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Individual Ostrich Meat Loaves

INGREDIENTS

2 lbs ground Ostrich
1 tsp salt
8 mushrooms, sliced
1 egg 1/2 tsp ground black pepper
1 sm-4oz can tomato paste
1/4 tsp garlic powder
1 medium onion, chopped

Prepare large baking pan by spraying lightly with olive oil. Preheat oven to 350°F. Place all ingredients in a large mixing bowl and mix well. Loosely shape into eight loaves and arrange in the baking dish. Bake for about one hour or until the loaves are nice and browned. May be served hot or cold.

Per Serving: 184 calories - 94 mg cholesterol - 3.5 gm Fat
Makes: 8 Loaves - Prep Time: 15 minutes - Cooking Time: 1 hour

Honey Glazed Ostrich Shish-Kebabs

Marinade:

1/5 bottle of red wine
1 cup olive oil
1 onion, thinly sliced
1 tbsp. parsley
1 tbsp. rosemary
2 tsp. white pepper
1 tsp. thyme
1 tsp. black pepper
2 tbsp. Worcestershire sauce
1-2 tsp. Tabasco® sauce
4-5 cloves of garlic, crushed
3-4 bay leaves

Ostrich Meat:

6-8 lbs, inside leg and outside leg cuts, trimmed, cut into ½ inch about cubes.

Vegetables:

Tomatoes, onions and green peppers, cut into ½ inch pieces

Place meat and marinade in a glass or ceramic container, covered, in the refrigerator for 24 hours. Skewer, alternating meat with tomato, green pepper and onion. Suspend skewers over shallow pan and baste with honey, allowing excess to run off. Cook over medium fire on a covered grill turning once. Total cooking time is about 10 minutes. Do not overcook.

Courtesy of Ed and Paula Hotard

Grilled Ostrich with Wild Mushrooms in a Mustard Shallot Sauce

INGREDIENTS

4 6-ounce ostrich tenderloins

Wild Mushroom Ingredients

2 oz each: cépes, morels, wild shiitake, mousseron and coral mushrooms

2 shallots, chopped

3 cloves garlic, mashed

¼ cup white wine

2 tsp. fresh thyme, chopped

Mustard Shallot Sauce Ingredients:

½ cup white wine

4 shallots, finely chopped

½ fresh bay leaf

1 tbsp. fresh thyme, chopped

2 tbsp. Dijon mustard

1 cup venison demi glace

½ cup crème fraîche

Mustard Shallot Sauce Preparation: Sauté shallots in butter. Deglaze with white wine; add herbs and Dijon. Add venison demi glace and reduce by half. Whisk in crème fraîche.

Wild Mushroom Preparation: Sauté shallots; add wild mushrooms. When the mushrooms are almost done, add garlic and white wine. Reduce until dry.

Ostrich Preparation: Sauté ostrich steaks. Place sautéed mushrooms in center of a hot plate. Slice ostrich and arrange around mushrooms. Ladle sauce over meat.

Herb Marinated Ostrich

INGREDIENTS

2 pounds tender ostrich steaks (approximately 1-1/2 inches thick)

Marinade

2/3 cup balsamic vinegar

1/4 cup olive oil

2 tablespoons finely chopped garlic

1 tablespoon Rosemary, crushed

1 tablespoon Thyme (leaves)

1 teaspoon freshly ground Black Pepper

Combine marinade ingredients in plastic bag; add meat, turning to coat. Close bag securely and marinate in refrigerator one hour, turning occasionally.

Remove meat from marinade; discard marinade. Place meat on rack in broiler pan so that surface of meat is three to four inches from heat. Broil 26 to 31 minutes for medium-rare to medium doneness, turning once. Carve into slices.

Nutrition information per serving: calories 118; total fat 3g; saturated fat 1g; cholesterol 50 mg; sodium 49 mg; total carbohydrate 1g; dietary fiber 0g; protein 22 g.

Recipe developed by Spice Islands Good Harvest test kitchen

Ostrich Steak with Balsamic Vinegar and Honey

INGREDIENTS

(French version: Steak d'autruche au vinaigre balsamique et au miel).

4 ostrich steak approx. 6 on each
1/2 cup balsamic vinegar
4 table sp. liquid honey (room temperature)
4 table sp. Olive oil (virgin, first presson preferably)
2 table sp. fresh chopped basil leaves
1 tea sp. dry mustard.

Place steaks in a glass container. In a bowl, mix all other ingredients and pour over steaks. Let marinate for 2 to 4 hours. Turn steak at least once during this time.

Pre-heat barbecue to high temperature. Grill steak for 4-5 min. on each side (for rare). Brush steaks with marinade during cooking. Serve immediately with mashed potatoes with Roquefort cheese and green string beans.

4 servings.
Bon appétit !!
Lucie Fourcaudot

Ring Around the Ostrich

INGREDIENTS

1 lb. ground ostrich, cooked
8 oz. tomato sauce
1 pkg. taco seasoning mix
2 pkgs. crescent roll dough
1 bell pepper
salsa
2 cups shredded lettuce
1 medium tomato, diced
1 small onion, diced
1 cup shredded cheddar cheese
sour cream

Preparation

1. Preheat oven to 375°.
2. Brown ostrich meat and combine with tomato sauce and seasoning mix.
3. Arrange Crescent triangles in a circle on a 13" round baking stone (or pizza pan), with bases overlapping in center and points to outside. Spoon meat mixture over rolls. Fold points of triangles over filling and tuck under base at center. Bake 20-25 minutes until golden brown.
4. Remove top and seeds from the bell pepper; fill with salsa and place in center of ring.
5. Surround pepper with lettuce, tomato, onion and cheese. Garnish with sour cream.

Recipe submitted by Terri Harlan, Green Ridge, Missouri

Ostrich Bits

INGREDIENTS

1 lb. ostrich steak, cut into 3/4 inch cubes
1/4c. lemon juice
fajita spices

Place all ingredients in a bowl. Toss together and chill for at least two hours or overnight. Arrange marinated meat on a heat safe dish so cubes are not touching each other. Broil for 4 minutes. Serve with toothpicks. Ostrich Bits is very flavorful and may be served with or without a variety of steak sauces.

Per piece: 19 calories, 10 mg cholesterol, trace fat
Makes: 35 pieces Marinating time: 2 hours
Prep time: 10 minutes Cooking time: 5 minute