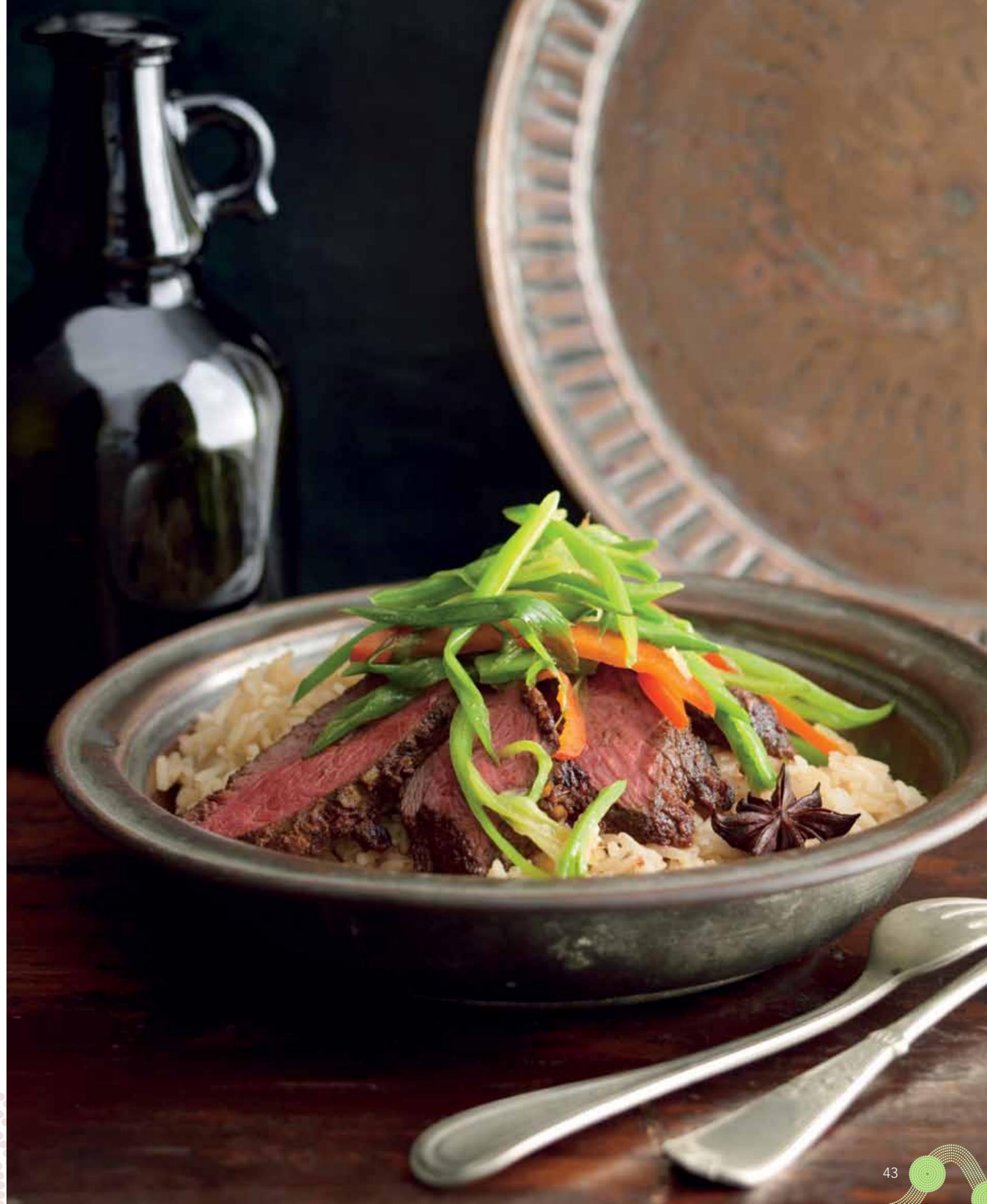
Serves  
4

### INGREDIENTS

4 × 150 g kangaroo loin fillets  
1 teaspoon peanut oil,  
plus 1 tablespoon extra  
2 teaspoons very finely sliced ginger  
½ red capsicum (pepper), cut into  
thin strips  
12 snowpeas (mangetout), cut  
diagonally into thin strips  
4 green onions, cut diagonally into  
thin strips  
Marinade  
1 teaspoon coriander seeds  
½ teaspoon chilli flakes  
1 teaspoon sweet paprika  
½ teaspoon ground white pepper  
⅛ teaspoon ground star anise  
2 cloves garlic, crushed  
1 teaspoon grated ginger  
1 teaspoon lemon juice  
1 teaspoon soy sauce  
Seasoned rice  
1½ cups (300 g) jasmine  
or long-grain rice  
2 whole star anise  
2 teaspoons soy sauce

### METHOD

- 1 To make the marinade, dry-roast the coriander seeds and chilli flakes until aromatic, then grind roughly in a pestle and mortar. Mix with the remaining marinade ingredients. Add the kangaroo fillets and turn to coat, then set aside for 30 minutes to steep.
- 2 Meanwhile, place the rice ingredients and 1½ cups water in a medium saucepan over high heat and bring to the boil. Immediately reduce the heat to very low, then cover and cook for 15 minutes until tender.
- 3 Heat the peanut oil in a frying pan over high heat and cook the kangaroo for 1 minute, turning to seal all sides. Reduce the heat to medium. Cover and cook for a further 4 minutes, then remove from the heat and allow to rest.
- 4 Heat the extra oil in a wok over high heat, add the vegetables and stir-fry until just tender. Remove from the heat.
- 5 Cut the kangaroo fillets diagonally into thin slices. Divide the rice among four warmed plates, arrange the meat slices on the rice, then tumble the vegetables over the top. Serve immediately.



