

July: Recipe of the Month “Kangaroo Rissoles” | 2014

Ingredients

- 1kg of kangaroo mince
- 1 medium onion, finely chopped
- 1 clove garlic, finely chopped
- 1 tomato, finely chopped (capsicum also works well)
- 1/4 cup finely chopped fresh basil
- 2 eggs, beaten
- 1 small (approximately 200g) sweet potato, boiled and mashed
- 1 tsp mixed herbs
- Salt and pepper to taste
- Ghee, coconut oil or any other stable saturated fats that won't break down with heat



Method

1. Preheat the oven to LOW (150 degrees Celsius or under). This is only to keep them warm while you do the next batch.
2. Place all the ingredients (excluding the ghee or coconut oil) into a large mixing bowl.
3. Now, this is messy! Get your hands into the bowl and mix all the ingredients together.
4. Heat a frying pan to medium-high, and melt some ghee or coconut oil in the pan.
5. Make round rissoles out of the mince mixture and place in the pan. Don't overcrowd the rissoles, as too many will make them difficult to flip.
6. I cook the rissoles for 20-30 seconds on each side, and then flip, for a total of about 5 minutes (depending on how large you make the rissoles. If you don't continuously flip the rissoles they end up very dry.
7. Once the rissoles are cooked, place them on a tray and pop them in the oven. Ideally you would cook them all at the same time in a large pan or on the BBQ, however this may not be possible.
8. Scrape the pan clean, melt some more ghee in the pan and cook the next batch.
9. Serve with a huge plate of vegetables!