



Beer possum or wallaby stew

Recipe by Rees Campbell

INGREDIENTS

- 1 kg or so of wild game meat – cubed (or any red meat)
- Whole Shallots or pickling onions
- Sliced onions & garlic
- Butter, oil (about 60-100g)
- ¼ cup plain flour
- Garlic or plain salt and native pepper
- Paprika
- Vegetable or beef stock powder
- Beer – Tasmanian beer of course!
- Spice Mix * see note

DIRECTIONS

1. Cook shallots, onion and garlic in lots of butter with a splash of oil to stop it burning in a frying pan till golden and soft.
2. Transfer the vegetable to a slow cooker leaving as much butter in the pan as possible.
3. Make up a bag of plain flour, garlic salt, spice mix, veg powder, cajun spice, paprika and pepper.
4. Toss meat in flour mix till coated, then cook on high in butter/oil in the frying pan till seared and sealed - about 10 mins. Add more butter if necessary.
5. Stir and keep from burning, but allow for considerable browning.
6. Pour in 1 or 2 stubbies of beer, deglazing the pan, and allow to come to the boil.



Sundays

with Lucie Cutting

on 936AM and the ABC listen app



INGREDIENTS

- tomato paste
- Chilli sauce (optional)
- Apium (native parsley) or parsley

A NOTE ON SPICES

*I use my Feisty Tasmanian Bush Power spice which is a blend of dried tomato, kangaroo apple, saltbush, native pepper leaves and berries, ozothamnus, apium. But any spicy blend such as a Cajun or Moroccan mix with chopped parsley will work.

DIRECTIONS CONTINUED

7. Transfer all to slow cooker.
8. Add your tomato paste at this point.
9. Cook on low for several hours. It needs about 4 hours minimum, but you can cook this for 12 hours and it will keep improving.
10. Season as required, adding some chilli sauce to taste if you like it hot.
11. Serve over a bed of mashed potato and garnish with some chopped apium or parsley and spring onion.

A NOTE ON THE STEW

Possum or wallaby cooked in beer has to be the ultimate Tasmanian recipe for a long, cold winter night. Possum is timita in palawa kani, and payathanima is wallaby. This is such a beautiful stew with moist tender chunks of meat in a rich gravy. This recipe works equally well with any red meat, wonderful with venison, but also with beef.



Sundays

with Lucie Cutting

on 936AM and the ABC listen app

