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## MAN TUCKER RECIPES

### MAN LAW COOKING & TIPS FOR KANGAROO STEAKS



**Man Law Digital Tongs** showing the core (internal) temperature of the kangaroo steak at 65°C. Kangaroo steaks cooked to an internal temperature of 65°C will be medium.



**Man Law Digital Tongs** showing our set temperature of 71°C and the core temperature of the kangaroo steak at 71°C. At this internal temperature the Kangaroo steak is well done (see the piece cut at the back).

MAN LAW Australia has conducted extensive testing and has determined that as Kangaroo (Kanga or Skippy) meat has a very low fat level, a low moisture level and is quite a dense meat with a GREAT taste, the cooking time and temperature is different from cooking 'say' beef.

The indicated temperature where the meat reaches a cooked level of medium is a few degrees lower than it would be for cooking beef to a done level of medium.

This may be why most chefs don't cook Kangaroo any more than to 'rare' level. When you BBQ Kanga, the temperature profile is constant. Once the temperature reaches 65°C (medium level) it should be monitored closely as it will quickly increase to 71°C (well done level).

***A nicely cooked Kangaroo steak is a real treat and deserves a bit of care and attention from a well trained MAN LAW BBQ'er.***

Many people seem to think that if Kangaroo is cooked until it is well done, that it will be tough.

Any meat can be tough if it's not cooked appropriately;

Any meat can be moist & flavorsome if it IS cooked appropriately!

If the meat is cooked slowly on the BBQ and then allowed to rest for a minute or two before being cut, Kangaroo meat or any meat for that matter, is moist and tender and, as it has been on the grill at the lower temperatures for a little longer to be well done, it has that lovely crust on the outside.

However you prefer your meat cooked, the **Man Law Digital Tongs** will ensure that you remove the meat from the BBQ at the best possible time for you – when it's perfectly cooked in the middle!

When cooking meat, it doesn't matter how long or short a time it spends on the plate or grill, it is the internal temperature of the piece of meat that determines whether it is rare, medium or well done. The factors that determine this temperature are: how hot the grill or plate is, how cold or warm the piece of meat was in the centre when you placed it on the BBQ to cook, and to a certain degree, the air temperature on the day.

If you have your grill or plate at a medium heat, you run much less risk of burning everything &/or having the meat still raw in the middle. A simple **Man Law Grill Surface Gauge** can help with this part. You place the **Man Law Grill Surface Gauge** on the surface of the BBQ (where ever you are going to want to cook) and the gauge will show you when the surface is ready to sear or seal the steak (to begin with) and then show you when the surface is back down to medium to cook.

To get the best steak, the best method to use is:

1. Remove the meat from the fridge say ½ - 1 hour ahead so that it will warm to room temperature before cooking (again, it's that internal temperature that will determine the cooking time) – keep it in packaging or covered on a plate so that the outside doesn't dry out.
2. Have the grill or plate at a medium to hot temperature 225°C/450°F on your **MAN LAW Grill Surface Gauge** before you place the meat on to cook – too hot & you'll over cook the outside or even burn it, too cold & the meat will lose moisture & broil.
3. Once the meat has sealed, turn the BBQ heat down to medium 160°C/320°F, turn the meat over to seal the other side while the heat is still in the plate or grill (as it cools down to medium to cook).
4. Turn as often as you want to – a good 'rule-of-thumb' is to turn when the moisture starts to pool on the top of the steak. When you turn you give the top side a chance to rest for a moment & redistribute the juices and the bottom a chance to warm & cook a little more.
5. As you turn the meat with the **Man Law Digital Tongs**, the thermometer probe in the head of the tongs will poke into the meat & display the inside temperature of the meat on the display.
6. If you want your kangaroo steak medium, set the "USER" setting on the **Man Law Digital Tongs** to 65°C so that the tongs beep & flash at you when 65°C is reached inside (as would be seen when you turn the steaks over) .... but the added advantage of using the **Man Law Digital Tongs** is that, as you turn the steak & the temperature is displayed on the screen, you can see how close to your chosen 65°C temperature you are – and as you get close you know that the plates, etc need to be ready.

7. If you want another of your steaks to be well done, then remove the medium steak a little bit earlier than 65°C & let it rest somewhere warm. Continue cooking the well done one until it reaches 71°C on the display, then remove it & rest it too for a minute or so.
8. ***The reason for the rest is, if you cut the steaks immediately after removing from the BBQ, all of the juices run out onto the plate (I'm sure you've seen that happen) & this leaves the inside dry & tasteless. When it rests, the flavorsome juices are reabsorbed back into the fibers of the meat. If you notice in the picture at the beginning showing the well done steak cut on the plate – no juices have run out - & believe me, it was yummy!!***

The **Man Law Digital Tongs** are pre-programmed with 7 different types of meat & the best temperature that that meat is when it is medium-rare, medium & well done. All you do is dial up the type of meat & how you like it & the tongs will beep & flash when you reach that inside temperature – then you know it's cooked perfectly. Including chicken (so that you NEVER remove the chicken before it's cooked right through)

## **Recipe:**

\*As kangaroo has a slightly stronger flavor than most meat & no fat, you need a stronger flavored salad.

\*Kangaroo can be very successfully cooked to well done if that's how you like it.

\*Kangaroo meat is very low in fat – so it's better for you & it's packed with flavor!

### Meat:

1 x Kangaroo Steak for each person.

### Green Stuff – accompaniment:

A good hand-full of English spinach leaves,

Smaller amount of Rocket leaves,

A few mint leaves,

A good handful of parsley,

Chunks of marinated Feta cheese (remove from jar but no need to drain fully. Some of the olive oil and herbs that they are marinating in add to the flavor of the salad),

10 – 15 tasty tiny tomatoes - halved,

Balsamic vinegar to dress.

### Thirst Quencher:

A good bottle of shiraz or cabernet sauvignon.

### What to do:

Wash all of the leaves, parsley and tomatoes and shake dry.

Put all of the leaves, mint & parsley in a jumbled pile in the middle of the cutting board and cut straight through the middle of the pile.

Take one half of the pile, rotate it 90° & put it on top of the other half & cut in half again through the middle, continue to do this until the spinach pieces are all around 3cm square & all mixed up.

Place all of them into your serving bowl, place feta chunks and halved tomatoes on top & dress with the balsamic vinegar.

Open that nice bottle of wine & when it has breathed for at least 1.5 minutes, pour a glass & “check” that it tastes OK (!!).

When the steaks are cooked & rested – serve & enjoy! Yummmm!

How simple is that!

*(We forgot to take a picture of this before eating- tasted too nice to wait!)*