

Ostrich Meat

Nutrient Comparison per 100 grams (3.5oz)						
SPECIES	MEAT	PROTEIN	FAT	CALORIES	IRON	CHOLEST.
	Description	%	Grams	KCal	MG	MG
Ostrich	Cut Comp.	26.9	3.0	142	3.2	81
Beef*	Tenderloin (broiled)	28.1	10.5	209	3.0	83
Veal*	Loin Chop (braised)	33.9	9.4	225	1.2	124
Pork*	Loin Centre Rib Chop	29.3	15.2	256	1.1	91
Chicken	Whole no skin	28.9	7.4	190	1.2	89
Turkey	Whole no skin	29.36	5.0	170	1.8	76
Lamb*	Loin Chop (broiled)	30.4	9.4	215	1.2	95
		OSTRICH	BEEF	CATFISH	CHICKEN	
FAT %		1.12	17.76	4.88	1.36	
Saturated FAT Grams		.25	6.44	.84	.32	

**Figures are cooked portions with knife-separable fat removed. Source: USDA Agricultural handbook #8 and Hill Nutrition Associates of Florida for all except Ostrich. Ostrich: Texas A&M University System meat studies 1993 (cholesterol determined in four major muscles) and 1996 (weighted average of measurements on ten major muscles).*

Ostrich meat is a "red meat" similar in colour and taste to beef. However, it is lower in fat grams per serving compared to chicken and turkey, and much lower in fat and cholesterol than beef. Most all of the meat from an Ostrich comes from the leg, thigh, and back. An Ostrich has NO breast meat like the chicken and turkey.

Even though Ostrich meat tastes similar to beef, the Ostrich does not have fat marbling in the meat like beef. Ostriches have fat, but it collects outside the muscles and is easily removed during processing. Therefore, the cuts of meat are very lean with very low fat content - ideal for weight watchers who love red meat!

Cooking Instructions

Ostrich Meat is a red meat with the characteristics of poultry meat and low in fat. Ostrich meat can be used as steak for frying, or any of your favourite dishes as a substitute for beef.

Ostrich Steak/Fillet

Ostrich Meat has a very low fat content and for this reason, it is best to cook over a high heat to seal the meat, then reduce heat and cook as a Beef Steak according to the cut.

The fillet is wonderful just cooked on its own to appreciate the full natural flavour. The great thing about fillet is that it can be cooked to your taste, and can even be eaten raw (as Carpaccio) so a little pink in the middle is ideal and will maximise your enjoyment of this product. Over cooking to very well done will ruin the steak and convert it to leather!

Ostrich Steaks are excellent with your favourite marinade, with cranberry jelly or redcurrant sauce being particularly good.

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Cooking times: Fry for approx. 3 to 4 minutes per side – check during cooking with a knife by cutting open slightly. If grilling under a gentle heat, cook for approx. 6 minutes each side and check with a knife as per above

Ostrich burgers

Fry in a little light oil or grill under a low heat. Ensure the burger is cooked all the way through but try not to over cook, particularly if using a grill as they will 'dry out'. The meat needs to be just brown.

Cooking times: Fry for approx. 6 - 8 minutes each side and check during cooking by slightly opening the burger with a knife or cook until the burger can be broken on one side with tongs.

