

Try low-fat ostrich instead of red meat

See related Taste story on Taste front.

HERB MARINATED OSTRICH

2 pounds ostrich filets
 Marinade
 2/3 cup balsamic vinegar
 1/4 cup olive oil
 2 tablespoons finely chopped garlic
 1 tablespoon rosemary, crushed
 1 tablespoon thyme (leaves)
 1 teaspoon freshly ground black pepper

Combine marinade ingredients in a plastic bag; add meat, turning to coat. Close bag securely and marinate in refrigerator one hour, turning occasionally.

Remove meat from marinade; reserve marinade for basting or reduce to half in a small saucepan. Broil 3 minutes per side, basting once for rare to medium rare (pink).

Carve into slices and serve with reserved marinade if desired. Serves 8.

Recipe adapted from Spice Islands Good Harvest test kitchen

OSTRICH AND SHRIMP IN ROASTED GARLIC SAUCE

12 pieces of ostrich, sliced medallion size from filets and then pounded into scaloppini
 8 jumbo shrimp
 15-20 medium sized whole

garlic cloves, pooled
 1 cup dry white wine (preferably Chardonnay) or substitute chicken stock
 1 1/2 pints heavy whipping cream
 1 medium sized red onion, finely chopped
 1/2 stick lightly salted butter
 Salt and pepper to taste
 1 tablespoon olive oil
 1/2 cup chicken stock
 Preheat oven to 400° F.
 Prepare ostrich and set aside.

Place garlic cloves in the oven at 400° F and bake until soft and brown (about 10-15 minutes).

In sauce pot, melt butter and saute onion until onion is fully

cooked (about 5 minutes).

Add wine (for chicken stock) and allow to cook over medium heat until most of the liquid evaporates. Add roasted garlic and puree. Place back on heat and slowly add cream, salt and pepper. Bring to slight boil and set aside.

In separate pan, heat olive oil, add ostrich, sear on both sides and set aside. Add shrimp and 1/2 cup chicken stock to oil; saute until cooked. Return ostrich and sauce to the pan and heat through. Serves 4

Adapted from recipe courtesy of American Ostrich Association.

RING AROUND THE OSTRICH

1 pound ground ostrich
 8 ounces tomato sauce
 1 package taco seasoning mix
 2 packages crescent roll dough
 1 bell pepper
 salsa
 2 cups shredded lettuce
 1 medium tomato, diced
 1 small onion, diced
 1 cup shredded cheddar cheese
 Sour cream for garnish
 Preheat oven to 375° F.
 Brown ostrich meat and combine with tomato sauce and seasoning mix.

Arrange crescent roll triangles in a circle on a 13" round baking stone (or pizza pan), with bases overlapping in center and points to outside.

Spoon meat mixture over dough. Fold points of triangles over filling and

tuck under base at center.

Bake 20-25 minutes until golden brown.

Remove top and seeds from the bell pepper; fill with salsa and place in center of ring.

Surround pepper with lettuce, tomato, onion and cheese. Garnish with sour cream. Serves 4
 Adapted from recipe by Terri Harlan, Green Ridge, Missouri, first place winner—Missouri State Fair Ostrich Contest 1997.

Roast a ham, make buttermilk bread

See related Cheers for Beer column on Taste front. Recipes compiled by Chef Joseph Styne.

ENGLISH STYLE ROAST OF HAM

1 bottle of Taddy porter
 Olive oil (to rub ham with)
 Salt and pepper to taste
 Water - to cover bottom of pan

1 fresh ham, as big as you want. Ask the butcher to remove the aitchbone, and to trim off any loose fat from the butt end
 Preheat oven to 400° F.

With a really sharp knife, score the ham lengthwise from top to bottom without going down to the flesh. Now score the rind across on either side of the middle cut, again, without cut-

ting down to the flesh.

Place the ham on a rack in a roasting pan and rub with olive oil and sprinkle with salt and pepper and rub it into the cuts.

Add about 2 inches of water and porter to cover bottom of pan. Place in 400° F oven for 10 minutes, then reduce temperature to 325° F.

