



Emu Minestrone

This is an alpha gal version of hearty minestrone soup. I started with a flavorful broth made from simmered emu necks and vegetables. Then made the soup and finished it with the shredded emu. While the actual work in this recipe is pretty minimal, it does take several hours. Additional vegetables would be delicious, such as zucchini, mushrooms, green beans, etc.

Ingredients:

Broth:

- 1 carrot
- 2 celery stalks
- 1 onion quartered
- 6 emu neck sections
- 2 cloves garlic chopped
- 2 bay leaves
- 1/2 tsp thyme
- 2 Quarts water
- salt & pepper
- Olive oil

Soup:

- 1 carrot diced
- 1 onion diced
- 2 celery stalks diced
- 1 cup (more if desired) pulled emu
- 1 can diced tomatoes
- 5 fingerling potatoes sliced about 1/2 inch (or 1 -2 yukon gold potatoes diced 1/2 inch)
- 1 quart emu broth
- salt & pepper

Directions:

Emu broth:

Prepare the emu necks by rinsing them under water, drying them and trimming the silverskin as possible. Sprinkle with salt and pepper and give them a light coat of olive oil. Place the emu necks on a cookie sheet or oven safe pan. Set the oven to broil and place the emu necks in the oven when it's hot. Broil for about 15 minutes per side, but check on them occasionally, the idea is to sear the outside of the necks.

In a stockpot or large pan, over medium heat, add 1 TBS olive oil. Add the quartered onion, a peel carrot cut into sections, the celery cut into sections and sauté for 5 minutes, stirring occasionally. Add the garlic, thyme and cook another 2 minutes or so. Add the hot water and the necks and any drippings. Bring to a low simmer (or in a crock pot on high) and cook until meat falls off the bones, appx 2 hrs.

When the meat is fall-off-the-bone tender, remove the emu necks to a plate and cover with aluminum foil until cool enough to handle. Then pull the meat off of the necks and separate meat from any remaining silverskin. Cover the meat or place in a zip-lock bag once cooled and place in the refrigerator. Place the necks back in the broth and continue to simmer for 3-4 additional hours covered.

When the broth is done, strain it through a fine mesh sieve or a cheesecloth lined strainer.

To make the minestrone:

In a large saucepan or stockpot over medium, add 1-2 tsp of olive oil and heat. Add the carrots, celery, onions, and potatoes and sauté, stirring occasionally, until the onions begin to turn translucent about 7 minutes. Add the broth, bring to a simmer and simmer for 15-18 minutes until potatoes are tender. Salt and pepper to taste. Add the diced tomatoes with their juice and the shredded emu and simmer at least an additional 5 minutes.