# IAN OAKES & ALASDAIR NICHOLSON

## GRAND NATIONAL RESTAURANT



Just off Oxford Street in Paddington you'll find the Grande National and pub chef extraordinaire Ian Oakes and Alasdair Nicholson, who have regularly have roo on their blackboard menu.

Diners can relax and enjoy the French feel bistro that is casual and fresh. In 2006, The Grand National Restaurant was presented with Australia's most prestigious award - a chef's hat, representing the successful implementation of the company's philosophy. A philosophy that is at the heart of the business and continues to pay dividends - the prestigious chef's hat was retained by the business in 2007, 2008 and 2009. Look out for a new fit-out coming soon.



## SEARED KANGAROO LOIN, SHAWARMA SPICE WITH PICKLED BEETROOT, CHICKPEA PUREE, ROASTED KIPFLERS AND ROSEMARY SALT.



Trim kangaroo loin, removing sinew, then quickly sear in a hot pan. Allow to rest in a warm place then roll in Sami's Kitchen Shawarma Spice Mix. Roll tightly in cling wrap and place in fridge to firm up.

Serves  
2

### INGREDIENTS – PICKLED BEETROOT

2b small beetroots  
4 cloves garlic  
Sprig thyme  
4 star anise  
1 cinnamon quill  
50g brown sugar  
200ml red wine vinegar  
600ml water  
A good pinch of salt

### METHOD

Place all ingredients in a pan; gently simmer till beetroot is just cooked. Remove from heat and allow to cool down in the liquid.

### INGREDIENTS – CHICK PEA PUREE

200g dried chick peas (cooked in boiling, salted water till very soft)  
4 cloves garlic  
8 eschallots  
2 tbsp tahini  
Olive oil.

### METHOD

Gently cook garlic and eschallots in a little oil till soft. Blend together with cooked chick peas and tahini, add a little more olive oil to get the correct consistency. Pass through a sieve.

### METHOD

Roast Kipflers.

Par boil 4 kipflers with some rosemary and garlic, allow cool then peel them. Cut in half length ways and roast, cut side down in duck fat at 220 degrees.

