



Donated by Allen & Myra Charleston

I guess every emu farm has their version of Emu Farmer Stew, this is ours:

Emu Farmer Stew

- 2 pounds cubed emu
- 3 carrots, peeled and sliced
- 3 celery stalks, sliced
- 2 large yellow onions, peeled and sliced
- 1 teaspoon pepper
- ½ teaspoon thyme
- 1 bay leaf
- ½ teaspoon rosemary
- 3 cups Zinfandel
- 3 tablespoons olive oil
- 2 tablespoons tomato paste

Put everything except the emu meat, olive oil and tomato paste in large ceramic casserole, cover and refrigerate overnight.

Marinate meat in casserole mixture approximately 1 hour prior to cooking.

(Note: if you are using veal, rabbit or venison, you may add the meat to the marinade for overnight, the reason for this is that the emu or ostrich will absorb the flavors much quicker and develop a bitter aftertaste if marinated too long.)

Remove meat, sear quickly in heated olive oil. Return to casserole mixture. Add tomato paste. Cook, covered at 350° for 1 ½ to 2 hours.

Serves 6.