

# EMU, BEET & FENNEL SHAVED SALAD

---

## INGREDIENTS

2 Fennel bulbs, washed and trimmed

8 ounces small Beets, about 5 golf ball sized

1 large head Romaine Lettuce

2 Tablespoons Lemon Oil

¼ Cup Tarragon Vinegar

1-pound Amaroo Hills Emu Flat Fillet

4 ounces Blue Cheese, crumbled

Salt & ground Black Pepper

Olive Oil

Saba (grape must reduction) or Aged Balsamic Vinegar

## DIRECTIONS

Peel beets and remove the stem by cutting off the “shoulder” so that you have a flat side, and then slice very thinly using a mandolin.

Combine in a bowl with vinegar and marinate whilst preparing the remaining ingredients.

Trim emu and dress with olive oil and salt & pepper and then cook on a grill until medium-rare or desired temperature. Remove from heat and tent with foil to rest.

Slice Fennel on a mandolin thinly starting at the top until you reach the core, then slice in half from top to bottom and continue to slice down to the core, and then dress with lemon oil and season to taste with salt.

When emu has rested sufficiently, slice across the grain thinly and season with salt & pepper.

Cut lettuce in half, drizzle with a little olive oil and salt & pepper and place cut side down on a hot grill to wilt for a minute or so- turn the lettuce so that there are grill marks around most of the outside, but don't cook too much, just wilt.

To assemble, cut lettuce in half again for 4 servings and place on a platter.

Pile fennel on top and then scatter marinated beets and then sliced emu.

Top with crumbled blue cheese and drizzle with Saba before serving.