



Southwest Chipotle Emu With Black Beans & Rice

This southwest chipotle emu dish is fantastic. I used 3 chipotle peppers the first time and might suggest using 2 unless you like it really hot. Guacamole in place of the avocado would be a nice version as well.

Black beans and rice:

- ¾ cup rice
- 1 ½ cups water or broth
- 1 can black beans, drained and rinsed
- 2 cloves garlic (minced)
- 1 TBS olive oil
- ½ medium onion
- ½ tsp Cumin (adjust to taste)
- 1/8 tsp Cayenne pepper

Heat oil in pot, sauté the onions until soft, add garlic and rice and sauté another minute. Add cumin and cayenne, and water/broth. Bring to a boil, cover and reduce heat to low and cook rice for 20 minutes or until all liquid is absorbed and rice is cooked. Stir in black beans add salt as needed.

Chipotle sauce:

- ½ medium onion
- 2 cloves garlic
- ½ tsp cumin
- ¼ cup cilantro
- 2-3 cilantro peppers (canned in adobo sauce)
- 1 TBS adobo sauce
- Juice of 1 lime
- 2 tsp honey
- ½ can diced tomatoes

Combine all ingredients in food processor or blender and pulse to puree the sauce. Place sauce in small sauce pan and simmer low for 20 minutes or until ready to use

Steak:

- 1 Emu fan filet, flat filet, or steak
- Garlic powder
- Onion powder
- Pepper
- Salt
- Fresh chopped cilantro
- avocado

Sprinkle seasonings on both sides of the filet or steak. Grill or pan cook until internal temperature of 145F for medium-rare. Slice and top with sliced avocado (or guacamole), chipotle sauce, fresh chopped cilantro and a lime wedge, serve with black beans and rice.