



## EMU Tenderloin



### INGREDIENTS :

- 4 LB Emu tenderloin -- rinse
- 1/3 cup Worcestershire sauce
- 1 tablespoon minced garlic
- 1 tablespoon fresh minced ginger
- 2 tablespoons pepper
- 1 tablespoon Olive oil

Combine the first 5 ingredients in a large bowl and marinate for up to 2 hours. On a very hot grill with the lid down cook Emu for 2-3 minutes on each side Serve immediately.

### Favorite Emu Marinade

- 1/2 cup orange juice
- 1/2 cup soy sauce
- 1/2 cup olive oil 1/4 tsp garlic
- 1/4 tsp ginger
- 2 tsp sugar

### METHOD :

1. Combine all ingredients to form marinade. Cut meat into strips or cubes no more than 1/2 thick.
2. Add meat to marinade and refrigerate for at least 1 hour. Cook strips or cubes over high heat in hot skillet, constantly turning the meat as it cooks.
3. Could be used for stir fry or simply as a different way to cook emu meat