Rosemary salt:

In a mortar and pestle grind together 1 tsp thyme leaves and 2 tbsp rosemary with 50g of Murray River pink salt.

To serve un-wrap kangaroo and quickly sear in a hot, but not to hot pan, to toast the spice. Place in the oven at 200 degrees for two minutes and allow to rest in a warm place. Slice and serve, garnish with some Baby red chard.



# GARY JOHNSON

## SYDNEY HILTON

Hilton Sydney's Executive Chef Gary Johnson has a focus on regional Australian produce and "simple excellence" in the kitchen. He believes local high-quality produce is best served fresh, yet skillfully prepared to enhance natural flavours.

Born in Australia, Gary began his career in Queensland, where he completed his Apprenticeship and held Executive Chef positions at leading resorts, such as Lizard Island and Hamilton Island Resort before travelling overseas.

After moving to Europe he worked with such luminaries as Raymond Blanc, John Burton-Race and Anthony Worrell Thompson in the UK then Switzerland, France and Germany. Gary returned to Queensland where he furthered his career as Chef De Cuisine and Co-Owner of Two Chefs

Restaurant (awarded 3 chef's hats) before venturing overseas once again. Followed was positions at Four Seasons London and Maldives as well as the celebrated Ciragan Palace Kempinski Hotel in Istanbul.

Gary now leads a team of 50 chefs at Hilton Sydney who cater up to 3000 delegates across 23 function rooms where the cuisine reflects Gary's passion for using local produce to create international flavours. Hilton Sydney is renowned for its innovative events where Gary has developed unique concepts involving Kitchen Theatre, Healthy Meetings and incorporating preferred dietary requirements in all seasonal menus. With a career spanning over 30 years, Gary has been an inspiration to young chefs and cooks the world over.



## CONSOMME WITH KANGAROO RAVIOLI AND TOMATO PICKLE

Serves  
20

### INGREDIENTS

Tomato Pickle  
Ravioli Dough  
100 ml Eggwash (beaten whole egg & pinch of salt)  
Kangaroo filling  
1 x bunch chives

### METHOD

1. roll out the ravioli dough and cut circular shapes about 8cm in diameter
2. egg wash the circles and place a dessert spoon of the kangaroo mixture in the centre.
3. gently cover the meat base circle with another piece and seal while pushing out the air.
4. To cook the ravioli; place the pasta into boiling salted water and gently simmer for 6 to 8 minutes (or until cooked).
5. In a large soup bowl put a dollop of the tomato pickle, place two to three pieces of cooked ravioli.
6. gently pour over the consommé and garnish with some chopped chives

### INGREDIENTS – TOMATO PICKLE

1 KG Ripe tomato flesh (skinned & seeded)  
60 gram Sugar

100 ML White wine vinegar  
100 ML Red wine vinegar  
1 pieces of Star Anise  
1 stick of Cinnamon  
1 teaspoon Cumin powder  
½ a small chili crushed  
1 cloves of Garlic  
100 ML Honey

### METHOD

1. Cook all ingredients together slowly until dry. Chill and pack to store.

### INGREDIENTS – RAVIOLI DOUGH

12 Egg Yolk  
6 Whole egg  
1 KG Strong Flour  
100 ML Olive Oil  
Salt & Pepper

### METHOD

1. A little saffron Water to form dough.
2. Knead well until smooth.
3. Rest before rolling out.

### INGREDIENTS – CHICKEN CONSOMMÉ (5 LITRE)

1kg x Chicken mince  
5 Litre Stock Chicken (cold)  
10 Egg Whites  
500 Gram Mirepoix minced (carrot, onion, celery)  
2 whole brown onions (halved)  
1 Piece Bouquet Garni  
12 - 15 Each Peppercorns Black  
2 Gram Salt

