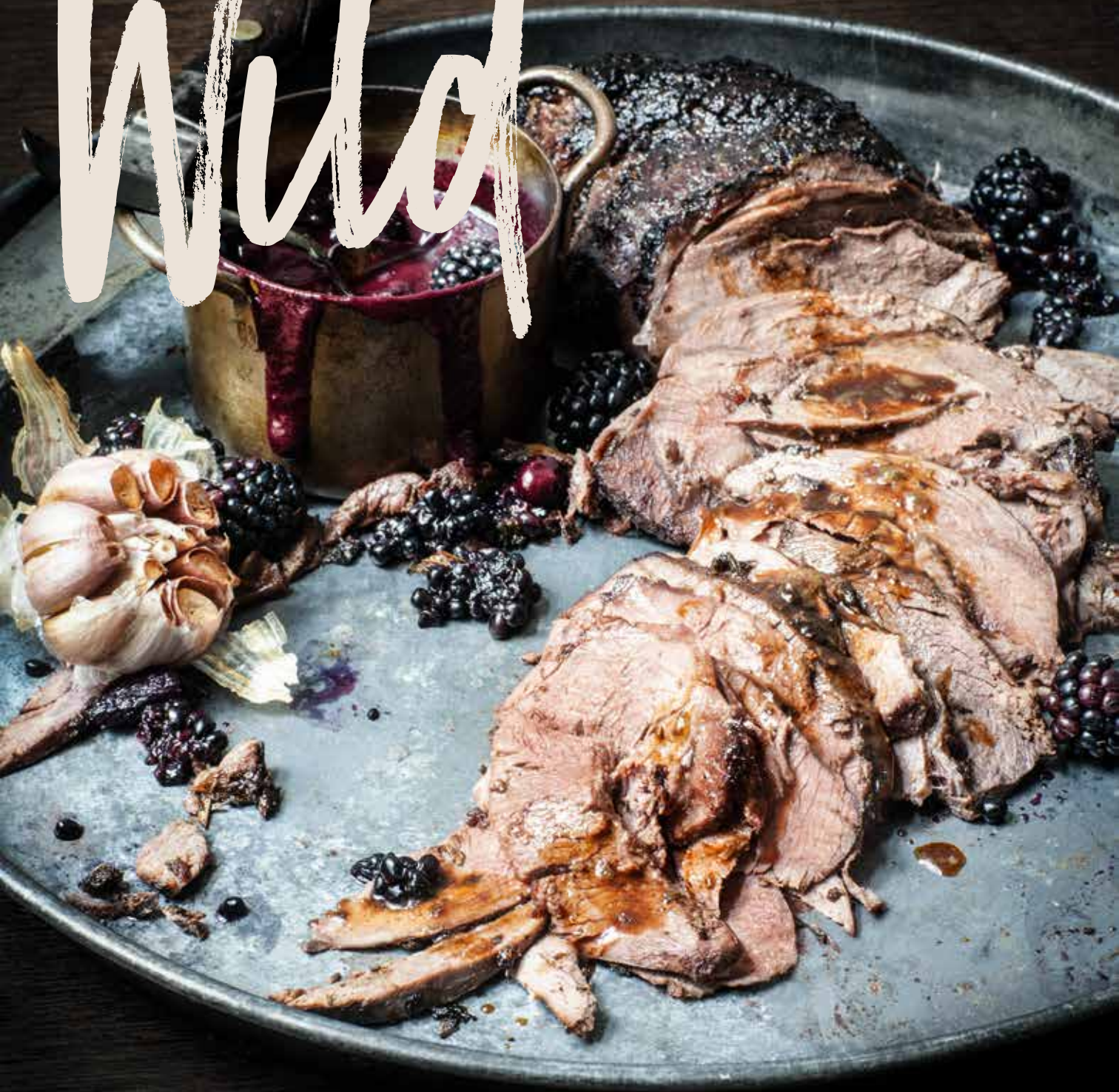


GOAT • VENISON • RABBIT

Wild



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INTRODUCTION

We hope you enjoy this recipe book, containing eight unique and delicious recipes featuring our wild goat, venison, rabbit, and a serving suggestion for some of our range of small goods. This recipe book is a must-have for those exploring new and exciting flavours while prioritizing quality, ethics, and sustainability.

