

# BRAISED WALLABY SHANK AND WINTER VEGETABLES

## EQUIPMENT

DEEP FRYPAN OR DUTCH OVEN WITH A LID, TONGS, PERFORATED BAKING TRAY,  
MIXING BOWL, MORTAR AND PESTLE, CHEF KNIFE

## INGREDIENTS

1-2 WALLABY SHANK/S, 50GM PLAIN FLOUR, 20 FENNEL SEEDS, 1 LARGE BROWN ONION, 1 CELERIAC, 1 TURNIP, 4 SPRIGS THYME,  
500GM RED WINE (SHIRAZ OR CABERNET), 20GM BALSAMIC VINEGAR, 4 CLOVES GARLIC, 20 BRUSSEL SPROUT LEAVES,  
500GM CHICKEN STOCK, SALT FLAKES, CRACKED BLACK PEPPER, EXTRA VIRGIN OLIVE OIL

## METHOD

CRUSH THE FENNEL SEEDS IN A MORTAR AND PESTLE TO A FINE POWDER AND ADD THEM TO A BOWL WITH PLAIN FLOUR, SALT AND CRACKED  
BLACK PEPPER.

HEAT A FRYPAN OR DUTCH OVEN OVER MEDIUM HEAT ON THE STOVETOP AND DUST THE SHANK/S IN THE SEASONED FLOUR. ADD A SPLASH OF  
EVOO TO THE PAN AND PLACE THE SHANK/S IN THE PAN TO CARAMELISE ON ALL SIDES UNTIL GOLDEN.

WHILE THE SHANK SEALS DICE THE ONION INTO 2CM CUBES AND FINELY SLICE THE GARLIC. DICE THE TURNIP AND CELERIAC INTO 2CM CUBES  
AND SET ASIDE.

ONCE THE SHANK/S IS SEALED ON ALL SIDES REMOVE IT FROM THE PAN AND ADD THE DICED ONION AND SAUTÉ OVER MEDIUM HEAT FOR 1  
MINUTE. NEXT ADD THE GARLIC AND SAUTÉ FOR A FURTHER MINUTE.

ADD THE RED WINE TO THE ONION AND GARLIC AND TURN THE HEAT UP TO HIGH, REDUCE THE WINE UNTIL ALMOST ALL THE LIQUID IS  
EVAPORATED. NEXT ADD THE STOCK, BALSAMIC, SALT AND THYME SPRIGS AND BRING TO THE BOIL OVER HIGH HEAT.

ONCE BOILED REMOVE FROM THE STOVE TO AND ADD THE SHANK/S TO THE PAN, COVER WITH A LID AND PLACE INTO A PRE-HEATED OVEN COMBI  
SETTING 150 °C FOR 2 HOURS.

AFTER THE SHANK/S HAVE COOKED FOR 2 HOURS REMOVE THE POT FROM THE OVEN AND ADD THE DICED CELERIAC AND TURNIP TO THE POT,  
REPLACE THE LID AND RETURN TO THE OVEN FOR A FURTHER 1.5 HOURS.

REMOVE THE POT AND REMOVE THE LID AND RETURN THE POT TO THE OVEN FOR A FINAL 30 MINUTES.

PICK APPROX 20 LEAVES FROM THE BRUSSEL SPROUTS AND ADD THEM TO A PERFORATED BAKING TRAY.

ONCE THE SHANK/S HAS COOKED REMOVE FROM THE OVEN AND CHANGE THE SETTING TO STEAM MODE. PLACE THE BRUSSEL SPROUT LEAVES  
INTO THE OVEN AND STEAM FOR 3 MINUTES.

TO FINISH SPOON THE VEGETABLES AND SAUCE INTO A LARGE SERVING BOWL, LAY THE SHANK/S OVER THE TOP AND SCATTER OVER THE BRUSSEL  
SPROUT LEAVES AND SERVE.

## HINTS & TIPS

- ALTHOUGH NOT COMMONLY USED WALLABY IS AN EXCELLENT ALTERNATIVE TO OTHER GAME MEATS. IT HAS A Milder FLAVOUR THAN THAT OF  
KANGAROO AND IS OFTEN THOUGHT OF AS THE “VEAL OF KANGAROO”
- SHANKS FROM EITHER WALLABY, LAMB, VEAL OR BEEF ARE THE BASIS OF ALL SLOW COOKS AND BRAISES, SLOW AND STEADY WITH THESE CUTS  
WILL GIVE THE BEST RESULTS.