

Louisiana Nutria

Myocastor coypus





Ragondin à l'Orange

MIRE POIX:

- 1/3 cup chopped celery
- 1/3 cup chopped carrots
- 1/3 cup chopped onion

2 hind saddle portions of nutria meat

- 1/2 cup brown sugar
- 1 cup orange juice
- 2 tablespoons vegetable oil

BOUQUET GARNI:

- 1 bunch fresh thyme
- 1 bunch parsley
- bay leaves

- 2 cups white wine
- 1 tablespoon soya sauce
- orange zest minced
- salt and pepper to taste

Place oil, mire poix and bouquet garni in a pan; set aside. Rub each hind saddle with brown sugar and salt and pepper to taste. Place hind saddles on top of other ingredients in pan. Place, uncovered, in a 350 degree oven for 15 minutes.

Remove from oven and deglaze with white wine, soya sauce and orange juice. Cover pan with plastic wrap, then cover again with aluminum foil. Place back into oven for 45 minutes to one hour until meat is tender. Break meat off bones. Place on plate then garnish with vegetables, sauce from pan drippings, and orange zest. (4 servings)



Nutria Fettuccini

MIRE POIX:

- 1 chopped onion
- 1 chopped carrot
- 1 chopped celery stalk
- 2 cloves of garlic

PASTA:

- 2 lbs cooked fettuccini
- 3 mushrooms, sliced
- 1 clove of garlic
- fresh spinach to taste
- 1 Tbs sun-dried tomatoes, minced
- 2 tablespoons olive oil
- parmesan cheese to taste
- 1 red bell pepper, minced

BOUQUET GARNI:

- 1 whole clove
- 1/2 bunch parsley
- 4 black peppercorns

NUTRIA:

- 1 hind saddle; nutria meat
- 2 quarts cold water
- 1 cup of red wine
- salt and pepper to taste
- 1 teaspoon red wine vinegar
- 1 teaspoon Louisiana hot sauce

Bring water, seasonings, mire poix and bouquet garni to a boil. Add nutria hind saddle and simmer for 1 hour or until meat is tender. Remove nutria meat and break meat off bones. Make sure to discard any gristle or silver skin.

With olive oil sauté garlic, sun-dried tomatoes, mushrooms, bell pepper, and spinach for 3 to 4 minutes. Then add poached nutria meat and sauté for 3 minutes until hot. Add fettuccini, sauté then serve. Top with parmesan cheese. (4 servings)



Ragondin Salad

- 1 nutria hind saddle
- 2 quarts water
- 1 teaspoon of red wine vinegar
- salt and pepper to taste

VINAIGRETTE:

- 1/4 cup white wine
- 2 teaspoons Dijon mustard
- 2 dashes Louisiana hot sauce

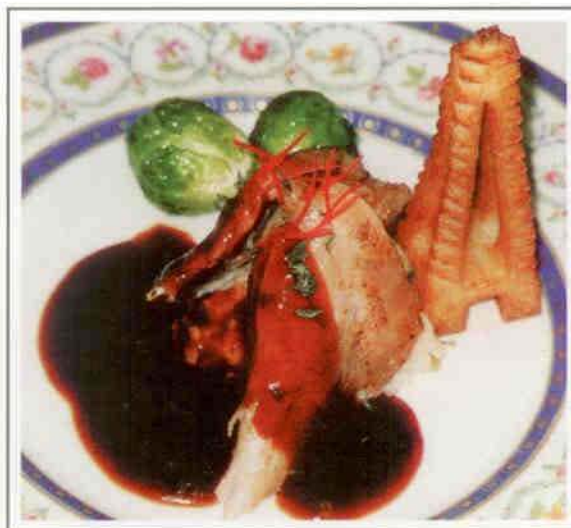
- 1/2 cup classic mayonnaise
- 2 tbs fresh limejuice
- salt and pepper to taste

In stockpot, bring to low boil nutria, water, vinegar and salt for 1 hour until meat is tender. Remove nutria meat and break meat off bones and let it cool. To prepare the vinaigrette, boil wine for about 3 minutes to remove the alcohol, then allow it to cool. Combine well with the other ingredients and store in the refrigerator. Marinate nutria meat in vinaigrette 30 minutes before serving over selected mixed greens. (4 to 6 servings)

Heart Healthy "Crock-Pot" Nutria

- 2 hind saddle portions of nutria meat
- 1 small onion, sliced thin
- 1 tomato, cut in big wedges
- 2 potatoes, sliced thin
- 2 carrots, sliced thin
- 8 Brussel sprouts
- 1/2 cup white wine
- 1 cup water
- 2 teaspoons chopped garlic
- salt and pepper to taste
- 1 cup demi glace (optional)

