



***A classic dish using wild kangaroo or wallaby. This recipe also works well with beef. Kangaroo is the favoured meat in the desert. High in fat content, the tail is the most sought after part and is generally roasted on the fire.***

## ***Kangaroo Bourguignon***

### **Equipment**

bowls  
camp oven or large pot  
cook's knife  
cutting board  
frying pan  
measuring cups  
measuring spoons  
wooden spoon

### **Ingredients**

4 tablespoons olive or canola oil  
½ cup small bacon pieces  
6 cups diced kangaroo meat (use tender part from the back)  
2 cloves garlic or 2 teaspoons of garlic from the jar  
2 tablespoons tomato paste  
2 tablespoons plain flour  
3 cups water with three stock cubes for flavour  
1 tablespoon olive or canola oil, extra  
24 small peeled onions (same size as pickled onions) or bush onions  
2 cups small mushrooms  
salt and pepper

### **Method**

1. Put oil in camp oven and heat.
2. Add bacon and brown. Add diced kangaroo meat and garlic. Seal meat by browning. Stir with wooden spoon.
3. Mix tomato paste and flour then stir into pan until mixed. Add water and stock cubes.
4. Stir until simmering then slow-cook for one hour. Add more water if mixture dries out.
5. Heat the extra tablespoon of oil in frying pan. Add onions and mushrooms and brown lightly. Add to the kangaroo and slow-cook for 30 minutes or until kangaroo is tender.
6. Add salt and pepper to taste. Serve with rice or pasta.

**Serves 8**

