



Donated by Allen & Myra Charleston

Emu Onion Casserole

- 2 tablespoons flour
- 2 teaspoons salt
- 1/8 teaspoon pepper
- 1 ½ pounds emu, cubed
- 2 tablespoons oil
- 1 clove garlic, split
- 1 ½ cups chopped onion
- 1 cup sour cream
- ½ cup water

Mix flour, salt and pepper.

Roll meat in flour.

Sauté garlic in oil for 4 or 5 minutes. Remove garlic cloves.

Add onions. Cook until golden.

Add meat, cook until lightly browned. Pour into casserole.

Mix sour cream and water. Pour over meat and onions.

Bake, covered, at 350° 1 ½ to 2 hours until tender.

Serves 4.