

Recipe of the Week

Braised Wallaby Shanks

- 4 Wallaby Shanks
- 1 Large Carrot, diced
- 1 Large Brown Onion, diced
- 1 Stick Celery, diced
- 4 Cloves Garlic, roughly chopped
- 2 Bay Leaves
- 1 tsp Ground Lemon Myrtle
- Ground Native Pepper, to taste
- 2 tsp Fresh Rosemary Leaves
- 100ml Olive Oil
- 1 1/2 lt Beef Stock or Demi-Glaze Sauce Mix, as per directions
- 1/2 cup Red Wine
- 1/2 cup White Wine
- Salt & Pepper to taste



In a large oven/flame proof casserole pan heat oil on medium heat. Season shanks with lemon myrtle, native pepper and salt, add to oil and lightly brown all sides, remove and keep warm retaining juices. In the same pan add garlic, vegetable and rosemary leaves, stirring until lightly coloured ensuring garlic is not overcooked.

Glaze a large casserole dish with red and white wines, add beef stock. Add bay leaves and simmer for 3 minutes on medium/low heat. Add shanks and any juices into sauce, ensuring the shanks are at least 3/4 covered with liquid (add water if needed).

Cover shanks and sauce with baking paper, seal everything with a double layer of aluminium foil. Bake in pre-heated oven (150-160oC) for 1 1/2 hours. Check for tenderness, cook longer if needed

Serve with sweet potato mash, baby peas and juices from pan