



GRILLED EMU FILLETS IN PEPPERCORN SAUCE

- 2 x Emu Fillets
- 2 Teaspoons Cardamon
- 1 Tablespoon ground Coriander
- 1 Teaspoon Green Peppercorns
- 3 Cloves Crushed Garlic
- 1/3 Cup Raspberry Vinegar
- ½ Teaspoon Mustard Seed Oil

Trim the Fillets of skin and sinew, grind the other ingredients (less the Mustard Seed Oil) together until paste, spread the paste over the fillets and allow to stand covered at room temperature for approximately 2 hours. Heat oven top pan with oven proof handles or no handles until very hot and cook the fillets for 1 ½ minutes each side only, remove from oven top and place pan in pre heated 220 degree oven for no more than 5 minutes, then allow to stand on warm plate for 5 minutes prior to serving.

Sauce

Mix juice from marinade with yoghurt. Heat gently until warm. Serve with grilled Emu Fillets.