



Donated by Allen & Myra Charleston

Slow Baked Emu Steaks from Red Oak Farm

- 4 Tenderized Emu Flank Steaks
- 1 Tablespoon all-purpose flour
- ¼ cup water
- ¼ cup packed brown sugar
- ¼ cup ketchup
- 2 Tablespoons white vinegar
- 2 Tablespoons Worcestershire sauce
- 1 small onion, chopped
- 1 teaspoon ground mustard
- 1 teaspoon paprika
- 1 teaspoon chili powder
- ½ teaspoon salt

Place steaks in aluminum foil lined 13x9x2 inch baking dish. You should have enough foil so you can fold and tent the steaks when baking.

In a saucepan, whisk flour and water until smooth.

Add brown sugar, ketchup, vinegar, lemon juice and Worcestershire sauce. Bring to a boil; cook and stir for one minute.

Stir in remaining ingredients, pour over steaks. Fold and tent the foil over the steaks. Bake at 350 degrees for 2 hours.

Serves 4.