

ROO RECIPES - FUSION FOODS

Roo tikka samosas

Preparation time: 15 minutes
Cooking time: 40 minutes

Makes 6

Usually these pastry parcels are made with lamb. The origin is Indian. They can be frozen.
Serve with raita and a crisp salad.

Ingredients

2 tsp olive oil, plus 100ml for brushing the filo pastry
150gm kangaroo mince
2 tbs tikka paste
½ red onion very finely diced
½ carrot, peeled and grated
2 tbs fresh mint, chopped finely
2 tbs mango chutney
60gm frozen peas
6 sheets filo pastry, defrosted
raita to serve



Method

In a large, frying pan, heat 1 tsp oil. Add the kangaroo mince and cook until browned all over. Add the tikka paste to the pan for cook mixture for another 2 mins until fragrant. Add the onion and carrot with the remaining 1 tsp oil, and fry for 5 mins until the veg has softened. Tip into a large bowl and mix with the mint, chutney and frozen peas. Leave to cool.

Spread out a sheet of filo, with a short end towards you. Brush with oil all over. Fold each long edge into the centre by 5cm, so you have a long, narrow piece of filo. Add about 80g of mixture to the top left of the strip and fold the top right corner of filo over to make a triangle. Continue folding down the length of the pastry to make a samosa shape. Brush with more oil. Transfer to a baking tray lined with baking parchment.

To cook: heat oven to 180C fan. Cook the samosas on their baking tray in the middle of the oven for 20-25 mins, turning over halfway through cooking, until golden and piping hot in the middle. Drain on kitchen paper to absorb excess oil and serve with raita.

Steamed Wontons with Dipping Sauce

Ingredients

125gm minced kangaroo
2 spring onions, chopped finely
2 cloves garlic, crushed
2 tsp grated ginger root
2 tbs oyster sauce

1 tsp sesame oil
4 water chestnuts, drained and finely chopped
24 wonton wrappers
4 large butter lettuce leaves

baking paper
bamboo steamer
wok

Dipping sauce

2 tbs soy sauce
1 tsp mirin
2 tsp grated fresh ginger
1 spring onion, very finely sliced



Method

Mix together the kangaroo, spring onions, garlic, ginger, oyster sauce, oil and water chestnuts. Peel off a wonton wrapper and, with a pastry brush, lightly brush round the outside with cold water. Place 1 tsp of mixture in the centre and scrunch up into a pouch, squeezing to seal. Do not overfill. Repeat until you all the mixture has been used. (These can be chilled for up to 1 hr on a tray lined with baking paper.)

For the sauce, mix together the soy sauce, mirin and ginger in a small bowl.

To steam the wontons:

Fill a wok half full with water. Bring the water to the boil.

Line a bamboo steaming basket with lettuce leaves to fit or place a circle of baking paper in the bottom of the steamer and make slits in the paper to allow the steam to come through.

Arrange half the pouches in the basket (without them touching), cover and steam for 5 mins. Remove with tongs to a platter and steam the rest – check the water level. Serve, sprinkled with spring onion with the bowl of sauce or plum sauce.

Mexican tortilla pies

Canola oil cooking spray
4 small flour tortillas
1 tsp oil
½ small red onion, finely chopped
200g kangaroo mince
½ teaspoon chilli powder
¼ tsp salt-reduced beef stock powder
150g can condensed tomato soup
210g can kidney beans, drained, rinsed
½ small carrot, peeled, grated
¼ cup grated tasty cheese

Guacamole

½ large avocado, mashed
1 teaspoon lemon juice

1. Preheat oven to 180°C fan-forced. Spray a 4-hole, 3/4-cup capacity muffin pan with oil. Microwave tortillas on high (100%) for 1 minute or until warm. Press 1 tortilla into each muffin hole (overlapping tortilla on 1 side to fit). Spray with oil. Bake for 8 minutes or until golden. Cool in pan for 20 minutes.
2. Meanwhile, heat 1 tsp oil in a large frying pan with oil. Add onion. Cook for 3 to 4 minutes or until softened. Add mince. Cook, stirring with a wooden spoon to break up mince, for 5 minutes or until browned. Add chilli powder and stock powder. Cook, stirring, for 1 minute. Add soup, beans, carrot and 2 tbs cold water. Bring to the boil. Reduce heat to medium-low. Simmer for 10 to 12 minutes or until thickened.
3. Make guacamole: Combine avocado and lemon juice in a bowl. Season with salt and pepper.
4. Spoon mince mixture into tortilla cases. Dollop with guacamole. Sprinkle with cheese. Serve.

AUSSIE MEAT PIES

MEAT FILLING

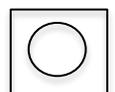
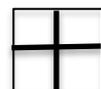
2 tsp olive oil	½ small brown onion, finely chopped
300gm kangaroo mince	2tsp cornflour
1/4 cup beef stock	1/4 cup tomato sauce
2 tsp Worcestershire sauce	1 tsp barbecue sauce
1 tsp Vegemite	

1. Put oven on to 210C. Line a baking tray with baking paper.
2. Heat oil in a saucepan over medium-high heat. Add onion. Cook for 3 minutes or until soft. Add mince. Cook for 4 minutes, stirring with a wooden spoon, or until browned.
3. Mix cornflour and 1 tablespoon of stock to form a paste. Add remaining stock. Add stock, sauces and Vegemite to mince. Bring to the boil. Reduce heat to medium-low. Simmer for 8 minutes or until thick. Cool.

Assembling the pies

2 sheets frozen puff pastry, thawed
1 egg, beaten with 2 tsp water

1. Cut each of the sheets of pastry into four equal pieces.
2. Divide the meat mixture into four equal portions.
3. Place one portion of the meat mixture into the middle of one of the pieces of puff pastry.
4. Wet edges of pastry with water.
5. Place one piece of puff pastry over the meat mixture and seal the edges very carefully.
6. Gently lift filled pastry onto baking sheet.
7. Repeat with remaining three portions of meat mixture and pastry.



8. Brush pastry with egg wash.
9. Place in hot oven and bake for 10 minutes then reduce oven temperature to 180C for 10 minutes or until golden brown.
10. Serve hot.