Layer onion, tomato, potatoes, carrots and Brussel sprouts in crock pot. Season nutria with salt, pepper and garlic to taste and place nutria over vegetables. Add wine and water, set crock pot on low and let cook until meat is tender. Cook for approximately 4 to 6 hours. Garnish with vegetables and demi glace. (4 servings)



Culotte de Ragondin à la Moutarde

MIRE POIX:

- 1/3 cup chopped celery
- 1/3 cup chopped carrots
- 1/3 cup chopped onion

BOUQUET GARNI:

- fresh thyme
- parsley
- bay leaves

- 1 1/2 tablespoons vegetable oil
- 2 hind saddle portions of nutria
- 4 tablespoons Dijon mustard
- 1 cup white wine

SAUCE:

- 1 cup of demi glace
- 1/2 cup of heavy cream
- 2 teaspoons Dijon mustard

Into sauce pan, add demi glace, cream and mustard, stir well and reduce on medium. Heat for 5 minutes. Season to taste.

- 1 1/2 tablespoons olive oil
- salt and pepper to taste
- 1/2 teaspoon crushed rosemary
- 2 cups water

Place oil, mire poix and bouquet garni in a pan; set aside. Rub each hind saddle with 2 tablespoons Dijon mustard and rosemary. Place hind saddles on top of other ingredients in pan. Place, uncovered, in a 350 degree oven for 15 minutes. Remove from oven and deglaze with white wine. Add water to pan. Cover pan with plastic wrap, and then cover again with aluminum foil. Place back into oven for 45 minutes to 1 hour (until meat is tender). Break meat off bones. Place on plate and garnish with vegetables, sauce and/or pan drippings. (4 servings)



Soupe au Ragondin

- 1 hind saddle nutria meat
- 2 quarts cold water
- 1/2 cup tomato puree
- 1 cup red wine
- salt and pepper to taste
- 1 teaspoon Louisiana hot sauce
- 1 teaspoon red wine vinegar

ROUX (MIX WELL):

- 4 tablespoons flour
- 2 tablespoons vegetable oil
- 4 tablespoons corn starch

MIRE POIX:

- 1 chopped onion
- 1 chopped carrot
- 1 chopped celery stalk
- 2 cloves of garlic

BOUQUET GARNI:

- 2 whole cloves
- 1/2 bunch parsley
- 4 black peppercorns

Bring water, seasonings, mire poix, bouquet garni, tomato puree to a boil. Add nutria hind saddle and simmer for 1 1/2 hours or until meat is tender. Remove nutria meat and break meat off bones. Make sure to discard any gristle or silver skin. Strain stock then add roux. Cook slowly for 15 minutes. Slice meat into small pieces, then mix into soup. Slowly cook for another 10 minutes. (Optional) Brandy or sherry wine to taste. (6 to 10 servings)



The New Meat Delicacy

Louisiana Nutria meat is surely the most exciting delicacy to come along in years. With a taste that can be characterized as a cross between dark turkey meat and rabbit meat, it's no wonder that our nutria meat dishes are a major attraction to my restaurant, **Bear Corners**, bringing in high praises from customers and food critics alike.



Chef Philippe Parola creating enticing nutria delicacies at Bear Corners.

The fact that nutria eat strictly selected roots and plants in their natural habitat makes the nutritional value of the meat attractive to consumers. Nutria is rich in protein, low in carbohydrates, has virtually no fat, and has absolutely no game taste. This incredible new Louisiana product will add a new dimension of creativity and success to your menu.



Culinary students preparing nutria meat.

I am delighted to share with you some of my favorite recipes which were created through my chef school, Louisiana Culinary Institute in Jackson, Louisiana, USA. I hope that Louisiana nutria meat is as much a discovery to you in your search for new gourmet pleasures as it has been for me.

Chef Philippe Parola

Commandeur des Cordon Bleu de France

internet address: <http://www.chef-parola.com>

Louisiana Nutria

"Ragondin"

	NUTRIA	CHICKEN	BEEF	TURKEY
PROTEIN, G/100G	22.1	21.4	16.6	21.8
FAT, G/100G	1.5	3.1	26.6	2.9
CARB, G/100G	0	0	0	0
CHOLESTEROL G/100G	40.1	70	85	65

Noel Kinler, Biologist Manager
Louisiana Department of Wildlife and Fisheries
2415 Darnall Road • New Iberia, Louisiana USA 70560

(318) 373-0032 • fax (318) 373-0181
e-mail: kinler_n@wlf.state.la.us