

# **RECIPES FROM THE KITCHEN AT RED OAK FARM**

Welcome to the "kitchen" at Red Oak Farm.

*If you are a vegetarian, you are in the wrong place.*

*This page dedicated to "Miss Billie" (Myra's Mom)*

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Every recipe on these pages was created in "Miss Billie's Kitchen". Many were adapted from old family recipes; others were created from scratch. Some of these have been featured in Emu's Zine Online Magazine and some are in the Tennessee Emu Association's cookbook. We have added recipes as they have been developed. We hope you enjoy them!

Remember, emu is a heart healthy red meat. It should be cooked with moist heat. Because there is no fat, care must be taken not to overcook.

## **MORE TIPS FOR COOKING MEAT**

- 1.) Emu should be cooked with moist heat. Because there is no fat, care must be taken not to overcook.
- 2.) For cooking a roast, we recommend wrapping the roast in aluminum foil, adding 1/2 cup of water or beef broth and then cooking as you would a lean beef roast.
- 3.) For Broiling a steak, move the broiler rack down one notch from where you would broil your beef.
- 4.) Turn your steak quicker than you would turn a beef steak. The rare to medium range is best for Emu.
- 5.) Chopped or ground Emu will cook faster than beef. It contains very little fat which requires this meat to be cooked at very low temperatures. Shrinkage should be minimal due to the low fat content and slow cooking.
- 6.) Caution should be used when cooking with a microwave oven, use a setting and less time because a minute can ruin a good piece of meat. It will be necessary for some experimentation to get good results.
- 7.) Remember: To reach the same cooking level as beef (rare to medium), use less heat!
- 8.) You may substitute ostrich, rhea, veal, venison or (in some cases) rabbit for emu in these recipes.

<b>Recipes calling for <u>ground emu</u></b>	<b>Recipes calling for <u>steaks or roasts</u></b>
	<a href="#"><u>Al's Main Dish</u></a>
<a href="#"><u>Beans 'N Brats</u></a>	<a href="#"><u>Apple Stuffed Emu Fan Steak</u></a>
<a href="#"><u>Corny Emu Casserole</u></a>	<a href="#"><u>Apricot Glazed Emu Steaks with Wild Rice Dressing</u></a>
<a href="#"><u>Creamy Emu Casserole</u></a>	<a href="#"><u>Apricot Glazed Emu Kabobs</u></a>
<a href="#"><u>Doritos Pie</u></a>	<a href="#"><u>Baked Emu Stew</u></a>
<a href="#"><u>Emeu haricot vert de champignon sauce</u></a>	<a href="#"><u>Blue 'Mu Salad</u></a>
<a href="#"><u>Emu Balls</u></a>	<a href="#"><u>Emu Au Vin</u></a>
<a href="#"><u>Emu Stuffed Baked Potatoes</u></a>	<a href="#"><u>Emu Claw Stew</u></a>
<a href="#"><u>Fancy Emu Casserole</u></a>	<a href="#"><u>Emu Fan Steaks With Gorgonzola and Walnut Stuffing</u></a>
<a href="#"><u>Heart Healthy Meatloaf</u></a>	<a href="#"><u>Emu Farmers Stew</u></a>
<a href="#"><u>Hearth Healthy Tamale Pie</u></a>	<a href="#"><u>Emu Green Pepper Steak</u></a>
	<a href="#"><u>Emu in Mustard Sauce</u></a>
<a href="#"><u>Noodle Casserole</u></a>	<a href="#"><u>Emu Onion Casserole</u></a>
<a href="#"><u>Porcupine Balls</u></a>	<a href="#"><u>Emu Pot Pie</u></a>
<a href="#"><u>Red Oak Emu Chili</u></a>	<a href="#"><u>Emu Scaloppini With Mushroom Sauce</u></a>
<a href="#"><u>Red Oak "Doves"</u></a>	<a href="#"><u>Emu Valencia</u></a>
<a href="#"><u>Red Oak Rarebit</u></a>	<a href="#"><u>Ginger Emu Stir-Fry</u></a>
	<a href="#"><u>Gingered Stir-Fry</u></a>
<a href="#"><u>Squashed Emu Casserole</u></a>	<a href="#"><u>Grilled Sesame Ginger Emu Steak</u></a>
<a href="#"><u>Spicy Emu Pockets</u></a>	<a href="#"><u>Maple Glazed Emu Steaks</u></a>
	<a href="#"><u>Piperade with Emu</u></a>
<a href="#"><u>Summer Sausage Salad</u></a>	<a href="#"><u>Rebel Yell</u></a>
	<a href="#"><u>Savory Soup</u></a>
	<a href="#"><u>Slow Baked Emu Flank Steaks</u></a>
<a href="#"><u>Stuffed Green Peppers</u></a>	<a href="#"><u>Smothered Emu</u></a>
<a href="#"><u>Stuffed Zucchini</u></a>	<a href="#"><u>Sunshine Emu Stir Fry</u></a>
<a href="#"><u>Winter Rich Soup</u></a>	<a href="#"><u>Swiss Emu Rolls</u></a>
<a href="#"><u>Wisconsin Cheese and Brat Fondue</u></a>	<a href="#"><u>Veggie Pockets</u></a>

**Roasts:** I don't recommend roasting without a cover - emu will dry out very quickly because it has no fat. Try these heart healthy recipes.

## Roast Recipes

<a href="#"><u>Very Berry Emu Roast</u></a>	<a href="#"><u>Peach Glazed Emu Roast</u></a>
<a href="#"><u>Cherry Glazed Emu Roast</u></a>	

**Emu Eggs** can be scrambled and served for breakfast just like chicken eggs. They are a little lighter and fluffier when scrambled. We blow out our eggs, scramble them and freeze in ice cube trays. Then pop the cubes out and store frozen in gallon zip lock bags. One cube is equal to a medium sized chicken egg. No, we have never tried frying one - don't have a spatula large enough to turn it!

Emu eggs are available in season in some specialty markets or from your local emu farm!

<b>Emu Egg Recipes</b>	
<a href="#"><u>Spanish Egg Soup</u></a>	<a href="#"><u>Emu Custard Dessert</u></a>
<a href="#"><u>Emu Egg &amp; Sausage Brunch</u></a>	<a href="#"><u>Boiled Custard Egg Nog</u></a>
<a href="#"><u>Chocolate Mousse</u></a>	<a href="#"><u>Baked Apple Pancake</u></a>
<a href="#"><u>Crème au Chocolat</u></a>	<a href="#"><u>Grandma's Emu Rice Pudding</u></a>