



Donated by Allen & Myra Charleston

## Emu Au Vin

- 2 pounds emu flank steak
- Stick margarine
- 1 onion, chopped
- 1 tablespoon chopped parsley
- 2 cloves garlic, split
- ½ cup dry wine (red or white)
- ½ cup water
- Salt & pepper

Tenderize the steak, cut into serving size pieces.

Melt half of the margarine in the skillet. Sear meat and remove for later.

Add onions, parsley and garlic. Cover and simmer 20 minutes. Add margarine as needed.

Remove garlic. Add water, wine and meat. Cover and cook 10 minutes. Serves 6.