



## Winter 2021 Ostrich Meat Price list

Triskelee Farm LLC  
29700 SW Mountain Rd West  
Linn, OR 97068  
503-741-9930  
triskeleefarm@gmail.com

**We have limited quantities of each cut. Priority will be given to those who put in requests for our wait list.**

**Packaged at a local USDA certified facility**

**Farm to fill out**

Cuts & Price per lb.	Quantity Requested in Lb.	Quantity received	Final price
<b>Ground</b> \$20/1lb, \$18/mult. lbs.			
<b>Tenderloin</b> \$30/lb			
<b>Moon steak</b> \$28/ lb.			
<b>Outside Thigh</b> \$30/lb.			
<b>Oyster</b> \$30/lb.			
<b>Pearl</b> \$30/lb.			
<b>Inside Fillet</b> \$32/lb.			
<b>Fan Fillet</b> \$35/lb. ( <i>Fillet mignon</i> )			
<b>Delicacies</b>			
Neck \$15 per each 1-1.5lb packages			
Heart \$15 per each			
Liver \$20 per each			
Soup bones \$5/lb			
<b>Total</b>			

Cuts will come in +-1-3 lbs, We will try to meet your request as close as we can! There are no bones in the cuts.

Preferred pickup dates/time?: \_\_\_\_\_

Name (Client) \_\_\_\_\_

Contact phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Payment method: \_\_\_\_\_

We accept cash, check, card, or Venmo (Triskelee farm @Nichole-linehan).

If you request to use a card we will send an invoice to your email.



Triskelee Farm  
@Nichole-Linehan



**Once the form is submitted Triskelee Farm will confirm your order, payment, and pickup time.**

If client misses their pick up on their designated day, Triskelee Farm will work to reschedule. Due to high demand, the products will be offered to the next customer in line if the client cannot reschedule a pickup in a timely fashion.

Client Signature: \_\_\_\_\_ Date \_\_\_\_\_

*Thank you for supporting our small family farm, and choosing a sustainable and healthy meat!*



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### OSTRICH CUT DESCRIPTION:

**Ground:** Perfect for hamburgers, sliders, meatballs or any other substitute where ground beef is used. All ground is in 1 lb packages. Cook burgers to a medium rare or medium.

**Tenderloin steak:** Similar to a beef tenderloin and cooked the exact same way! Easy to cook and tastes great!

**Moon steak:** Easy grilling steak.

**Outside thigh:** This cut is best for smoking, roasts, skewers, stews, or just a steak on the grill. Will come in packages of 1-2lbs.

**Oyster fillet:** One of the top cuts on the Ostrich. Cook on high heat on each side to 125- 140 degrees. Rich in flavor and low in fat! Will come as 1-2lbs.

**Pearl fillet:** Another top choice of fillet, the pearl is a single cut about 1lb each.

**Inside fillet:** Said to be the second best cut of the Ostrich. Lots of flavor and almost zero fat. Cook on high heat to 125-140 for best results.

**Fan Fillet:** The best of the best on the ostrich cuts *comparable to a fillet mignon*. Fan Fillets will range from 1.5-2.5 lbs each and are best cooked on high heat fast on each side to no more than 135 degrees internal (125-130 is best!) Extremely lean and tasty!

### Delicacies

**Ostrich Neck:** Think oxtail or beef short rib, but so much leaner! Best slow cooked in a crockpot or stew. This method makes it super tender and shreds much like pulled pork.

**Soup bones:** Fantastic alternative for soup stock or broth. Can use along with the marrow bones or by itself. This is a delicious broth! Ostrich marrow bones: Nutrient packed Ostrich bones make great soup. Substitute where any beef, bison, or meat marrow is used.

**Ostrich Heart:** Similar in taste and texture as beef or bison heart. A delicacy to some, but not for everyone!

**Ostrich Liver:** Similar to beef and bison liver and can be substituted in any liver recipe. A pure, rich flavor makes a fantastic pate or addition to sauté.

### OSTRICH COOKING INSTRUCTIONS

Unlike other poultry, Ostrich is a red lean meat and should be cooked and served rare to medium rare at most (120- 135 degrees). Because of the low fat content Ostrich it is very easy to overcook and the results will be a gamey texture if overcooked. The tendencies to cook poultry may take over to "make sure it's cooked all the way through." Please fight this urge no matter what your family says, as we promise the results of a properly cooked piece will speak for itself!! There are lots of videos and instructions on cooking ostrich online that can help along the way. We use salt, pepper and maybe some garlic butter to keep it moist during cooking. No need for marinades or heavy seasonings as ostrich has a sweeter taste and seasonings and marinades will hide the naturally delicious flavor.