

IN THE MARKET

cooking sensations



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Adelaide born, Chifley on South Terrace chef Grant Schooling, is a young passionate cook making a name for himself in both Australia and overseas. Grant demonstrated 3 game recipes, including how to cook kangaroo and other game meats all of which are available at Wild Oz, stall 55, in The Adelaide Central Market.



Kangaroo with Wild Mushroom Glaze

2 Kangaroo fillets

Marinade

Fresh Rosemary

1 Fresh Chili

Salt And Pepper

Olive Oil to marinate

Mushroom Glaze

300g mixed wild mushrooms Sliced

1tbl spoon Dijon mustard

1 Onion fine diced

Maggi Gravy powder

300ml water or stock

Marinate kangaroo over night or at least 3 hours before cooking. Place a heavy based pan on the heat and get it smoking.

Add a dash of olive oil in the pan and place the kangaroo in the pan and seal all sides.

After the kangaroo has sealed, place a lid on the on the pan and take off the heat.

Pace another pan on the heat and add the mushroom and onions and fry off.

Once fried off add the Dijon mustard.

Mix gravy powder with water or stock and add to the mushrooms and cook off until thick adjust the consistency with water and stock.

Steam some Bok Choy and place on the plate.

Slice the kangaroo it should be medium rare to medium and place across the Bok Choy, now drizzle the mushroom sauce over the top serve with a strong glass of red wine.

