



Excite your Palate with Uncommon Meats

Shoppers at Huber's Butchery now have more alternatives when shopping for meat



Paroo kangaroo rack wonderfully paired with celeriac and beetroot.

Huber's Butchery's latest meat import is Paroo Red Kangaroo — sourced from the finest wild game kangaroo from four selected regions in Australia. The selection is based on seasonal conditions, water and grasses specific to each region.

A DELICIOUS AND HEALTHY OPTION

This species originated in the Paroo Darling region in Far West New South Wales where much of the land is untouched and abundant with native vegetation providing the grasses and shrubs which the wild roaming kangaroos graze on. The result is a very lean meat offering a pleasant gaminess that is never overpowering. The gaminess is mild and elegant with delicate savouriness of salt and minerals balanced by a natural umami.

An environmentally friendly alternative to beef and pork, kangaroo meat is low in saturated fats (98% fat-free), full of iron and is the highest known dietary source of conjugated linoleic acid, a fatty acid that contributes to the reduction of body fat.

MAGNIFICENTLY TENDER

The meat texture is not quite as dry as venison. It can be magnificently tender if it is not overcooked. It is usually cooked medium rare so as to better bring out the flavour of the meat. To enjoy its tenderness and juiciness, swift stir-frying keeps the meat tender and succulent. A slow-cooked kangaroo tail is meltingly



delicious. Anyone unknowingly eating it could mistake it for an oxtail.

The tail retails at \$32/kg at Huber's Butchery which is also offering the loin fillet (\$58/kg), the loin eight-rib rack (\$75/kg) and eye rump (\$50/kg).

RABBIT MEAT: ANOTHER HEALTHY MEAT OPTION

Consumers can also excite their appetite with another meat option available at Huber's Butchery — Pannon rabbit meat from the Olivia farms located in the Pusztas on the Great Hungarian Plain. The animals roam in enclosures and feed exclusively on hay briquettes that are free from GMOs.



Rabbit terrine served with marinated tomato concasse and fresh basil.

Tender and delicate in flavour, rabbit meat is rich in iron with 42mg per 100g of meat — the highest among other meats like chicken, pork, or beef. The meat is also low in cholesterol and fat (8g per 100g meat), as well as being easy to prepare. The legs are good for braising and pan-frying, while the back (without kidney) is ideal for roasting.

Huber's Butchery retails the whole rabbit (good as a roast or stew) at \$29.50/kg. The back goes for \$42/kg while the leg is available bone-in at \$36/kg or boneless (ragout) at \$52/kg. The kidney (ideal for pan-frying) is priced at \$22/kg. Shoppers heading to Level 2 of the store will find rabbit sausage and rabbit rillettes.

Huber's Butchery

22 Dempsey Road, Tel: 6737 1588

Mon – Fri: 9:30am to 8pm

Sat, Sun & Public Holidays: 9:30am to 7pm