



*The World's finest and most natural
range of Emu Oil products*

Gourmet Emu Meat

- Low Fat
- High Protein
- Iron Rich
- Low Cholesterol

Emu Tracks Gourmet Emu Meat is an ideal alternative for the health conscious. With less than 3% fat content, low in cholesterol, high in iron, protein rich and less than 130 calories per 100g, emu meat is the perfect all Australian meat for an active, healthy lifestyle.

Gourmet Emu Meat is deep red in colour, naturally tender and has a tantalising yet distinctive flavour. It is extremely versatile in a variety of meat dishes including stir-fries, barbeques, roasts, casseroles, curries or simply on its own as a fillet, sausages or rissoles. Emu meat is great minced and also has the ability to readily accept and enhance other flavours, making it ideal with marinades. Substitute your normal choice of meat with emu and enjoy the great taste and the health benefits.

Gourmet Emu Meat Cuts

Fan & Flat Fillets - Tender prime fillet similar to scotch fillet or undercut steak. The Fan fillet is fine grained while the Flat fillet is fine-medium grained. Best experienced on the barbeque or on a hot plate.

Inside & Outside Fillets - Flavoursome fillets, great in stir-fries, casseroles, curries, roasts, or simply on the hot plate.

Flat Rump & Oyster Fillet - Hearty, full bodied cuts, great in casseroles, curries, stir-fries or simply on the hot plate.

Mixed Steak & Drum Steak - Lean and healthy, perfect for stir-fries, Asian style dishes, shashliks or satays.

Boneless Trim - Ideal for mincing, patties, sausages, making smallgoods or slow cooking in casseroles.

Gourmet Emu Sausages

Mountain Pepper & Native Thyme - Spicy, delicious Australian flavours for a truly Aussie taste.

Herb & Garlic - Flavoursome, yet not overpowering.

Also Available

Emu Rissoles - Pepper & Honey - Delicate flavours with a bread crumb coating providing a crunchy, golden crust when cooked.

Emu Burgers - Made for your convenience.

Smoked Emu Roll - Great tasting.

Gourmet Emu Meat Cuts are packaged in cryovac and snap frozen to ensure the highest quality product.

Our emus are specifically bred at a licensed South Australian emu farm and the meat is processed at an accredited abattoir. The birds are grain fed and organically maintained.

How to Cook Gourmet Emu Meat

Emu Meat is very low in fat, so care needs to be taken during preparation to ensure the great taste and texture is maintained. Cook quickly and at a high temperature to preserve the natural flavours and juices.

Emu meat is best served on the rare side.

- Cut the meat to a thickness of 1.5cm
- Lightly baste in *Emu Tracks Omega Oil* (or other high quality oil)
- Heat the pan to a very high temperature
- Sear both sides of the meat and then cook only for a further couple of minutes
- When the juices rise from the meat it's cooked
- Serve as a steak or cut across the grain and accompany it with your favourite side dish and a glass of wine.

Analysis	Emu	Beef	Poultry	Deer
Fat (%)	1.7-4.5	2-14.7	1-3	3.3
Protein (%)	21.2	18-22	23-24	20.6
Magnesium mg/100g	28.7-30.9	20	20-27	29
Potassium mg/100g	313.5-317			330
Cholesterol mg/100g	39-48	63	64-90	
Iron mg/100g	5	2.1		
Energy (KJ/100g)	471-531	657.6	478.6	494
Calories (Kcal/100g)	113-127	157.2	114.4	108

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