



# UCCOOK

## German-Style Beef & Creamy Polenta

with sauerkraut & a fresh salad

**Hands-on Time:** 50 minutes

**Overall Time:** 60 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Groote Post Winery | Groote Post Merlot

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 634kJ    | 3161kJ      |
| Energy             | 152kcal  | 756kcal     |
| Protein            | 8.7g     | 43.2g       |
| Carbs              | 11g      | 53g         |
| of which sugars    | 2.2g     | 10.9g       |
| Fibre              | 1.2g     | 6g          |
| Fat                | 5.5g     | 27.6g       |
| of which saturated | 2.7g     | 13.6g       |
| Sodium             | 97mg     | 486mg       |

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                             |
|----------|------------|-----------------------------------------------------------------------------|
| 150ml    | 200ml      | Polenta                                                                     |
| 150ml    | 200ml      | Crème Fraîche                                                               |
| 30ml     | 40ml       | Wholegrain Mustard                                                          |
| 2        | 2          | Spring Onions<br><i>rinse, trim &amp; finely slice</i>                      |
| 480g     | 640g       | Beef Sirloin                                                                |
| 30ml     | 40ml       | Beef Stock Mix<br><i>15ml [20ml] Beef Stock &amp; 15ml [20ml] Cornflour</i> |
| 2        | 2          | Onions<br><i>peel &amp; finely slice 1½ [2]</i>                             |
| 60g      | 80g        | Green Leaves<br><i>rinse</i>                                                |
| 60g      | 80g        | Radish<br><i>rinse &amp; slice into thin rounds</i>                         |
| 30ml     | 40ml       | Lemon Juice                                                                 |
| 75g      | 100g       | Sauerkraut                                                                  |

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Blender

Butter

**1. LOADED POLENTA** Bring a pot with 750ml [1L] of water to a boil. Slowly whisk in the polenta until there are no lumps. Reduce the heat and cook until the polenta is soft and creamy, 6-8 minutes (whisking often). Remove the pot from the heat and stir through a knob of butter, the crème fraîche, mustard (to taste), spring onion (to taste), and seasoning. Loosen with a splash of warm water if it's too thick just before serving.

**2. JUICY STEAK** Place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**3. BEEF GRAVY** Combine the beef stock mix with 300ml [400ml] of water. Return the pan to medium heat with a drizzle of oil if necessary. Fry the onion until soft, 4-5 minutes. Mix in the beef stock mixture and simmer until warmed through and the gravy has thickened, 4-5 minutes (stirring occasionally).

**4. JUST BEFORE SERVING** In a salad bowl, combine the green leaves, the radish, the lemon juice (to taste), a drizzle of olive oil, and season.

**5. GUTEN APPETIT!** Dish up the polenta, side with the sliced beef, and spoon over the gravy. Garnish with the sauerkraut and serve alongside the crisp salad. Well done, Chef!

**Chef's Tip** Polenta thickens as it cools. Keep it warm or stir in a bit of hot water or milk to loosen before serving.