

## CINNAMON SPICED TEA CRUSTED KANGAROO



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- Sub Category Name  
Food  
Main Courses
- Recipe Source Name  
Real High Tea 2014/15 Volume 2

### Used Teas



t-Series Ceylon  
Cinnamon Spice Tea

### Ingredients

CINNAMON SPICED TEA CRUSTED KANGAROO



## Tea Crusted Kangaroo

- 6 tbsp Dilmah Ceylon Cinnamon Spice, loose leaf tea
- tsp whole coriander seeds
- tsp whole black peppercorns
- tsp star anise
- tsp ground ginger
- tsp salt
- 1 tbsp (packed) light brown sugar
- 1(680g) Kangaroo fillet
- 3 tbsp canola oil

## Garnish

- Cherry blossom

## Honeyed Vegetables

- 1 carrot
- 1 zucchini
- 2 squash
- 50ml honey
- 50g butter

## Parsnip Purée

- 2 small parsnips
- 1 garlic clove, sliced
- 1 shallot, diced
- 250ml milk
- 250ml water
- Bay leaves
- Whole black peppercorns

## Methods and Directions

### CINNAMON SPICED TEA CRUSTED KANGAROO

#### Tea Crusted Kangaroo

- Combine the tea leaves, coriander, peppercorns, anise, ginger and salt in a spice grinder or mortar and pestle and finely grind together.
- Transfer to a shallow plate and stir in the brown sugar. Mix well.
- Cut the kangaroo into 1 inch thick and 1 inch wide strips.



- Roll each strip in the canola oil, and then roll in the tea spice crust to coat well. Reserve the remaining oil.
- Let sit for 10 minutes for the crust to set.
- Lightly seal kangaroo, then place the kangaroo in the oven at 180C and cook until rare to medium (approx. 2 minutes).
- Once cooked, let rest and cool. Then roll in plastic wrap until tight. Slice thinly.

### **Honeyed Vegetables**

- Dice the vegetables, heat a pan and melt the butter.
- Sweat the vegetables until soft and then add the honey.

### **Parsnip Purée**

- Peel and slice the parsnips. Heat a small pan and sweat the parsnips, garlic and shallots in butter.
- Add the water and milk.
- Add the bay leaves and peppercorns wrapped in a cloth for easy removal.
- When cooked, strain and reserve the milk and water mix.
- Add a small amount of water and milk mix to the parsnips and blend to a small consistency, add more milk mix if needed and season.

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