



SWEET 'N' SOUR EMU MEATBALLS

Sauce:

- 1 (15 ¼ oz.) can pineapple tidbits
- 2 tsp. cornstarch
- 1/3 C. ketchup
- ¼ tsp. pepper
- 1/3 C. water
- ¼ tsp. ground ginger
- 2 tsp. low sod. soy sauce
- 1 medium onion, chopped
- 2 tsp. vinegar
- 1 green pepper, sliced thin
- 2 tsp. brown sugar

Drain pineapple, reserve juice in a small bowl. Set pineapple aside. To juice, add ketchup, water, soy sauce, vinegar, brown sugar, cornstarch, pepper, and ginger. Stir until smooth.

Meatballs:

- 2 lb. ground emu
- 1 chicken egg, beaten salt & pepper to taste
- ¼ C. milk
- 1 ½ tsp. dried minced onions
- ¾ C. cracker crumbs

Mix meatball ingredients in order given. Brown meat and onions in a non-stick skillet with small amount of oil, about 10 minutes. Add prepared sauce. Cook and stir until thick and bubbly. Add pineapple tidbits and green pepper.

Reduce heat; cover and simmer for 30 more minutes. Serve over rice. Serves 4 to 6.

Emu Flank Steak with Gorgonzola and Walnut Stuffing

- 4 ounces Gorgonzola cheese, softened
- 2 TBS heavy cream
- 4 Emu Flank steaks, butterflied and lightly tenderized
- 3 cups flour
- 3TBS cooking oil
- 1/2 cup coarsely chopped walnuts
- 1 TBS Madeira wine
- 1/2 tsp salt
- 1/4 tsp fresh ground black pepper
- 2 chicken eggs, slightly beaten

Mix well the cheese, walnuts, cream and wine, set aside. Salt and pepper the steaks. Spoon 1/4 of the cheese mixture in the center of one half of the butterflied steak. Brush around the edges of the filling with some egg. Fold over and press the edges together to seal. Carefully dip steaks on both sides in the flour, then in egg, then in the flour again.

Heat 1/4 inch cooking oil in a large skillet over medium high heat. Add the steaks; cook carefully, turning only once. About 3 minutes per side or until golden.

Serves 4.

Apple Stuffed Emu Flank Steak

- 6 emu flank steaks, cut 1 1/2 inches thick
- 1 cup beef broth
- 4 tablespoons butter
- 1 8 ounce package seasoned stuffing mix
- 1 tart apple, pared, cored and chopped
- 1 green pepper, cored, seeded and chopped
- 1 tablespoon wine vinegar
- 2 teaspoons instant minced onion
- 2 tablespoons cooking oil
- 1 cup water

Grease a 2 quart casserole. A quarter sheet cake pan would work also. Preheat oven to 350.

Cut a pocket in the thick end of each steak. Be careful not to cut too far.

Mix together the stuffing mix, broth, apple, green pepper, butter, vinegar and onion. Spoon mix into the steaks and fasten with wooden toothpicks or skewers.

Turn the remaining stuffing mixture into the greased casserole.

In skillet brown the steaks on each side and move to casserole. Add water. Bake, covered, in 350° oven for 1 hour. Uncover for the last 10 to 15 minutes of cooking. Makes 6 servings.

Creamy Emu Casserole

- 2 pound ground emu
- 8 oz cream cheese, softened
- 2 cups cheddar cheese
- 32 oz tomato sauce
- 1 pint sour cream
- 12 oz pkg. egg noodles
- 1 teaspoon garlic salt
- 2 teaspoons salt
- 2 teaspoons sugar
- 5 green onions with tops sliced off

Preheat oven to 350°.

Grease a 4 quart baking dish.

Brown the meat, adding the seasonings and blending well. Add tomato sauce and simmer for 15 minutes.

In a bowl, mix the cream cheese, sour cream and sliced onions.

Cook noodles per package instructions.

In a greased casserole pan, layer ingredients: noodles, meat sauce, cheese mixture and then grated cheese. Repeat layers.

Bake at 350° for 30 minutes.

Emu Pot Pie

- 1 1/2 pounds emu steak, cut into 1" cubes
- 2 large carrots, scraped and cut in 1" pieces
- 1 large potato, cubed
- 1 yellow onion, chopped
- 1/2 cup water
- 12 oz evaporated milk
- 1 teaspoon thyme
- 1/2 teaspoon salt
- 1/3 cup all-purpose flour
- 1/4 teaspoon pepper
- 1 pie crust

Preheat oven to 350° degrees. Lightly grease a 2-quart casserole.

Place emu, potato, carrots, onion, water and salt in a large saucepan, bring to a boil. Lower heat, cover and simmer for 10 minutes. Drain but reserve the cooking liquid.

Wisk together the milk, flour, thyme, pepper and 1/4 teaspoon salt into the cooking liquid. Cook over moderate heat, whisking constantly until mixture thickens.

Stir in emu and vegetable mixture. Pour in casserole and place pie crust on top of mixture, trimming to 1" over the edge of pan. Fold under extra crust and crimp the edges. Cut slits in crust and brush with milk. Bake until crust is golden brown, approximately 20 minutes.



	Emu								
Protein (gm)	28.4								
Fat (gm)	4.7								
% Saturated fat ³	25								
Cholesterol (mg)	87								
Iron (mg)	5.0								
Calories (kcal)	164								
Copper (mg)	.24								
Sodium (mg)	65								
Magnesium (mg)	28.7								
Manganese (mg)	.030								
Phosphorus (mg)	269								
Potassium (mg)	375								
Selenium (mcg)	44								
Zinc (mg)	4.6								
Folic Acid (mcg)	9								
Vitamin B ₁₂ (mcg)	8.5								
Vitamin B ₆ (mg)	.83								
Thiamin (mg)	.32								
Niacin (mg)	8.9								
Riboflavin (mg)	.55								

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