### METHOD

1. Select a suitable saucepan and in it mix the chicken, white of egg, peppercorns, salt and mirepoix with 100ml of cold stock or cold water.
2. Gradually add cold stock and mix well.
3. Char the cut surface of the onion on top of the stove or grill plate and add it to the stock to improve the colour of the consommé.
4. Set to cook over a moderate heat, stirring until it reaches a simmer. Turn down very low and Leave to cook for 2 hours with the minced cork at the top.
5. Do not at any stage allow the mixture to boil hard or attempt to stir it once it has started to simmer.
6. Wring out a clean cotton cloth in cold water and use it to line a conical strainer.
7. Carefully strain off the consommé into a clean bowl without disturbing the clarification. Skim off any fat. Correct the seasoning.

### INGREDIENTS – KANGAROO TAIL FILLING (FOR RAVIOLI)

2 - 3 KG Kangaroo Tail, cut up  
2 medium onion, chopped  
2 large carrots  
1 tablespoon brown sugar  
400 gram tin tomato pieces  
1 tablespoon tomato paste  
2-3 cloves garlic  
2 litres Chicken stock (or to cover)  
1 teaspoon "bush spices" (McCormicks)  
salt and pepper

### METHOD

1. Preheat oven to 160 degrees C
2. Brown meat all over in a little oil, in a large casserole pot or roasting tray (with a lid).
3. Add onion and carrot and stir through oil.
4. Add crushed garlic, stock, (almost to cover) tomatoes and paste, sugar, bush spices, salt and pepper.
5. Cover the casserole and place in the oven on low for about 2 hours (till the meat is falling off the bones).
6. Remove from the oven and cool on a rack.
7. When cool; pull the meat off the bones and use a little liquid from the cooking to keep the meat moist.
8. Set aside as the ravioli filling.

## THAI RED KANGAROO CURRY



### INGREDIENTS

Serves  
**10**

- 1 litre brown chicken stock
- 2 tablespoons red thai curry paste
- 1 tablespoon chopped garlic
- 1 tablespoon chopped ginger
- 1 brown onion finely diced
- 2 tins coconut cream only (do not use milk)
- 1 lime juiced
- 1 tablespoon palm sugar
- 2 tablespoons fish sauce
- 6 kaffir lime leaves
- 2kg diced Kangaroo rump

### METHOD

In a little oil cook the onion, ginger and garlic then add the curry paste and cook for a few minutes being careful to stir frequently. Then add the diced Kangaroo meat and seal before adding the chicken stock, bring to the boil and skim. Cover and simmer gently until tender (approx 1 hour). Then add the fish sauce, palm sugar, lime and leaves, coconut cream and simmer for another 15-20 minutes.

### GARNISH

- 100 grams Red onion (large dice)
- 100 grams Red pepper (large dice)
- 100 grams Fine Green beans (blanched)
- 100 grams Cherry tomatoes Halved
- 100 grams Pineapple chunks
- 10 grams Coriander leaves (chopped roughly)

### METHOD

In a non stick pan sauté the onion until opaque then add the red peppers, cook a little more. Then add the green beans and scorch. Then add to the kangaroo curry with the tomatoes and pineapple. Garnish with some rough cut coriander leaves. Serve with steamed jasmin rice.

## FARZAN CONTRACTOR

### THE MEAT AND WINE COMPANY

Cooking with Farzan is delving into a whole new world of gourmet cuisine his is a Modern Eclectic style that blends and infuses flavours from a variety of cuisines ranging from "poached quail eggs with dark chocolate mousse" to "cold organic corn soup with basil and thyme ice cream" or "elder flower sorbet, cucumber carpaccio".

Farzan's passion for distinct tastes and flavours and his ardent creativity with unique ingredients allows him to develop wildly inspired menus to suit different tastes.

Following his keen fascination, love for food and delving into new fusions of taste and culinary perfection has led Farzan into some of the world's best kitchens.

Farzan was a part of the Gordon Ramsay team at Maze, London which was voted the hottest opening of 2005, scooping the title of BMW Square Meal Restaurant of the Year 2006.