Carefully crafted to showcase the natural flavours of the ingredients, each recipe offers a focus on wild-harvested produce and the use of only the highest quality meats. Whether you're a seasoned chef or a beginner in the kitchen, it is perfect for anyone looking to explore new flavours and cooking techniques.

The recipes are designed to combine the flavours that complement our meats, such as earthy spices and forest fruits and berries. We love our funky salad combos, which you can serve with our meats or enjoy alone. All are easy to prepare, bursting with textures, and loved by adults and kids alike. They are perfect for a weekday dinner, weekend dinner party, or BBQ get-together. Slow-roasting is an easy cooking method; it is quick to prepare, requires minimal checking, and fills your home with the most incredible aromas as they roast in the oven.

Australian Meats is the world's largest retail distributor of Australian kangaroo and wild game meat. Based in South Australia, our family-owned and operated business is the pinnacle of quality standards for naturally harvested game meats. With a long history of innovation and excellence, Australian Meats is committed to uncompromising wild-harvested produce.

Carefully selecting untouched Australian environments rich in native vegetation and abiding by our most stringent quality, ethical, and environmentally sustainable processes, Australian Meats can ensure consistent premium game meat not found anywhere else. As the animals are wild harvested in their own environment, this reduces stress on the animal and produces tender, lean, and quality meats rich in flavour, taste, and texture.

Your order is hand packed fresh and packaged in a recyclable thermal insulated box with added gel ice packs, lasting up to 5 hours on your door step. Orders are delivered in temperature controlled refrigerated transport from our door to yours.

We are including some helpful icons to inform you of the prep, cooking times, and roughly how many each dish serves. Cooking times are approximate and will depend on your own oven temps. We recommend using a digital meat thermometer to check the inner meat temp before serving.

  
20M 4H 4-6



All spice, Blackberry,
Cardamom, Caraway, Cinnamon,
Clove, Coriander, Cummin, Fennel,
Garam marsala, Garlic, Ginger,
Lemon, Mint, Nutmeg, Plum,
Star anise, Turmeric



Wild Goat Bone—in
Diced Chunks



SPICED 3-HOUR BRAISED GOAT

NUTTY SPICED CAULIFLOWER AND HERB FREGOLA SALAD

13

You will need

1 kg Australian Meats
Wild Goat Bone-in Diced Chunks

For the spice mix

1 tsp caraway seeds
1/2 tsp cardamon seeds
1 tsp coriander seeds
1 tsp fennel seeds
1 tsp onion powder
1 tsp garlic powder
1 tsp ground ginger
1 tsp all spice
1/2 tsp ground cloves
1/2 tsp ground star anise
1 tsp sea salt flakes, crushed
1 tsp ground black pepper
2 tbsp tomato Paste

You will also need

1 medium red onion
1 medium brown onion
1 heaped tbsp minced garlic
1 ltr/4 cups beef stock
Sea salt flakes, crushed
Freshly ground black pepper

To prepare and cook the goat

Preheat the oven to 220°C fan force.

Toast the caraway, cardamon, coriander, and fennel seeds in a small, heavy-bottomed frying pan for a few minutes over medium heat until fragrant and lightly toasted.

Add the seeds to a pestle and grind using the mortar stick until a fine powder.

Add onion, garlic, ginger, all-spice, cloves, star anise, salt and pepper and the tomato paste and stir to a thick paste. Drizzle in 2-3 tbsp olive oil while stirring to combine everything well.

Peel and slice both onions thinly.

Heat 1 tbsp olive oil in a large heavy-bottom cast iron/ Dutch oven casserole pot. Add the onions, season with a good pinch of salt, and saute over medium heat for 4-5 mins until soft. Add the garlic puree and cook for 5 minutes, stirring often to avoid burning. Spoon in the tomato/spice paste and stir into softened onions. Cook over low-medium heat for 2-3 minutes to infuse flavours.

Remove the ingredients from the pot and allow them to rest in a small bowl. Return the empty pot to the stove-top. Add 2 more tablespoons of oil and warm over high heat. When hot, add the goat chunks in batches and fry for a few minutes on each side until each piece is golden brown.

De-glaze the pot with a cup of beef stock, scraping up all the bits from the bottom, then return the spiced tomato/onion mix and follow with the remaining stock, ensuring all the meat is well covered. Cover the pot with a lid and transfer it to the oven.

