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Stri-Fry Ostrich & Vegetables



INGREDIENTS

1 lb cut ostrich strips
Salt & ground white pepper
1 cup ea broccoli pieces
1 cup cauliflower flowerets
1 cup green bean pieces
3/4 cup chicken stock
3 tbs soy sauce
3 tbs hoisin sauce
1 tbs cornstarch
1/3 cup corn oil

3 slices ginger - finely minced
2 lg cloves garlic - finely minced
3 sm boiling onions, cut up & separated
1 red bell pepper cut in 1" squares
2 lg shiitake mushrooms, stems removed & cap sliced
8 green onions, white & lt green part only - cut
2 tsp lightly toasted sesame seeds
2 tsp sesame seed oil
1/8 cup chopped fresh cilantro

1. Sprinkle meat with salt and pepper and set aside. Blanch broccoli, cauliflower and beans one to two minutes, drain and refresh in ice water. Dry well and set aside.
2. Combine 1/2 cup stock with soy sauce and hoisin sauce; set aside. combine remaining stock with cornstarch and set aside. (Stir well before using.)
3. Heat wok over high heat and add corn oil. When oil is shimmery hot, add half the meat and stir-fry until nicely browned on outside but still rare inside, about two minutes. Remove to a plate with tongs and stir-fry two to three minutes.
4. Pour off all but 1 tablespoon oil, reheat wok, and add ginger, garlic, boiling onions, bell pepper and mushrooms. Stir-fry two to three minutes.
5. Return meat to wok, add soy mixture and bring to boil for one to two minutes. Add broccoli, cauliflower, green beans and green onions. Reduce heat slightly and stir in cornstarch binder. Cook, stirring, until thickened, about one minute. Toss in sesame seed oil and garnish with sesame seeds and cilantro.

Serves 4 to 6

* Adapted from "Cooking with Ostrich" by Coralie Castle
Meat for photo donated by Wild Canyon Ostrich Ranch, Ranger, Texas

Ostrich Burgers



INGREDIENTS

- 1 lb ground Ostrich
- 1 clove garlic, finely minced
- 2 tbs finely chopped onion
- 1 tsp olive oil
- 1 lb ground ostrich meat
- 1/2 tsp freshly ground black pepper
- 1 tsp salt

1. Saute onion and garlic in olive oil. Gently mix onion and garlic mixture with meat, salt and pepper.

2. *For skillet:* Heat a skillet over medium heat. Form three patties 1/2" thick and 3 1/3" in diameter, and saute about two minutes on each side.

for grill: Preheat grill, brush meat with oil and grill about 4 minutes on each side.

3. Serve on your favorite bun or bread with grilled onions, and/or sauteed mushrooms, guacamole, sliced tomatoes, lettuce, french fries, or chips of your choice

Serves 3

* Meat for photo donated by Wild Canyon Ostrich Ranch, Ranger, Texas

Ostrich Scaloppine with Green Peppercorn



INGREDIENTS

2 lbs ostrich, fan or other tender cut, partially frozen for easy slicing
1 tbs dried green peppercorns, coarsely ground
1/2 tsp salt
1/4 tsp freshly ground pepper
1/2 cup unbleached flour
2 tbs olive or Canola oil
2 tbs butte

1. Slice meat 1/4" thick and place one slice at a time between sheets of plastic wrap. Pound evenly with a flat meat mallet to thickness of 1/8". Sprinkle generously with coarsely ground green peppercorns, salt and pepper and pound in lightly. Dip meat slices in flour to coat both sides evenly and gently shake off all excess flour.
2. Heat a large non stick skillet over medium-high heat. Add oil and two tablespoons butter. When butter is bubbly, quickly saute meat three or four slices at a time. Turn only once and cook until lightly browned, about a minute on each side. Meat should be slightly pink inside. Transfer to heated serving platter and keep warm.
3. In same skillet, add garlic and grappa. Scrape up any particles clinging to bottom of skillet and reduce liquid to a slight tablespoon. Add chicken stock and sage and reduce liquid slightly. Off the heat whisk in butter a tablespoon at a time. Taste and adjust seasonings with salt, pepper and lemon juice. Stir in chopped parsley just before serving. Pour a stream of sauce over ostrich scaloppine, and garnish with parsley sprigs and green peppercorns. Serve immediately.

