



## Emu Cottage Pie

### Ingredients:

1 lb ground emu  
Olive oil  
2 cloves garlic minced  
1 large onion diced  
3/4 cup carrots diced  
1 cup peas (I used frozen)  
4 sprigs fresh thyme  
2 TBS flour  
1 TBS butter or butter alternative  
1 cup dry red wine red wine (I used merlot)  
2 TBS tomato paste  
2 TBS Worcestershire sauce  
1 cup chicken stock  
Mashed potatoes  
1 egg  
Parmesan cheese (optional)

### Directions:

Sauté onions in 2 TBS oil, after about 2 minutes add carrots, 2 more minutes add garlic, sauté 1 minute and then add ground emu and brown the meat. Once browned, add butter and sprinkle flour over mix and stir in, add tomato paste, peas, red wine and Worcestershire sauce, then add chicken stock and thyme. Cover and simmer until the meat is tender and the sauce is thickened, you may have to remove the lid towards the end to thicken a little more.

Put meat mix in oven safe casserole or individual ramekins, top with mashed potatoes. Brushes scrambled egg wash on top, and top with Parmesan cheese if desired. Bake for 20 minutes at 400F.

(I had to use a torch to get the color and little crustiness on top, so flipping the oven to broil at the end may be a good idea if you aren't getting a little color or crust).