Cook at 220°C for 15 minutes before reducing the heat to 150°C and braise for 3-4 hours until the goat meats falls off the bone and the sauce is reduced by 2/3rds, is thick and glossy.



SPICED 3-HOUR BRAISED GOAT

NUTTY SPICED CAULIFLOWER AND HERB FREGOLA SALAD

14

For the salad

1/2 head cauliflower, broken into small florets
1 tsp turmeric
1 tsp ground cumin
1 tsp garam marsala
1 tbsp apple cider vinegar
1 cup fregola
175g roasted almonds
175g roasted cashews
Good handful fresh coriander, mint and parsley, finely chopped
Juice and zest of 1 large lemon
Olive oil
Sea salt flakes, crushed
Freshly ground black pepper

To make the salad

Combine the turmeric, cumin, garam marsala, cider vinegar, and 3 tbsp olive oil in a glass jar. Season well with a good pinch of salt and freshly ground black pepper.

Screw on the jar lid and shake thoroughly.

Add cauliflower florets into a large mixing bowl, cover with the spiced oil and coat everything well.

Roast in the oven for 25-30 minutes or until the florets are slightly softened and caramelised on the edges. Remove and allow to cool well.

While cauliflower is roasting, roughly chop almonds and cashews, set aside.

Cook fregola according to packet instructions, rinse, and drain well. Add to a mixing bowl. Coat in 1 tbsp olive oil, add lemon zest and juice and season well to taste with salt and freshly ground black pepper.

Add the roasted cauliflower florets to the seasoned fregola and any remaining baking oil/liquids, chopped cashews, almonds and herbs. Toss well to combine, then turn out onto a serving platter and top with braised lamb, warm flat bread and tzatziki.



Wild Goat
Boneless Roast



LEBANESE-STYLE SLOW ROASTED BONELESS GOAT

CHICKPEA COUSCOUS, FETA, PISTACHIO AND HERB SALAD

18

You will need

1 x Australian Meats Wild Goat Boneless Roast

For the marinade

1 tsp ground cumin
1 tsp garam marsala
1 tsp allspice
1 tsp ground black pepper
1 tsp ground cinnamon
1 tsp ground cloves
1 tsp ground coriander
1 tsp ground cumin
1 tsp ground nutmeg
Juice and zest of 1 large lemon
1 tsp sea salt flakes, crushed
3 - 4 tbsp olive oil

*Recipes on following page

To prepare and cook the goat

Combine all marinade ingredients in a large mixing bowl, large enough to hold the meat.

Cut the string bag away from the goat roast and discard.

Place the meat in a large mixing bowl or Tupperware box. Using clean hands or latex gloves, thoroughly massage the marinade into the meat. Cover the bowl with cling wrap and place it in the fridge overnight.

Preheat oven to 220°C.

Peel and cut onions into quarters length-ways. Scatter over the bottom of a roasting tray.

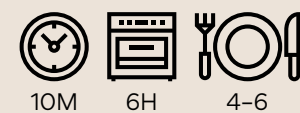
Place the marinated goat meat on top and pour the beer into the bottom of the tray.

Cover the tray tightly with aluminum foil to prevent any steam from escaping when cooking, and place it in the preheated oven.

After 15 minutes, turn the heat down to 150°C fan-forced and slow roast for 5-6 hours. After 3 hours, ensure the beer has not evaporated; if it has, add a cup or two of water and reseal the foil.

If there is still some liquid in the bottom of the pan and you keep the temperature low, you can roast this for hours; the longer, the better. In addition, your kitchen and house will be filled with the most incredible aromas.

Serve the goat meat with suggested taco ingredients.



10M

6H

4-6

LEBANESE-STYLE SLOW ROASTED BONELESS GOAT

CHICKPEA COUSCOUS, FETA, PISTACHIO AND HERB SALAD

19

For the salad

500g couscous
2 tbsp olive oil
400g chickpeas
1 tsp ground cumin
1 tsp garam marsala
175g pistachios, shelled
250g feta cheese
1 small bag rocket, finely chopped
Good handful fresh coriander and mint, finely chopped
Sea salt flakes, crushed
Freshly ground black pepper
Lemon wedges to serve

To make the salad

Cook couscous as per packet instructions. When cool and fluffed up with a fork, transfer to a large mixing bowl, cover with a clean, damp teatowel and set aside.

