



UCCOOK

Comforting Ostrich Pot Pie

with homemade shortcrust pastry & red wine

Hold onto your hats (and forks), because this recipe will knock your socks off. We're talking tender, juicy ostrich in a rich, red wine gravy with leeks, mushrooms, carrots and peas. Topped with a flaky, golden homemade pastry crust. Trust us, this is one pot pie you don't want to miss.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Adventurous Foodie

 Creation Wines | Creation Merlot

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Ingredients & Prep

200ml	Cake Flour
50g	Butter <i>cut into small cubes</i>
100g	Leeks <i>trimmed at the base, halved lengthways, rinsed & finely sliced</i>
120g	Carrot <i>trimmed, peeled & finely diced</i>
150g	Free-range Ostrich Chunks <i>cut into bite-sized pieces</i>
125g	Button Mushrooms <i>roughly sliced</i>
10ml	NOMU Provençal Rub
50ml	Red Wine
10ml	NOMU Beef Stock
50g	Peas
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Cling Wrap
Egg/s
Butter (optional)
Milk

1. MIX THE DOUGH Preheat the oven to 200°C. Boil a full kettle. Place 160ml (about $\frac{2}{3}$) of the flour in a bowl. Using your fingers, rub the butter cubes into the flour. The final mixture should look like coarse breadcrumbs. In a separate bowl, whisk 1 egg and a pinch of salt. Using a fork, mix in $\frac{1}{2}$ of the egg into the flour mixture. Using your hands, bring the dough together. You don't want to over knead the mixture! Wrap in cling wrap and set aside in the fridge.

2. FAB FILLING Place a pot over medium-high heat with a drizzle of oil. When hot, fry the sliced leeks and diced carrots until soft, 3-4 minutes (shifting occasionally). Add the ostrich pieces, the sliced mushrooms, and the NOMU rub. Fry until fragrant, 2-3 minutes (shifting occasionally). Add 1 tbsp of the remaining flour and the wine. Mix until the flour is incorporated. Add the beef stock and 100ml of boiling water. Simmer, uncovered until the ostrich is soft and the sauce has reduced, 3-4 minutes. If the meat is not soft, add an extra splash of water and continue simmering until soft. In the final minute, mix through the peas. Season to taste.

3. GOLDEN PASTRY Sprinkle some of the remaining flour on a flat surface. Remove the pastry from the fridge and place on the sprinkled flour. Dust a rolling pin (or bottle) and roll out the dough to 5mm thick. Spoon the pie filling into either individual ramekins or a small, deep oven-proof dish. Carefully lay the rolled out shortcrust pastry on top of the pie filling, trim off any excess, and push down the edges to seal. Lightly brush the top of the pastry with milk and use a knife to pierce a few holes in the pastry. Bake in the hot oven for 15-20 minutes, until the pastry is golden and cooked through.

4. PIE TIME! Serve up a hearty helping of ostrich pot pie. Scatter over the chopped parsley and it's time to eat!



Chef's Tip

If you're feeling fancy, use a fork to crimp the edges of the pastry to create a pretty pattern! If you have any leftover egg after making the pastry, use it to brush the top of the pastry before baking.

Nutritional Information

Per 100g

Energy	681kj
Energy	163kcal
Protein	7.2g
Carbs	19g
of which sugars	2.4g
Fibre	2.1g
Fat	6.1g
of which saturated	3.1g
Sodium	197mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Alcohol

Cook
within 3
Days