

## Ostrich Recipes

Ostrich meat is a healthy red meat with all of the flavor and texture of beef. It is rich in protein and high in iron, yet is lower in fat, calories and cholesterol than skinless chicken or turkey. Ostrich can be substituted in most other recipes that call for meat. The secret is NOT to over cook. Because of the lack of fat, the meat cooks quickly shrinks very little, and will dry out if over cooked.

### Grilled Ostrich

Sear both sides of the meat quickly to seal in the juices, then reduce heat to finish cooking, should be pink inside.

### Pan Fried Ostrich

Sear as above. Flavorful variations are quick and easy. Simply rub the meat with herbs, garlic, chili powder or crushed peppercorns before frying.

### Ostrich Steak

4 (4-6 oz) Ostrich steaks no more than 3/4 " thick  
2 Tbsp Worcestershire Sauce  
 $\frac{1}{2}$  tsp garlic salt  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{4}$  tsp lemon pepper

Sprinkle spices and Worcestershire Sauce over steak. After high temperature has been reached on indoor or outdoor grill, place steaks on rack long enough to sear rack marks onto the steak. Turn the steaks around  $\frac{1}{4}$  turn to create diamond shapes. Continue cooking on each side until the juices run clear or internal temperature reaches 150 degrees F. (medium done.) (courtesy of Sandra Hildreth, from [www.ostriches.org](http://www.ostriches.org).)

### Ostrich Chili

1 lb ground ostrich  
2 Tbsp chili powder  
2 Tbsp Worcestershire sauce  
1 2 tsp salt  
2 tsp black pepper  
1 small can diced green chilies  
2 cups cooked beans (optional)  
2 cups water  
1 lg onion, chopped  
2 cloves garlic, pressed  
3 Tbsp olive oil  
1 cup tomato sauce  
1 lg can tomato paste  
1 tsp cumin, ground  
1 oregano leaf  
1/4 tsp crushed red pepper

Brown meat with onion and garlic, drain fat if necessary. Add olive oil and the rest of ingredients except beans. Cook until ostrich is tender, adding more water if necessary during cooking. Add beans and adjust seasoning. Return to a boil and serve.  
(from [www.ostrichmarketplace.com](http://www.ostrichmarketplace.com) 11/17/94)

### Ring Around The Ostrich

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

Preheat oven to 375 degrees. Brown ostrich meat and combine with tomato sauce and seasoning mix. Arrange crescent triangles in a circle on a 13" round baking stone (or pizza pan), with bases overlapping in center and points to the 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. Remove top and seeds from the bell pepper: fill with salsa and place in center of ring. Surround pepper with lettuce, tomato, onion and cheese. Garnish with sour cream. (courtesy of Terri Harlan, from [www.ostriches.org](http://www.ostriches.org).)

### Ostrich Burgers

1 clove garlic, finely minced  
2 Tbsp finely chopped onion  
1 tsp olive oil  
1 lb. ground ostrich meat  
 $\frac{1}{2}$  tsp freshly ground black pepper  
1 tsp salt

Season liberally with salt & pepper. Prepare pan with 1 tsp olive oil and pan fry on high heat, sear 2 minutes each side. Set oven at 350 degrees and bake for another 2 minutes. This will plump up the internal part of the meat which will result in a juicy burger. Total cook time is 6 minutes. (courtesy of [blackwing.com](http://blackwing.com))

### Ostrich Bits

1 lb. ostrich steak, cut into  $\frac{3}{4}$  inch cubes  
 $\frac{1}{4}$  cup 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. (courtesy of Sandra Hildreth, from [www.ostriches.org](http://www.ostriches.org).)

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Additional recipes on-line at [www.pheasant.com](http://www.pheasant.com)