Rinse and drain chickpeas.

Heat olive oil in a large frying pan. Add drained chickpeas, cumin and garam marsala, season with salt and freshly ground black pepper. Stir to combine and cook over medium-high heat for 10-12 mins or until golden brown and toasted.

Preheat oven to 180°C.

Scatter pistachios on a baking tray and toast in the oven for 8-10 mins. Keep an eye on them so they do not burn. Remove from oven, cool and set aside.

To assemble the salad, uncover couscous, add toasted chickpeas and pistachios, crumbled feta cheese, rocket and chopped herbs. Mix well and season to taste with salt and freshly ground black pepper.

Serve with Lebanese-style slow roasted goat.



20M

10M

4



SLOW-ROASTED MEXICAN-STYLE GOAT TACOS

PICKLED RED ONION, STICKY PINEAPPLE AND FETA TZATZIKI

21

You will need

1 x Australian Meats Wild Goat Boneless Roast

For the goat marinade

1 tsp cayenne pepper
 1 tsp ground cumin
 1 tsp onion powder
 1 tbsp garlic powder
 1 tbsp cocoa powder
 1 tbsp dark brown sugar
 1 tsp sea salt flakes, crushed
 1 tsp ground black pepper
 2 tbsp Tabasco chipotle sauce
 1 heaped tbsp tomato paste
 1/4 cup olive oil

You will also need

3 small onions
 660ml lager

To serve - all optional

Corn tortillas
 Sour cream feta sauce
 Pickled red onion*
 Pickled cucumber*
 Sticky pineapple*
 Fresh green chillis, sliced
 Fresh coriander
 Fresh mint

*Recipes on following page

To prepare and cook the goat

Combine all marinade ingredients thoroughly in a mixing bowl large enough to hold the meat.

Cut the string bag away from the goat roast and discard.

Place the meat in a large mixing bowl and using clean hands or latex gloves, thoroughly massage the marinade into the meat. Cover the bowl with cling wrap and place it in the fridge overnight.

Next morning, preheat oven to 220°C.

Peel and cut onions into quarters length-ways. Scatter over the bottom of a roasting tray.

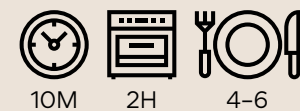
Place the marinated goat meat on top and pour the beer into the bottom of the tray.

Cover the tray tightly with aluminum foil to prevent any steam from escaping when cooking, and place it in the preheated oven.

After 15 minutes, turn the heat down to 150°C fan-forced and slow roast for 5-6 hours. After 3 hours, ensure the beer has not evaporated; if it has, add a cup or two of water and reseal the foil.

If there is still some liquid in the bottom of the pan and you keep the temperature low, you can roast this for hours; the longer, the better. In addition, your kitchen and house will be filled with the most incredible aromas.

Serve the goat meat with suggested taco ingredients.



10M 2H 4-6

SLOW ROASTED MEXICAN-STYLE GOAT TACOS

PICKED RED ONION, STICKY PINEAPPLE AND FETA TZATZIKI

22

For the pickles

1 cup water
 1/3 cup white vinegar
 2 tbsp caster sugar
 2 tsp salt
 2 large red onions, peeled and very finely sliced using a mandolin
 250g baby cucumber qukes, thinly sliced crossways

For the pineapple

1 pineapple, skin and core removed
 1 tbsp butter
 2 tbsp brown sugar

For the feta tatziki

250ml sour cream
 100g feta, finely crumbled
 2 baby cucumber qukes, finely chopped
 1 tbsp lemon juice
 1 tbsp fresh mint, finely chopped

To prepare the pickles

Place sliced onion and cucumbers into separate non-metallic bowls.

Combine water, vinegar, sugar and salt in a small saucepan, bring to a boil over high heat, then reduce to low-medium and simmer for 10-15 minutes, stirring occasionally until the sugar has completely dissolved.

Remove from heat and pour equally over sliced red onions and cucumber slices.

Allow to cool thoroughly, then transfer to the fridge overnight. These can also be eaten as quickly as 2 hours after cooling.

To prepare the pineapple

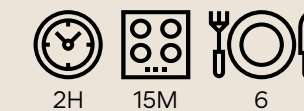
Cut pineapple into spears thinly length-ways.