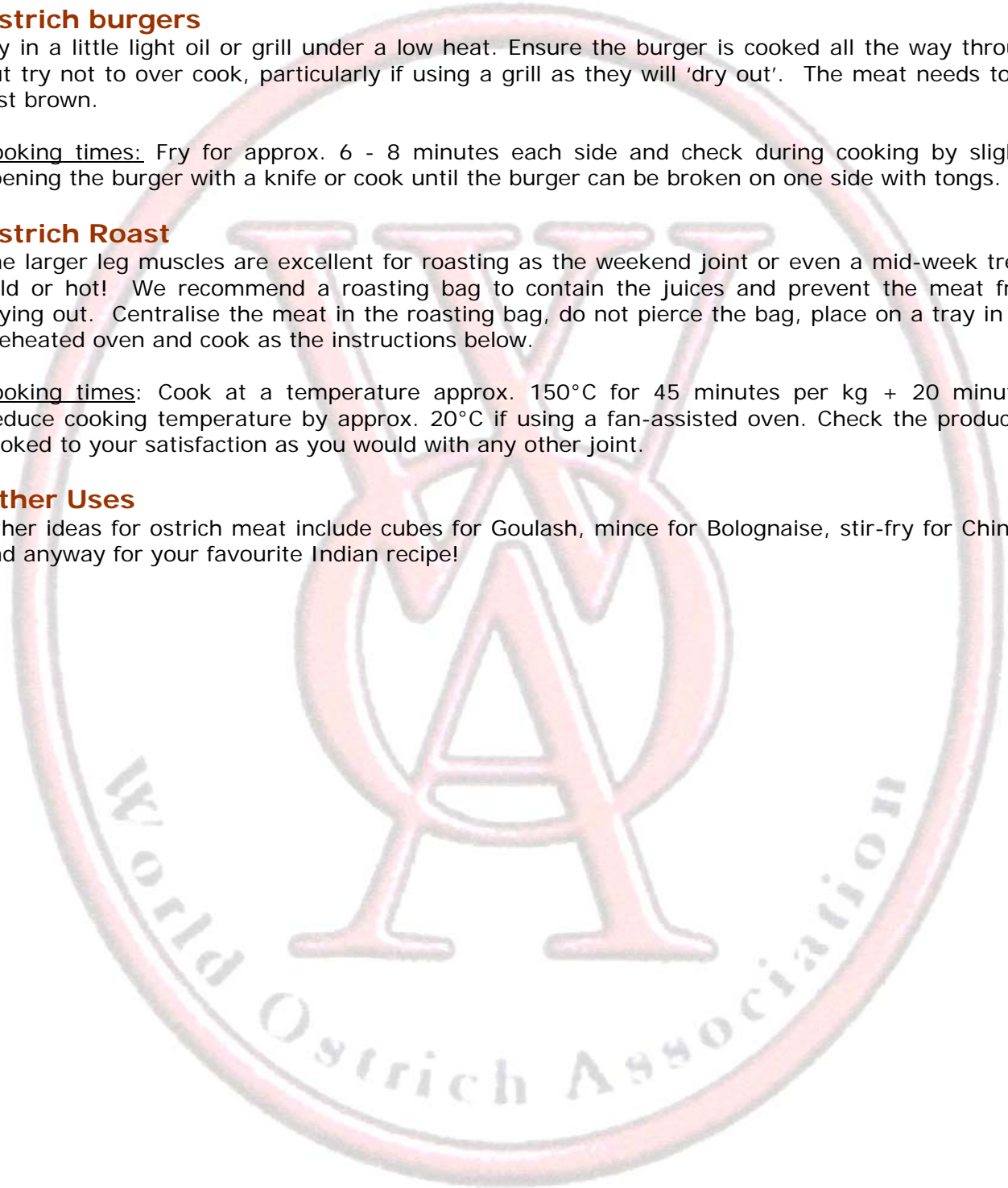
Ostrich Roast

The larger leg muscles are excellent for roasting as the weekend joint or even a mid-week treat, cold or hot! We recommend a roasting bag to contain the juices and prevent the meat from drying out. Centralise the meat in the roasting bag, do not pierce the bag, place on a tray in the preheated oven and cook as the instructions below.

Cooking times: Cook at a temperature approx. 150°C for 45 minutes per kg + 20 minutes. Reduce cooking temperature by approx. 20°C if using a fan-assisted oven. Check the product is cooked to your satisfaction as you would with any other joint.

Other Uses

Other ideas for ostrich meat include cubes for Goulash, mince for Bolognese, stir-fry for Chinese and anyway for your favourite Indian recipe!



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