



Emu Negimaki:

Ingredients:

Emu filet
Asparagus
Green onions
Soy sauce
Mirin (found in Asian section or international stores)
Sake
Sugar
Ginger

Marinade:

1/2 cup soy sauce
1/4 cup mirin
1/4 cup sake
1/4 cup sugar
1 TBS minced ginger

Directions:

Slice the emu filet very thin. One at a time, put the sliced emu cuts between two pieces of plastic wrap and use a meat tenderizer to thin the slices a little more. Combine the ingredients for the marinade, place meat and marinade in a bowl or ziplock bag, place in the refrigerator for at least one hour.

Blanch the asparagus by placing it in boiling water for one minute and immediately removing it to a bowl of ice water to halt the cooking. Cut the green onion into about 4" sections or about the length of the filet slices.

Remove the emu from the marinade, and reserve the marinade. Lay the long flat slices of emu out on a cutting board, add two green onion and 2-3 asparagus on top toward the edge closest to you and roll them tightly. Secure the rolls with butchers to ensure they do not unroll while cooking

Boil the remaining marinade to reduce it to a relatively thick consistency, add a little corn starch to thicken if necessary (I used about 1tsp.)

Grill or pan sear the emu negamaki. If grilling, baste the meat with a little of the marinade

Remove the butchers twine, slice the rolls like sushi rolls, smear some sauce on the plates and place rolls on sauce.