

Meaty matter



There's a new bird ready to land on your plate. Explore the taste and flavour of emu

of age between 15 to 17 months," says Vinay Sharma, founder, CEO Tallbird Farms.

Slated to cost between ₹600 to ₹650, this meat is high in calcium, protein and iron, and is an excellent alternative for those who love the taste of red meat but desire a low calorie meal.

"Emu meat is 96 per cent fat free and is rich in protein and iron, yet low in cholesterol. The fat is 43 per cent monounsaturated, which helps in lowering the 'bad' LDL cholesterol in the human body. It is recommended by the American Heart Association as a heart healthy alternative meat," says Vinay.

From the Emu steak, pan-

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VINAY SHARMA, CEO, TALLBIRD FARMS



roasted ostrich fillet with brandy reduction and garlic confit to stir fried emu, there are many dishes that one can try with this healthy bird. It is in fact suited to a wide variety of cooking styles and is a good source that offers the best of both worlds.

"After lamb, chicken and fish, the only thing I can offer my guests is seafood. So it's fantastic that this new addition will have something more for guests. And the best thing is it can be used in any cuisine. The most common spices you can use while making it are chilli powder,

popprisa powder, sesame seeds, saffron, coriander powder, carom seeds and rosemary," says a chef Nishant Choubey.

BILL'S EMU CHILLI

Ingredients:

- 1/2 cup olive oil
- 3 cloves garlic, chopped
- 3 large onions, diced
- 2 pounds ground emu
- 3 quart canned tomatoes, chopped
- 2 pounds horse cooked kidney beans or 2 1/2 lb-marzo cans (see note below)
- 1/2 tsp pepper
- 3 tsp chili powder
- 1/4 tsp ground coriander

- 1/4 tsp dried oregano
- 2 onions, sliced
- 1/2 cup tomato paste
- 1/2 cup water
- 1/2 cup beef pepper

Method

Heat half the olive oil in a large deep skillet and sauté the garlic and onions until crisp. Remove the garlic and onions, set aside. Now heat the ground emu, adding more oil as needed. Add tomatoes, beans and seasonings (except for salt). Mix well. Simmer for 30 to 45 minutes. Taste for seasonings and make adjustments, salt as needed. Add whiskey. Taste again for seasonings. Simmer for 5 minutes and serve.

HEART HEALTHY MEAT LOAF

You can use ground emu the same way you use very lean ground beef. Emu meat is available either vacuum packed or fresh. It may be mail-ordered from individual producers or can be found at retail in specialty food stores, health food stores and retail establishments around the country. According to AEA, emu is deep red colored meat with no marbling. Because it is very lean, there will be little to no shrinkage during cooking. A moist heat and shorter cooking time is recommended.

Ingredients:

- 1 1/2 cup oatmeal
- 1 chicken egg
- 1/2 cup water
- 1 1/2 cup paprika
- 1/2 cup minced onion
- 1/2 cup minced beef pepper

Method

- Mix all ingredients by hand in a large bowl.
- If too soupy, add a bit more oatmeal.
- You want this to be a very moist mixture, so don't add too much.
- Pour into casserole and bake covered at 350° for 45 minutes.
- Remove lid and bake an additional 15 minutes.

Onam deals

FESTIVITIES ON YOUR PLATE

The festival that corresponds to the lunar month of Bhadrpad is here. And as Kerala is coloured in festive spirit, capital is enjoying its share of celebrations too.



Here's an appetising 23 course meal comprising of some delectable dishes such as Avial, Thoran, inji curry, Theeyal, Pachadi, Payasam and others. Don't miss the chance to gorge on some traditional south Indian curries prepared specially for this occasion.

Where: Zambiar, Ambience Mall Gurgaon and Vasant Kunj New Delhi When: September 9, 12am to 4pm

While you indulge yourself in some of the most exotic Onam recipes, here you can enjoy exciting games too. The story behind Onam and related fun trivia will be displayed on tables for people to read while they wait for their order. Special Onam music and videos of the traditional boat race and dance will all add to the overall mood of festivity.

Where: Vaango, Unitech Cyber Park, C-Tower, ground floor, Sector 39, Gurgaon

When: Till September 11, 8 am to 11 pm

The chef has laid out a special menu for you to make the festival truly special. So sit back, relax and enjoy the festivities with great food.

Where: Spice Water Trail, GK 1, M-Block market

When: Till September 15

Not just Idlis

BHAWAN SPECIALS

If you thought the South Indian cuisine was all about sambar, dosas and idlis, a visit to the Bhawan is sure to be a surprise. From the Kurmas to chicken chettinad and the South Indian platter, you get just about anything here. Don't expect great service but the rates are reasonable.



SHRUTI BADYAL

For those who love meats of all kinds, here's something new. Coming straight from its native habitat Australia, emu is all set to hit the shelves in the city, as it officially launches tomorrow at Cibo.

Not yet a staple in the Indian diet, it has been a long journey for this flightless bird. But experts feel it's moving into Delhi at the right time.

"These emu birds are reared specially for slaughtering and are

