

# Cooking with Ostrich Meat

Ostrich meat is believed to be healthier than beef or chicken because it contains more protein and has less fat and cholesterol. It is also a tasty substitute for any red or white meat. Try to use it in any of your favorite recipes where you would ordinarily use other ground meats: burgers, meatloaf, meatballs, etc. Ostrich meat absorbs seasonings and marinades quickly, and since it is so lean, you must be careful not to overcook it.

Lower in calories, cholesterol, and fat than skinless chicken and turkey, ostrich meat remains high in iron and protein. What's more, ostrich meat's ideal pH balance ensures that the meat does not attract harmful bacteria like E.coli or salmonella.

## OSTRICH NACHOS WITH SWEET POTATO CHIPS

### Ingredients:

1 pound ground ostrich meat, defrosted	
½ yellow onion diced	½ tsp onion powder
2 cloves minced garlic	¼ tsp salt
1 tbsp chili powder	¼ tsp black pepper
1tsp cumin	14oz. can fire roasted diced tomatoes
1 tsp garlic powder	guacamole
½ tsp dried oregano	salsa
½ tsp coriander	sliced green onions, if desired

### For Sweet Potato Chips:

3 large sweet potatoes  
3 tbsp coconut oil  
Salt to taste

### Preparation:

- 1) Begin with the sweet potato chips by preheating oven to 375 degrees.
- 2) Thinly slice the sweet potatoes using a mandolin or knife.
- 3) Place sliced potatoes in a bowl and toss with oil and season with salt.
- 4) Place potatoes in a single layer on a baking sheet and bake for 20 minutes, flipping halfway through.
- 5) While the sweet potato chips are baking, prepare the nacho topping by heating oil in a stovetop pan.
- 6) Add the diced onion and cook until softened, 3-4 minutes.
- 7) Add ground ostrich and cook an additional 4-5 minutes.
- 8) Add garlic, diced tomatoes, and spices; mix to combine. Simmer on low heat, stirring occasionally for 15-20 minutes.
- 9) Adjust seasoning, if necessary, and remove from heat.
- 10) Place chips on plate and top with the ostrich mixture, guacamole, salsa and sliced green onions.

# Cooking with Ostrich Meat

## **OSTRICH WITH CREAMY BLUE CHEESE SAUCE**

### **Ingredients:**

4 Ostrich patties (requires 2 pounds ground ostrich)

1 tablespoon butter or margarine

¼ cup port wine

¼ cup heavy whipping cream

2 tablespoons creamy blue cheese

Fresh-ground pepper and salt, to taste

Salt

### **Preparation:**

1. Prepare two ostrich patties per 1 pound ground meat
2. Melt butter in a 10 to 12 inch skillet over high heat.
3. Add ostrich patties, browning on each side. Cook until rare or medium-rare for 4-5 minutes total, or to taste. Be careful not to overcook.
4. Remove pan from heat, transferring patties to a plate. Allow meat to rest covered while making the sauce.
5. Add port wine to deglaze the pan, stirring over high heat.
6. Add cream and cheese continuing to stir on high heat until sauce is reduced to about 1/3 cup.
7. Pour sauce over the meat and season with salt and pepper.