



Kangaroo Steamer



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- Sub Category Name
Food
Main Courses
- Recipe Source Name
The Chefs and the Tea Maker - 2014



Used Teas



Silver Jubilee Earl
Grey Tea

Ingredients

Kangaroo Steamer
Kangaroo



- Dilmah Single Region Earl Grey tea
- 1 Paroo kangaroo forequarter
- 1kg meaty spec
- 800g fatty pork belly
- 1.1kg white onions
- 1 head garlic
- 1 bunch bay leaf
- 1 bunch sage
- 2 litre red wine
- 300ml port
- 300ml milk
- 1.6kg fresh very ripe tomatoes
- Salt
- Black pepper
- Mace

Green onions

- 2 bunches fresh green onions
- Phyco sea salt

Methods and Directions

Kangaroo Steamer

- Prepare the meats.
- Keep the forequarter whole and ribs on.
- Cut the spec and pork belly into large 3cm cubes.
- Prepare the marinade.
- Take 1 of your onions and peel and dice, cut head of garlic in half, add herbs, wine, port and milk and finally the chopped tomatoes.
- Season and combine everything together with the meats and allow to sit for at least 6 hours but preferably overnight.
- Chop the remaining onions and nestle into a roasting tray with the meats and marinade.
- Preheat your oven to 175°C and braise your meat covered for at least 4 hours or until the meat has become delicious and soft.
- Uncover towards the end of the cooking to allow the meat to take colour and for the sauce to reduce.
- The absolute best way to cook your green onions is by rubbing a touch of oil on the onions, seasoning with salt and roasting over really hot coals – alternately cook on a BBQ or under a pre-heated grill.



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