His experience has also lead him through the hallowed kitchens of Chef Nobu Matsuhisa at the renowned Nobu, London voted the 12th Best Restaurant in the World and number one for Japanese food in London.

Farzan is currently International Group Chef with Food Fund International, a multi award winning restaurant with a presence in over 7 countries, and manages a multi brand portfolio of over 14 restaurants.

Farzan has a Certificate in Food Science and Commercial cookery and a Masters Degree in International Hospitality Management from the Blue Mountains International Hotel Management School.

'Cooking with Farzan' has been described as an experience that brings together tastes, flavours, and imagination that is best summed up in the words of George Bernard Shaw. "You see things that are and say, "Why?" But I dream things that never were and say, "Why not?"

*Recipes overleaf >>*



# FARZAN CONTRACTOR

THE MEAT AND WINE COMPANY

## MERLOT MARINATED KANGAROO STEAK WITH WASABI MASH

Serves  
1

### INGREDIENTS

1 kangaroo loin fillet, portioned and marinated  
50 organic potatoes, unpeeled  
50 butter  
150 cream  
fresh shavings of wasabi  
3 clarified butter, to serve

### INGREDIENTS – PESTO

2 basil  
1 carrot, chopped into three pieces  
2 parsley  
25 pine kernels, toasted  
parmesan shavings  
sea salt  
pepper  
extra virgin olive oil  
a hint of pine nut oil

### INGREDIENTS – MARINADE

1 litre red wine merlot, peppery full bodied red wine preferably  
1 sprig thyme  
10g star anise  
10g juniper berries  
2 sticks cinnamon

### METHOD

1. For the marinade: Portion kangaroo as desired. Place the kangaroo fillet in a large bowl. Pour over the tepid red wine and add the herbs and spices. Marinate for a minimum of 12 hours or overnight before cooking (the flavours from the cinnamon and thyme will be brought out by the tepid wine).
2. For the pesto: the next day, make the pesto by blending all the ingredients in a food processor to form a paste. Set aside.
3. Pat the kangaroo meat dry from marinade and grill over hot charcoals, cook to medium rare (or as desired).
4. Let the meat rest after cooking, and then brush with clarified butter to finish and either pop back on the grill or pan fry to seal.
5. Boil the potatoes till an almost semi soft texture is reached, peel and blend in with fresh grated wasabi (to taste).
6. In a separate pan, bring the cream to the boil. Keep stirring until fat molecules break down and the cream sweetens. Mix into potato and wasabi mixture - the sweetness from the cream will cut the harsh tang of the wasabi.
7. Mix in a tablespoon of pesto and warm to serve. Finish with a few drops of clarified butter.

## KANGAROO LOIN WITH PARSNIP PUREE ROSEMARY AND SPINACH PESTO

Serves  
1

### INGREDIENTS

180 gms Kangaroo loin fillet  
10 gms rosemary  
10 gms crushed garlic  
10 gms freshly crushed red and green peppercorns  
15 ml olive oil  
05 gms flaked sea salt

### METHOD

Grind all the dry ingredients in a mortar and pestle until coarse, mix into with olive oil and rub onto kangaroo meat, cling wrap and refrigerate for 24 hours.

### INGREDIENTS – PARSNIP PUREE

80 gms (skin on) parsnip  
10 gm sea salt (coarse)  
20 ml olive oil  
1 sprig rosemary  
1 sprig sage  
5 gm brown sugar  
10 gm (soft) unsalted butter

### METHOD

Grind all herbs and dry ingredients with a mortar and pestle until the consistency of a rough paste. Roast skin on parsnips in an oven at 180 degree oven for 20 minutes or until the skin is golden brown and crackling. Remove from oven and let cool with skin on, mash parsnips with a potato masher until almost smooth, mix in 10 gm of soft unsalted butter and further mash, pass through a large holed sieve, till an almost smooth consistency is achieved.

