



## Emu Stew

### Ingredients:

1 Emu full rump  
Granulated garlic  
Onion powder  
Salt  
Pepper  
Flour  
2 cups broth (emu or faux beef broth)  
1 cup hearty red wine  
2 Bay leaves  
1 Onion  
2 Carrots  
8-10 new potatoes (small)  
1 TBS Olive oil  
1 TBS high heat oil (e.g. grapeseed)

### Instructions:

Remove and silverskin and trim the emu rump. Cut emu rump into 1/2 inch to 3/4 inch cubes. Sprinkle salt, pepper, garlic powder, and onion powder on all sides of the meat. Sprinkle flour over the seasoned meat on all sides. Heat the oil in stew pot and braise all sides of the meat, you may have to work in batches. Remove meat when all sides have been braised to a covered plate. Deglaze the pot with the wine and scrape the bottom. Slowly add the broth and mix, then return the meat to the stew pot. Add the bay leaves, and cover and cook at a low simmer or in a crock pot for 3-4 hours. Check a piece of meat for tenderness after 3 hours if not tender continue to cook another hour, you will want to add the vegetables with about 45 minutes to an hour before the stew is done.

Cut the onion into eighths and peel and cut the carrots into 2 inch sections and peel the potatoes, leaving all small potatoes whole, cut any larger potatoes into smaller pieces. With between 45 minutes to an hour before the stew will be done (the meat should be pretty tender at this point, but not falling apart), add the vegetables and continue to stew until tender.

Remove bay leaves and serve with fresh baked bread.

