

Cooking With Emu

Key Nutrients

Emu is a bird, much like an ostrich. Emu is low in fat and cholesterol, and is an excellent source of protein, which builds and repairs skin, muscle, blood, bone and brain.

Serving Size

2-3 ounces cooked emu (about the size of a deck of cards) provides one serving from the Meat, Poultry, Fish, Dry Beans, Eggs and Nuts food group.

Storage and Safety

Thaw frozen emu in the refrigerator or quickly in the microwave to prevent growth of bacteria.

Emu steaks and roasts can be safely cooked to medium rare (145 degrees F.) or to medium (160 degrees F.); ground meat should be cooked to 160 degrees F.

Cooked dishes with emu should be refrigerated within 2-3 hours of cooking.

Preparation and Cooking

Tender cuts of emu may be grilled, pan-fried or roasted. However, because emumeat is so low in fat, be careful not to overcook it.

For those who prefer meat well done and for tougher cuts, use a moist cooking method such as stewing or braising.

Uses and Tips

Emu has a mild flavor and accepts most seasonings and marinades, especially sweet marinades. Here are some ways to use emu:

- use ground emu in tacos, chili, spaghetti, meatballs, meatloaf, and casseroles
- use cubed emu in casseroles, soups and stews
- mix cooked, shredded emu with barbecue sauce; serve on a bun

Source: Modified. OSU Extension, Lane County. For more recipes and other resources on eating well for less, see our web site at <http://healthyrecipes.oregonstate.edu>