Melt 1 tbsp of butter in a fry pan. Sprinkle over brown sugar. Cook on medium-high heat until sugar is dissolved into butter

Add slices of pineapple and cook on each side until golden.

To prepare the feta tatziki

Thoroughly combine all ingredients in a small bowl. You want the feta to be finely crumbled. If you like, you can whizz all the ingredients up in a blender to achieve a smoother result.



2H 15M 6



SLOW-ROASTED MOROCCAN-STYLE GOAT TACOS NUTTY HUMMUS, PICKLED CUCUMBER AND SALSA VERDE

24

You will need

1 x Australian Meats Wild Goat
Boneless Roast

For the goat marinade

1 tsp cayenne pepper
1 tsp ground cumin
1 tsp ground cinnamon
1 tsp smoked paprika
1 tsp onion powder
1 tbsp garlic powder
1 tbsp dark brown sugar
1 tsp sea salt flakes, crushed
1 tsp ground black pepper
1 heaped tbsp tomato paste
1/4 cup olive oil

You will also need

3 small onions
500ml white wine

To serve

Corn tortillas
Nutty hummus*
Salsa verde*
Pickled cucumber*

*Recipes on following page

To prepare and cook the goat

Combine all marinade ingredients thoroughly in a mixing bowl large enough to hold the meat.

Cut the string bag away from the goat roast and discard.

Place the meat in a large mixing bowl and using clean hands or latex gloves, thoroughly massage the marinade into the meat. Cover the bowl with cling wrap and place it in the fridge overnight.

Next morning, preheat oven to 220°C.

Peel and cut onions into quarters lengthways. Scatter over the bottom of a roasting tray.

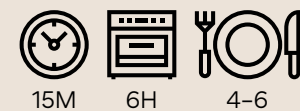
Place the marinated goat meat on top and pour the wine into the bottom of the tray.

Cover the tray tightly with aluminium foil to prevent any steam from escaping when cooking, and place it in the preheated oven.

After 15 minutes, turn the heat to 150°C fan-forced and slow roast for 5-6 hours. After 3 hours, ensure the wine has not evaporated; if it has, add a cup or two of water and reseal the foil.

If there is still some liquid in the bottom of the pan and you keep the temperature low, you can roast this for hours; the longer, the better. In addition, your kitchen and house will be filled with the most incredible aromas.

Serve the goat meat with suggested taco ingredients.



SLOW-ROASTED MOROCCAN-STYLE GOAT TACOS NUTTY HUMMUS, PICKLED CUCUMBER AND SALSA VERDE

25

For the pickled cucumbers

1 cup water
1/3 cup white vinegar
2 tbsp caster sugar
2 tsp salt
500g baby cucumber qukes

For the nutty hummus

250g good quality creamy hummus
1/2 cup pine nuts, toasted
Juice 1 small lemon
1 tbsp olive oil
Freshly ground black pepper

For the salsa verde

Large handful fresh coriander
Large handful fresh parsley
4 sprigs dill, leaved snipped
2 plum garlic cloves, peeled
1 long mild green chilli, deseeded
1 tbsp capers
1 tbsp white wine vinegar
3 tbsp olive oil
Sea salt flakes, crushed
Freshly ground black pepper

To prepare the pickled cucumbers

To prepare the pickled cucumbers

Finely dice cucumbers and place them in a medium-sized non-metallic bowl.

Combine water, vinegar, sugar, and salt in a small saucepan. Bring to a boil over high heat, then reduce to low-medium and simmer for 10-15 minutes, stirring occasionally until the sugar has completely dissolved.

Remove from heat and pour equally over diced cucumber; stir to combine.

Allow to cool thoroughly, then transfer to the fridge overnight. These can also be eaten as quickly as 2 hours after cooling.

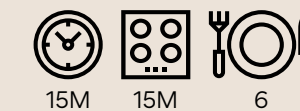
To prepare the nutty hummus

Mix hummus, toasted pine nuts, lemon juice and olive oil in a bowl, then season to taste with freshly ground black pepper and salt if you think it requires it..

To prepare the salsa verde

Place all the herbs, garlic, chilli, and capers on a large chopping board. Using a large sharp knife, very finely chop all together. Add to a mixing bowl, then add the vinegar and olive oil.

