

CHARGRILLED KANGAROO FILLET

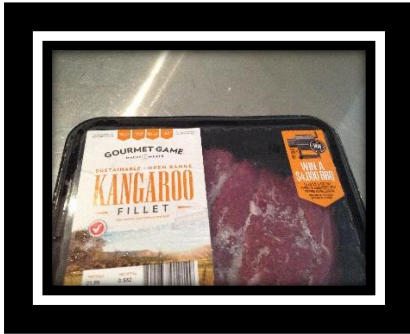
WITH RED ONION MARMALADE

1. PICTURE RECIPES – Category (March 2015)

Equipment and Tool needed:

Chopping board (colour coded for different produce groups) | Meat knife | Chef's knife | Mortar & Pestle | Grater | Juicer | Bowl | Sauce pan | Grill pan

Ingredients needed:



Kangaroo Fillet (can be purchased from any major Retail shop or from most local Butchers)



For the Marinade: Olive oil | Garlic clove | Rosemary fresh | Thyme fresh | Flat Parsley fresh | Lemon juice and skin | Orange juice and skin | coriander seeds | black Pepper corns | Juniper Berries | Sea salt flakes

For the Red Onion Marmalade: Red onions cubed (equal size) | butter unsalted cooking | Sea salt flakes and black Pepper from the mill | Brown sugar | Orange Juice freshly squeezed | Red wine (cooking)



Preparation / Cooking:



Trim off the fat and sinew from the Kangaroo Fillet



Add all ingredients for the Marinade into the mortar & pestle | Mix & pound for approximately 2-3 minutes

Add trimmed Kangaroo Fillet into a bowl (stainless steel) and cover with mixed (pounded) Marinade | Let rest (marinate) for at least 20-25 minutes



Melt butter in a saucepan | add cubed red onions and slightly sautéing (glazing without any colour), deglaze with Orange juice | add brown sugar | fill up with Red wine | season with sea salt flakes and black pepper from the mill | reduce by 2/3 (slight syrup like consistence and the red onion cubes need to be cooked (tender) | season again if necessary | keep aside





Take out Kangaroo Fillets from the Marinade | Heat up Grill pan (till slightly smoking) | grill Fillets approximately 3-4 minutes on each side (depending on thickness) till Medium rare – Medium

Deglaze with leftover Marinade

Take out from Grill pan | set aside and let rest for 5 minutes before serving (cutting)

Plating and serving Suggestions:



Heat up Red Onion Marmalade | Slice Kangaroo Fillet | plate – arrange as above picture

Served with Sweet Potato Mash and glazed carrots (Suggestion)

Goes well with a fruity and tropical Shiraz like Eden Hall Shiraz, 2006 – Barossa Valley, S.A.)

Bon Appetite – Chef & Guide Dog User Martin