### PESTO

Use your favourite pesto recipe then add 10 gms of pureed baby spinach, and a sprig of rosemary for garnish.



# CRAIG SQUIRE

RED OCHRE GRILL



Australian Native Foods commonly known as Bush Tucker are an enormous variety of naturally growing fruits, berries, seeds, spices, and meats such as Kangaroo, Emu, Crocodile, Wallaby and bountiful supplies of fresh seafood.

These foods are sourced from the 'wild', from the natural environment that has sustained these species for hundreds of thousands of years. Aboriginal peoples of Australia lived with and for the land for over 40 thousand years before western 'settlement' – the indigenous peoples utilised the abundant and extraordinarily healthy foods Australia has to offer. They suffered very little disease and were lean and healthy before western arrival.

These foods are very high in natural nutrients yet low in fats, sugars and of course completely organic, chemical free, and with no genetic alterations.

Australian Native Foods are the healthiest ingredients available and have huge potential in future medicine, food flavouring agents and health food industries.

Red Ochre Grill is one of the very few restaurants that specialises in Australian Native Cuisine and has over 12 years developed knowledge in direct use of

these little known ingredients. Chef Craig Squire has travelled the world demonstrating Australian Native Cuisine and has great experience in developing a food style, which not only is new yet uses ancient ingredients, but is very healthy and tastes wonderful as well.

One ingredient that is the best selling menu item for 10 years now is kangaroo, shot humanely in northern South Australia then processed in export standard conditions, then flown freshly to Cairns and Red Ochre Grill every week. It is high in protein and has the best balance of amino acids in any common meat allowing the human body to absorb these nutrients yet it has basically no fat. With Red Ochres exclusive quality purchasing and years of culinary experience this is the best kangaroo meal to be found.

This restaurant has successfully introduced these native ingredients and stirred them with cutting edge modern cuisine, incorporating the best seafood and 'regular ingredients' in a way no other restaurant in Australia has succeeded in doing. Listed in the top 100 restaurants in Australia by Diners Club for the last 3 years Red Ochre Grill has completed the development of 'bush food' into Modern Australian Cuisine.

## KANGAROO WITH QUANDONG CHILLI SAUCE WITH SWEET POTATO AND BOK CHOY

*This dish is a 'Red Ochre' classic and has been a staple on the restaurants menu for 9 years. The perfect balance of fruit and chilli with the port wine enriched sauce provraide, is magical. It teams perfectly with the kangaroo meat and soaked up with the simple flavours of the 'hot cake'.*

Serves  
**4**

### INGREDIENTS

800 gms Kangaroo sirloin – preferable in 4 'fillet pieces of similar size  
4 pieces bok choy

### SAUCE

100 ml Port wine  
2 large medium hot red chilli's  
400 ml Sauce Provraide (see separate recipe)  
100 gm stewed quandongs (see separate recipe)  
In a stainless steel saucepot reduce port with sliced chilli's by half

### METHOD

Add 'prov' and bring to boil – reduce by 30% then add stewed quandongs and bring back to boil, skim of any 'skum' and simmer for 5 to 10 minutes. Set aside.

### POTATO BAKE

These can be prepared earlier and are also nice by them selves served with crisp bacon and sweet chilli sauce.

### INGREDIENTS

2 eggs, separated  
1 cup x 2cm diced, boiled sweet potato (golden variety), well drained and cooled  
½ cup flour  
½ tsp salt  
1 tsp baking powder  
½ cup fresh coconut milk  
1 spring onion, sliced  
2 tbs chopped fresh coriander (cilantro)  
100 ml vegetable oil



### METHOD

Beat the egg yolks and mix thoroughly with all the other ingredients except the egg whites and oil  
Beat the egg whites until stiff and fold into the other mixture  
Fry large spoonfuls of batter in hot oil (similar to pancakes) over moderate heat in a large flat frying pan until golden on each side, transfer to a baking tray and cook through in a moderate oven for 15 minutes.