Season to taste with salt and freshly ground black pepper. You can more oil if it needs to achieve smooth consistency.



Wild Rabbit Portions

CREAMY BRAISED WILD RABBIT

CIDER, BACON, PRUNES AND SAGE

You will need

1 kg Australian Meats
Wild Rabbit Portions

You will also need

1-2 tbsp flour
Light olive oil
1 large onion, peeled and thinly sliced
250g bacon, fat removed,
cut into small pieces
4 plump garlic cloves, peeled and minced
1 heaped tsp Dijon mustard
2 tbsp red wine vinegar
750ml cider or fizzy apple juice
250g pitted prunes
125ml cream
Sea salt flakes, crushed
Freshly ground black pepper

To prepare and cook the rabbit

Pat dry each rabbit piece thoroughly using paper towel.

Sprinkle each piece with salt and allow to sit uncovered in the fridge for 30 mins.

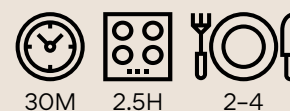
Remove from fridge and dust with flour.

Heat 2-3 tbsp light olive oil in a heavy-bottomed Dutch oven or pot and brown each piece of rabbit on both sides. Remove and allow to rest on paper towel.

Add another 2 tbsp oil to the pan and the sliced onions. Over medium heat, cook, stirring often, for 4-5 minutes until soft. Add the bacon and garlic and continue to cook—again, stirring often—for 5 minutes or until the bacon starts to brown and turn crispy. Add the mustard and balsamic vinegar and combine well.

De-glaze the pan with 1 cup (250ml) of cider (or fizzy apple juice if you prefer), scraping all the ingredients from the bottom of the pan. Nestle the browned rabbit pieces into the mixture, top with the remaining 500ml cider, scatter in the prunes, and top with the sage leaves.

Cover the pot and simmer over low-medium heat for approx. 2-2.5 hours or until the rabbit falls off the bone. Stir in the cream and season to taste with salt and freshly ground black pepper.



30M

2.5H

2-4

Spring Ridge Venison
Boneless Roast

BLACKENED SPICED VENISON ROAST SOUR BERRY SAUCE

You will need

1 kg Australian Meats
Boneless Venison Roast

For the marinade

1 tsp allspice
2 tsp ground black pepper
Good pinch salt
3 sprigs fresh rosemary,
finely chopped
Zest 2 lemons
1 tsp garlic puree
2-3 tbsp olive oil
1 tbsp BBQ sauce
1 tbsp balsamic glaze

For the blackberry sauce

250g frozen blueberries
250g fresh or frozen blackberries
2 tbsp lemon juice
1 tbsp honey
1/2 cup water
Squirt balsamic glaze

To prepare the venison

Combine the allspice, pepper, rosemary, lemon zest, garlic puree, olive oil, BBQ sauce, and balsamic in a large mixing bowl.

Cut the string bag away from the venison roast and discard it. Place the venison roast in the marinade bowl. Using clean hands or latex gloves, thoroughly massage the marinade into the meat. Cover the bowl with cling wrap and refrigerate overnight.

Preheat the oven to 200°C fan force.

Place the marinated venison roast on top of a wire rack in a matching baking tray.

Roast in the oven for 50 minutes. This should give you a medium rare roast for 1 kg of venison.

Remove from the oven and rest for 10 minutes before slicing thinly and serving with berry sauce.

To make the berry sauce

Combine all ingredients in a medium saucepan

Bring to a boil, then turn the heat to low-medium and simmer, stirring occasionally for approx. 20 minutes or until the fruit has broken down/is very soft, and the liquid has thickened and is silky and shiny.



10M

50M

2-4



ROAST PLUM BLUE CHEESE AND CANDIED WALNUT SALAD BLACKENED SPICED VENISON

You will need

Blackened spiced venison roast
as per recipe on page 18

For the plums

6 black, ripe plums
1 tbsp caster sugar
3 star anise

For the candied walnuts

250g walnut halves or pecans
3 tbsp caster sugar
1 tbsp butter, softened

You will also need

250g creamy mild blue cheese
1 bag rocket

To prepare the plums

Cut plums in half, pit. Cut each plum lengthway into eight pieces.

Preheat the oven to 200°C.

