



## Emu Pinwheel Roast

This is an emu pinwheel roast with a smoked duck bacon, mushroom, onion and herb filling.

### Recipe:

1 emu fan filet  
6-8 slices smoked duck bacon  
1 medium onion  
8 oz cremini or button mushrooms  
Dijon mustard  
Olive oil  
3 cloves garlic crushed  
Salt & pepper

Over medium low heat, render some of the duck fat from the duck bacon. You only want to partially cook the bacon but it should remain pliable. Set bacon aside and reserve fat.

**Filling:** Finely chop mushrooms and onions (a few pulses in a food processor would work nicely). Add 1-2 tablespoons of olive oil to a pan, sauté onions and mushrooms until soft, add garlic for the last couple of minutes until fragrant. Allow to cool.

Double butterfly the fan filet to open it up and make a large rectangular piece of meat. Cover meat with plastic wrap and using a flat meat tenderizer, pound the steak thinner and make it a relatively even. Lightly salt and pepper the meat, spread Dijon mustard over the entire top side. Place bacon on the meat in the direction it will be rolled. Spread the mushroom/onion filling over the entire surface.

This next step helped make it a nice tight rolls. Roll the meat and then place in it plastic wrap and wrap the roll tightly, pinch the ends and twist the plastic ends very tight to form a nice roll. Place the meat in the refrigerator for at least an hour or up several hours.

When ready to cook, preheat oven to 375F. Carefully unwrap the plastic and tie the roll using butchers yarn securing the entire length of the roll. In an oven safe frying pan, heat the reserved duck fat until it is shimmering and hot. Quickly sear the entire roast and then place pan in oven. Occasionally turn the roast in the remaining duck fat to keep the roast moist. Cook until the internal temperature reaches 140F on an instant read thermometer in the center (30-40 minutes). Remove from oven place on plate and cover with aluminum foil, allow to rest 10 minutes.

