

Kangaroo Fillets with Honeyed Beetroot

Preparation Time: 15 min

Cooking Time: 15 min

Servings: 4

Ingredients

2 Medium Beetroot
50g Butter or Ghee
2 Tsp Red Wine Vinegar
2 Tbsp Water
1 Tbsp Honey
1 Tbsp Olive Oil
4 Kangaroo Fillets
1 Tbsp Green Peppercorns
1/2 Cup Port
1/2 Cup Beef Stock



Method

For the Beetroot:

Trim the ends from the beetroot and the peel and coarsely grate.

Place the beetroot in a small saucepan with the butter, vinegar and water.

Place over a medium heat and bring to a boil. Once boiling, reduce the heat to low and simmer covered for 10 minutes, stirring occasionally.

Add the honey and season to taste with freshly ground pepper and salt.

For the Kangaroo:

Heat the olive oil over high heat in a medium frying pan.

Season the kangaroo with freshly ground salt and pepper and cook for 3 minutes each side or until cooked to your liking.

Remove and set aside.

Add port, stock and peppercorns to the pan and simmer until the sauce is reduced by half.

You can make the sauce extra rich by adding a knob of butter at the last minute.