After 1 hour start basting every 15 minutes until done. Fresh ham should be cooked 20 minutes a pound, or until a thermometer inserted into the thickest part of the roast, without touching the bone, reads 165° F.

As the water and beer cook away, add water to the pan to prevent charring. When the ham is done, remove from the pan and place on a cutting board and

slice down the center. Cut and you can slide a knife just under the skin and it will lift off right away, and away you go.

Happy carving.

BUTTERMILK BREAD

2 cups all purpose flour, more or less
 1/2 teaspoon baking soda
 1/2 teaspoon cream of tartar
 1/4 teaspoon salt
 1 teaspoon sugar
 1 tablespoon butter, almost room temperature
 3/4 cup buttermilk

Preheat oven to 375° F. Use a non-stick baking sheet, or one

sprinkled with cornmeal.

In medium bowl add flour, baking soda, and cream of tartar, salt and sugar and mix well.

With hands, work the butter into the flour until it looks like coarse meal. Add the buttermilk, slowly, while mixing. If the dough is too moist, add a little flour until you can handle it without sticking.

Do not knead dough, just mix.

Form into a round about 7 to 8 inches round, and pat down a little. With a sharp knife cut an x in the top and bake for 30 to 35 minutes, or until the top is a nice golden brown, and when the bottom is tapped, it sounds hollow.

Ostrich from page B1

you're eating solo, you can eat one and freeze the other. Santor noted that their frozen whole life is nine months. Top-of-the-line ostrich filets are \$11.99 per pound.

Making it a meal

Each vacuum package of ostrich has a paper wrapper with recipe suggestions for easy preparation. Medallions of Ostrich with Rosemary and Red Wine (using the filets) is superb.

Put it with baked potatoes or potato gratin and a bottle of red wine such as 1996 Chateau St. Jean Merlot \$17 or 1995 Robert Mondavi Cabernet Sauvignon from Napa Valley \$25, both available at Kroger, and you have a gourmet feast, fully prepared in 45 minutes.

Again, because there is so lit-

tle fat, ostrich meat absorbs the full flavor of any marinades. Use your favorite or the recipe for Herb-Marinated Ostrich that follows inside and notice that marinade flavors are fully detectable in the center of the steak.

It's easy to overcook ostrich. Because it contains so little fat, it will get dry and less appealing. When kitchen testing the Caribbean seasoned ostrich steak, the recipe called for 8 minutes grilling time. It was done medium in 6 minutes. An internal temperature of no more than 140° F. achieves succulence.

For cyber menu makers, ostrich recipes are available on the American Ostrich Association web site www.ostriches.org. Organic Foods, Inc. has a hotline (888) 456-6463 or you can reach Kroger Registered Dietitian Diane Reynolds by phoning (800) KROGERS and pressing the correct number for registered dietitian on the automated system.

Kyle Santor said "be creative" in your use of ostrich. Sometimes that's not easy on a busy day, so use the recipes on the wrapper or the ones inside to start using this heart-healthy new-gone meat that really isn't!

To leave a voice mail message for the Healds, dial (734) 953-2047 on a touch-tone phone, mailbox 1864.

Recipes sought for chicken soup contest

Is your chicken soup the best in town? We'll be the judge of that!

Enter your recipe in Temple Kol Ami's Ultimate Chicken Soup Contest. Entries must be postmarked by Sunday, Jan. 31. The top 10 finalists will be notified by Feb. 13. No shellfish or pork ingredients. Call (248) 681-0040 for an official entry form. Mail entry form to Temple Kol Ami, 6085 Walnut Lake Road, West Bloomfield, 48323.

Contest finalists will compete in a cook-off at Temple Kol Ami on Wednesday, Feb. 24. Taste editor Keely Wygonik along with other local media personalities, area chefs, and Temple Kol Ami's Rabbi Norman T. Roman, will sample chicken soup and select the contest winners.

First prize is a deluxe soup pot from Kitchen Glamor. Also WKBC-TV 2 will film a segment of Keith Fazio's 'Adventures in Cooking', featuring the winning chef and Ultimate Chicken Soup Recipe.

Second prize is dinner for two at Restaurant Di Modesta in Southfield.

Third prize is a cookbook from Kitchen Glamor.

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