### TO SERVE

Rub a little oil and seasoning on the Kangaroo fillets and grill on a hot barbecue, allow the first side to seal before turning over (this should be when the meat is not stuck to the grill bars). Whilst cooking boil some salted water for the bok choy which has been split and washed, bring sauce back to heat and warm up hot cakes, this is fine in the microwave shortly before serving. When Kangaroo is medium rare or less if to your preference, remove from heat allow to rest for 10 minutes to the side. This resting allows the blood in the meat to cook so it is not so 'bloody on the plate.' When the bok choy is cooking re heat the kangaroo quickly. Slice the fillets across the grain and plate up as shown.  
Enjoy with and Cabernet Sauvignon or Shiraz Cabernet

# CRAIG MACINDOE

MUMU GRILL



Craig Macindoe has opened or owned a total of 32 different restaurants in Australia and overseas, everything from small coffee cart offerings to Kingleys, Hard Rock Café (Sydney and Maui), Watermark, The Nuns Pool and the BarKing Frog to name a few. He currently owns and is Head chef for MUMU Grill – Sydneys only 100% Grass fed steak house.

Craig has consulted to a wide variety of businesses in Hospitality and been guest speaker for numerous conferences. Including Ryde Tafe, The Bar Show, Café Biz, Café Survival, Digital citizens.

He is passionate about sustainability and Social Media. His style of cooking is simple honest cooking with big flavours.

## KANGAROO RUMP ON ROASTED PUMPKIN WITH BEETROOT RELISH

Serves  
3

### INGREDIENTS

1 Kangaroo rump (cut into 3)  
Pumpkin preferably Japanese blue  
1 sprig Rosemary  
1 ea Finger chilli  
1 clove Garlic.  
1 tsp Pepper  
1 Tbs Anchovy fillets  
½ cup Oil  
2 ea Beetroot shredded  
½ Red onion  
2 Tbs Brown Sugar  
4 Tbs Sherry vinegar

### INGREDIENTS – MARINADE

1 sprig Rosemary  
1 ea Finger chilli  
1 clove Garlic.  
1 tsp Pepper  
1 Tbs Anchovy fillets  
½ cup Oil  
Mix all ingredients  
Marinate kangaroo for 1 hour

### INGREDIENTS – BEETROOT RELISH

2 ea Beetroot shredded  
½ Red onion  
2 Tbs Brown Sugar  
4 Tbs Sherry vinegar.  
Boil beetroot separately and shred.  
Saute onions until brown

### METHOD

Add all ingredients except oil into mortar and pestal roughly grind until pate like consistency add oil and marinate Kangaroo for 24 hours.

Add beetroot and sugar and cook until almost jam like consistency, add sherry and cook for another 10-15 mins.

Taste and season with salt and white pepper.

Roast Pumpkin in one inch cubes with thyme in oven until soft and caramelized.

Sear kangaroo on hot grill then slice into .5cm slices. Lay slices on lightly sprinkled sea salt and cook in 120 degrees for 8 mins making sure meat is still medium rare.

Serve pumpkin. Top with sliced roo, then relish (and a little hot red wine jus poured thru the beetroot and lemon balm to garnish if you want to be a bit fancy)



# FELIX HALTER

V ZUG GOURMET ACADEMY



Starting his career in the heart of Zürich at the restaurant Clipper, during a 3-year apprenticeship, hasn't this chef learnt the ropes on how to spice up international cuisine as a full time working chef.

He went on to working for the next 3 years in the middle of the wine regions surrounding Lausanne. In the compulsory military service he then learned to cater for the troops of the Swiss Army, in a kitchen built of snow and ice, at 3000+ meters altitude.

Once Felix got the taste for the preparation of fresh seafood, his next stop was the fine dining room at Reid's Hotel in Madeira, Portugal, then Sydney Hilton's San Francisco Grill, Green Island Resort, Great Keppel Island Resort and Radisson at the pier.

