



Donated by Allen & Myra Charleston

Maple Glazed Emu Steaks

½ cup broken pecans
8 emu steaks
½ cup apple juice
½ cup maple syrup
2 tsp. cornstarch
½ tsp dried sage, crushed
¼ tsp. coarsely ground black pepper

Preheat oven to 350°. Toast pecans for 6 minutes to bring out the flavor.

Meanwhile, lightly sear the emu steaks, turning once. Transfer to ovenproof dish.

Remove pecans from oven; turn off the heat and place dish of emu steaks in oven.

Combine remaining ingredients, heat and stir over medium to low heat until thickened and bubbly.

Stir in toasted pecans.

Remove steaks from oven, pour sauce over steaks and serve.

Serves 8.