Serves 6-8

* Adapted from a recipe by Chef Carlo Crocci at Bella West Restaurant in Fort Worth, Texas
Meat for photo donated by Wild Canyon Ostrich Ranch, Ranger, Texas

Ostrich Steaks



INGREDIENTS

4-4oz Ostrich Steaks (no thicker than 3/4")
1/4 tsp. Garlic Powder
1 tbsp. Worcestershire sauce
1/4 tsp. Lemon pepper
1/2 tsp. Salt

Sprinkle spices and Worcestershire sauce over steak. After a high temperature has been reached on cooking surface, place steaks on a rack long enough to sear rack marks on the steak. Turn steaks 1/4 turn to create diamond shaped sear marks on the steak. Turn to the other side and repeat steps to create diamond shape sear marks on both sides of steak. Continue cooking on each side until the juices run clear or internal temperature reaches 155°F.

Per Serving: 167 calories - 94 mg cholesterol - 3.54 gm Fat
Serves: 4 - Prep Time: 5 minutes - Cooking Time: 15 minutes
* Recipe from *Cooking Ostrich with Confidence* by Sandra Hildreth

Kentucky Races Ostrich Strips

INGREDIENTS

2 lb Ostrich steak, cut into 1/2" thick slices
1/4 cup dijon-type mustard
1 tbsp. scallions, minced
2 tsp. Worcestershire sauce
salt & pepper to taste
1/4 cup brown sugar
1/4 cup bourbon
1 clove garlic, minced
2 tbsp. olive oil

Place Ostrich, brown sugar, mustard, bourbon, scallions, garlic and Worcestershire sauce in zip-loc bag. Refrigerate for two hours. Remove meat from marinade but do not discard the liquid. Heat oil and saute ostrich until lightly browned. Drain any remaining oil. Add marinade, lower heat and simmer for a few minutes. Add salt and pepper to taste. Serve over rice or buttered noodles.

Per Serving: 305 calories - 125 mg cholesterol - 9.13 gm Fat
Serves: 6 - Marinating Time: 2 hours - Cooking Time: 20 minutes
* Recipe from *Cooking Ostrich with Confidence* by Sandra Hildreth

French/South African Onion Soup

INGREDIENTS

- 1 lb Ostrich steak, cut into very small pieces
- 1 large purple onion, chopped
- 2 lbs potatoes, cubed (optional)
- 2 tbs salt
- 1 pint beef broth
- 4 oz shredded cheddar cheese split toasted english muffins
- 1 stick butter
- 1/4 cup flour
- 5 large sliced fresh mushrooms
- 1 tsp ground white pepper
- 1 cup red wine
- 4 oz shredded mozzarella cheese

Coat meat with flour. Melt butter in soup pot and add onions, meat, salt and pepper. Cook on medium heat until onions have turned clear and liquid has turned dark. Pour in the broth and stir. Add potatoes, mushrooms, wine and enough water to barely cover the ingredients. Turn up the heat and stir until steam begins to appear. Lower heat, cover, and simmer for 30 minutes or until potatoes are soft, stirring occasionally. Fill a heavy soup bowl half full of soup, top with english muffin half (split side up), sprinkle cheeses on top of the muffin, place bowls on baking pan and broil until cheese has melted and started turning brown around the edges (about 5 minutes).

Per Serving: 564 calories - 134 mg cholesterol - 29 gm Fat

Serves: 6 - Prep Time: 20 minutes - Cooking Time: 40 minutes

* Recipe from *Cooking Ostrich with Confidence* by Sandra Hildreth

SOS (Super Ostrich Stuff)

INGREDIENTS

1 lb ground ostrich
1/8 tsp cayenne pepper
1 tbs flour
8 oz milk English muffins or fresh bread slices
1 tsp beef fajita seasoning
1/4 tsp salt
3 tsp vegetable shortening
paprika

Lightly brown ostrich in non stick skillet. Add shortening, cayenne pepper, salt and flour. Stir until shortening has melted and flour is completely blended (no lumps). Once the mixture starts to bubble, add the milk slowly, being careful not to scald yourself with the rising steam. Continue stirring until mixture slightly thickens. Spoon over toasted muffin or other type of bread. Sprinkle paprika over SOS. Serve hot.

Per Serving: 121 calories - 28 mg cholesterol - 73 gm Fat
Serves: 6 to 8 - Prep Time: 10 minutes - Cooking Time: 15 minutes
* Recipe from *Cooking Ostrich with Confidence* by Sandra Hildreth