Smear softened butter over the base of a baking tray, then place plum pieces on top in a single layer. Sprinkle the sugar even over the plum halves, then scatter in the star anise. Roast until the sugar has melted and the plums are softened - about 15 to 20 minutes. Let cool for at least 5 minutes before removing from the baking dish.

To prepare the walnuts

Heat a medium nonstick frying pan over medium heat. Add walnuts, caster sugar, and butter and cook over medium heat for 5 minutes, stirring frequently to avoid burning. When the sugar mixture starts melting, stir frequently until all the sugar is melted and the nuts are coated. Transfer immediately onto nonstick parchment and immediately separate the nuts. Cool fully.

To serve, scatter sliced venison over rocket leaves and crumble cheese, plums and walnuts on top.

Spring Ridge
Venison rack

HERB AND HORSERADISH-CRUSTED VENISON RACK ROASTED PLUM AND GINGER SAUCE

You will need

1 kg Australian Meats
Spring Ridge Venison Rack

For the marinade

Leaves from 4 sprigs rosemary
1 tsp fresh thyme leaves
Zest 1 lemon
4 tbsp olive oil
2 tsp horseradish cream
Sea salt flakes, crushed
Freshly ground black pepper

For the plum sauce

6 ripe, black or red plums
1 tbsp caster sugar
1 tsp Dijon mustard
1 tsp hoisin sauce
1 tsp ground ginger
1 tbsp lemon juice
1 tsp balsamic vinegar
Sea salt flakes, crushed
Freshly ground black pepper

To prepare the plum sauce

Preheat oven to 180°C fan force.

Cut and pit plums into quarters to make the plum sauce. Add to a baking dish with caster sugar and roast in the oven for 15-20 minutes or until plums are soft. Remove and add to a blender along with Dijon, hoisin, ginger, lemon juice, and balsamic. Whizz.

Depending on the original size of your plums, add 2-3 tbsp water if you think it needs it to achieve a smooth sauce. Add to a small saucepan and warm gently over medium heat, then season to taste with salt and black pepper. Turn the heat down to very low to keep warm until serving.

To prepare the venison

Finely chop rosemary leaves and add them to a small bowl with thyme leaves, lemon zest, 1 tbsp olive oil, a good pinch of crushed sea salt flakes, and a generous grinding of black pepper. Mix thoroughly.

Pat dry venison racks well with a paper towel.

Heat the remaining 3 tbsp olive oil in a large frying pan set over high heat. When the oil is hot, add the venison racks one by one and cook for 4-5 minutes or until evenly browned on top and sides. Remove and allow to drain on a paper towel.

When venison is cool to the touch, spread horseradish cream on top of the meat. You can add as much as you like, depending on how much you enjoy its spiciness. Top with the herb mix, patting it into the horseradish evenly.

Place racks on a baking tray and roast in the oven for 25 minutes. Check with a digital meat thermometer to ensure the centre reaches 57°C. Be very careful not to overcook the meat. Remove and allow to rest for 10 minutes before slicing.

Serve warm, accompanied by warm plum sauce.



30M

50M

4

Smallgoods



WILD MEAT CHARCUTERIE PLATTER

BLACKBERRIES, BLUE CHEESE, CANDIED PECANS

You will need

Selection of Australian Meats smallgoods such as: Paroo Kangaroo Mettwurst, Wild Venison Chorizo, Wild Venison Chilli Mettwurst, Black Pepper & Garlic Venison Mettwurst

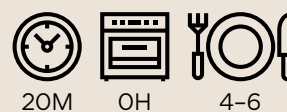
You will also need

Red grapes
Blackberries
Cornichons
Creamy blue cheese
Balsamic drizzle
Candied pecans - see page 31 for recipe (Substitute pecans for walnuts)
Extra virgin olive oil
Good quality runny honey

To prepare the board

Slice meats thinly and arrange on a large platter along with fruit, torn blue cheese, candied nuts, cornichons, balsamic glaze and good quality olive oil and honey.

A good crusty bread pairs great here too as does a nutty cheese like aged Pecorino or Parmesan broken into chunks.



20M

0H

4-6

AUSTRALIAN

MEATS

australianmeats.com.au

The recipes in this pdf have been written and photographed by *James Beard* Award-winning cookbook author and food photographer *Katie Quinn*, writer of the famous and much-loved *What Katie Ate* blog.