



# Curry yula/muttonbird

Recipe by David Lowery

## INGREDIENTS

- yula/muttonbirds (2 birds per person)
- 1-2 Onions (depending on the number of muttonbirds used)
- 1 tsp- 1tbsp of curry powder to taste
- Your choice of vegetables eg carrots, peas, potatoes
- Beef or vegetable stock to taste
- Cornflour
- Optional, worcestershire sauce, vegemite, BBQ sauce or tomato sauce

## DIRECTIONS

1. Break/quarter up some skun muttonbirds, removing the spine keeping just pieces of the legs and breasts.
  2. Remove a bit of the fat from chest and back of the legs.
  3. Place in a pot with some roughly chopped onions and curry power
  4. Add enough water to cover the birds. Bring to the boil and cook for about 15 minutes.
  5. Then add your vegetables of choice and cook until vegetables are soft/cooked.
  6. Add beef or vegetable stock to taste.
  7. Once cooked, thicken with cornflour.
- \*Add additional sauces to taste during the cooking process, eg worcestershire sauce, Vegemite, bbq or tomato sauce



## Sundays

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