

EMU YUM

This salad is usually made of beef, but emu is a fabulous substitution and the addition of okra brings a welcome contrast in texture to the crunchy cucumber and peppers. Marinating the meat adds a depth of flavor and texture to the exterior enhancing the savory aspects- if you do not have access to Kentucky-yaki (which contains garlic and ginger) substitute soy sauce with ½ teaspoon of Garlic Powder for marinating. Also use an assortment of peppers along with Jalapeno to your taste such as Cayenne or Bell Peppers. Fish Sauce & Palm Sugar can be found on most international aisles at a grocery store or specialist Asian markets. Palm Sugar adds a sweet and full flavor here but use an alternative sweetener such as raw sugar or coconut nectar if unavailable.

Ingredients

1 pound Emu steak
2 Tablespoons Bourbon Barrel Food's Kentucky-yaki
1 teaspoon Toasted Sesame Oil
2 Tablespoons Nam Pla (fish sauce)
2 Tablespoons Palm Sugar
2 Tablespoons fresh squeezed Lime Juice
2 Tablespoons Soy Sauce
2 Tablespoons finely sliced fresh Mint
2 Tablespoons fresh Lemongrass
2 Bird's Eye Chilies, finely sliced
4 ounces Okra
4 ounces Jalapeno
1 large Cucumber
1 sprig Thai Basil

Directions

Trim emu of any visible silver skin and then place in a Ziploc bag or nonreactive dish and add Kentucky-yaki and sesame oil. Marinate for 2 hours.

When ready, pre-heat a grill to medium-high and grill the emu on both sides until cooked to medium-rare only.

Slice okra in half lengthwise and then grill for a couple minutes each side as well.

Remove emu & okra from grill and allow to rest and cool.

Meanwhile, use a whisk to combine fish sauce, sugar, lime juice and soy sauce, and then add mint, lemongrass and chili before placing in the refrigerator.

Peel cucumber in alternating stripes and then slice in half lengthwise, scoop out the seeds using a small teaspoon, and then slice on a diagonal to create crescent shapes.

Chop the jalapeno into small pieces on an angle and remove some or all of the seeds to your preference.

To serve, slice the Emu into very thin pieces on a steep angle (as you might for flank steak) and place in a mixing bowl along with cucumber, peppers & okra.

Pour in dressing and toss well to combine. Serve on plates lined with leaf lettuce and sprinkle with chopped Thai Basil.