Back to Switzerland for 3 years as executive chef, to launch the new concept of

"free-flow" restaurant Giardino, serving 1500 lunches every day, using induction, then in 1999 returning to Australia, to the International College of Management, Sydney in Manly, as operations head chef for the next 11 years.

Recently Felix was appointed director of the V ZUG Gourmet Academy. The number one appliance manufacturer in Switzerland a global company, promoting the healthy way of food preparation, using steam ovens.

Felix is also a professional food stylist and photographer, contributed to many publications and books. The portfolio can be viewed under Gourmet Lightning [www.felixhalter.com.au](http://www.felixhalter.com.au)

## PAPERBARK SMOKED KANGAROO

Serves  
**4**

### INGREDIENTS

600 gr Kangaroo fillet  
2 tbsp olive oil  
¼ roll of paperbark cut in strips  
200 gr Quandong  
200 gr Spanish onions julienne  
120 gr Brown sugar  
50 gr Butter  
0,25 dl Balsamic vinegar  
Star Anis, cinnamon stick salt pepper

### METHOD

Caramelize sugar with butter in saucepan. Add onions and Quandong. Add balsamic, vinegar, cinnamon and Star Anis. Cook to jam stir occasionally. Preheat oven at 180 degrees. Season meat with salt and pepper and sear in olive oil very quickly both sides. Place paperbark on steel pan, heat up pan until smoke appears, place roo on aluminium foil, and put on top of bark, place in oven for 3 minutes, let rest in hotbox for 10 minutes. Serve on a Shiraz glaze with a hint of cinnamon, slice meat for service to show pink inside. This winter dish is best served with Brussels sprout (nutmeg and butter tossed) and pan-fried scallop potatoes.



# INDEX OF RECIPES

12 HOUR KANGAROO LOIN	39	KANGAROO WITH CORN AND NORI BONS BONS	27
ASIAN-STYLE KANGAROO FILLETS	42	KANGAROO WITH QUANDONG CHILLI SAUCE WITH SWEET POTATO AND BOK CHOY	53
BRAISED KANGAROO SHANK	24	KANGAROO WITH TRAHANA AND HONEY CARAMALISED ONIONS	31
CONSOMME WITH KANGAROO RAVIOLI AND TOMATO PICKLE	46	MEDALLION OF KANGAROO WITH ESCHALLOTS	29
EGG, BACON AND KANGAROO ROLL	30	MERLOT MARINATED KANGAROO STEAK WITH WASABI MASH	50
ENOKI MUSHROOMS WRAPPED IN LOIN OF KANGAROO IN PANDANUS LEAF SAUCE	26	MINATURE KANGAROO FILET MIGNON WRAPPED IN PROSCIUTTO	27
FLOWER KANGAROO	38	PAPERBARK SMOKED KANGAROO	56
KANGAROO ASSIETTE	40	SEARED KANGAROO LOIN, SHAWARMA SPICE WITH PICKLED BEETROOT, CHICKPEA PUREE, ROASTED KIPFLERS AND ROSEMARY SALT	44
KANGAROO CHAR SUI BAO	23	SMOKED KANGAROO WITH FIG AND CORIANDER CHUTNEY	32
KANGAROO FRIED GEE MA DUMPLING	22	SPHERE OF PEA AND KANGAROO	34
KANGAROO LOIN WITH PARSNIP PUREE ROSEMARY AND SPINACH PESTO	51	THAI RED KANGAROO CURRY	48
KANGAROO RAVIOLI	36		
KANGAROO RUMP ON ROASTED PUMPKIN WITH BEETROOT RELISH	55		
KANGAROO TARTARE	20		
KANGAROO TARTLET WITH WATTLESEED AND MACADAMIA DUKKAH	26		
KANGAROO TERRINE	35		



Available at Woolworths, Coles, IGA, Franklins and Foodland or for further information go to [www.macromeats.com](http://www.macromeats.com)

