

Kangaroo with Red Wine

Preparation Time: 10 min

Cooking Time: 3 hours

Servings: 4

Ingredients

4tbsp Extra virgin olive oil
200g Pancetta, cut into 1cm cubes
20 Shallots, peeled
1.5kg Kangaroo topside or rump
2cups Red wine
1 Bay leaf
1sprig Thyme
3stalks Parsley

5cm Orange zest
3cloves Garlic, finely chopped
2cups Beef stock
250g Button mushrooms



Method

Preheat the oven to 180C.

Remove the Kangaroo from its protective bag. Chop into 3cm pieces. Sprinkle over half the olive oil and freshly ground pepper and toss to ensure an even covering.

In a large cast-iron saucepan, heat half the oil and brown the pancetta over medium heat until the fat has rendered. Remove the pancetta with a slotted spoon. Add the shallots and fry, stirring occasionally until golden, then remove and set aside with the pancetta.

Brown a few pieces of kangaroo at a time. When all beef has been browned, tip off any remaining fat in the saucepan, turn the heat up to high and pour in the red wine. Stir the mixture briefly.

Tie the bay leaf, thyme, parsley and orange zest together with a short piece of kitchen string. Add to the pan together with the chopped garlic and enough stock to barely cover the contents of the pan. Place a piece of baking paper over the contents of the pan to avoid it from drying out, cover with a tight fitting lid, transfer to the oven and cook for approximately 2 hours.

Add mushrooms to the pan, and then cook for a further 1 hour until the meat is tender.