



UCOOK

KWV's Spicy Beef & Homemade Roosterkoek

with pickled onion & green leaves

What's more South African than making braai-inspired bread? This classic gets a culinary upgrade with NOMU Roast Rub-spiced beef slices, fresh greens, pickled onion, a spicy hit of fresh chilli and chimichurri sauce. This becomes the fulfilling filling for freshly made, homemade, hot-out-of-the-oven roosterkoek.

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: KWV Winery

Adventurous Foodie

KWV - The Mentors | KWV The Mentors
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Ingredients & Prep

| | |
|--------|---|
| 20ml | White Wine Vinegar |
| 1 | Onion <i>peel & finely slice ½</i> |
| 10ml | NOMU Roast Rub |
| 10ml | Cake Flour |
| 250ml | Roosterkoek Mix |
| 1 unit | Instant Yeast |
| 160g | Free-range Beef Rump |
| 20g | Green Leaves <i>rinse</i> |
| 40ml | Pesto Princess Chimichurri Sauce |
| 1 | Fresh Chilli <i>rinse, trim, deseed & finely slice</i> |
| 50g | Cucumber <i>rinse & cut into half-moons</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. PICKLED ONION Preheat the oven to 220°C. In a bowl, combine the vinegar, 5ml of sweetener, and seasoning. Toss through the sliced onion and set aside to pickle. Drain right before serving.

2. ROOSTERKOEK DOUGH In a bowl, combine ½ the NOMU rub with a generous drizzle of oil. Place the roosterkoek mix in a separate bowl and 2.5ml of yeast. Gradually add lukewarm water enough to form a dough. Knead the dough until smooth and elastic. Add to a greased bowl and cover with a cling wrap or damp cloth. Let it rise in a warm place, 20-25 minutes.

3. RISE AND SHINE Once risen, punch the dough down and shape it into 2 small flat rounds or ovals. Place them onto a lightly floured baking tray, and brush with the rub & oil mix. Bake in the hot oven until golden brown and cooked through, 20-25 minutes.

4. BUTTER-BASTED 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 and the remaining NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. FILL WITH FLAVOUR Cut open and butter the roosterkoek (be careful not to cut all the way through!) before filling with the steak slices, ½ the pickled onions, ½ the rinsed green leaves, the chimichurri sauce, and the sliced chilli (to taste).

6. SIDE SALAD In a salad bowl, toss together the remaining green leaves, the cucumber half-moons, the remaining pickled onion, a drizzle of olive oil, and seasoning.

7. TASTE THE TRADITION Plate up the filled roosterkoek and side with the salad. Drizzle over any remaining chimichurri and scatter over any remaining chilli (to taste). Dig in, Chef!



Chef's Tip

If you have the time, prepare the dough earlier to give it time to rise, making the dinner preparation quicker when it's time to cook.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 846kJ |
| Energy | 202kcal |
| Protein | 9.9g |
| Carbs | 28g |
| of which sugars | 3.7g |
| Fibre | 2.6g |
| Fat | 3.5g |
| of which saturated | 0.8g |
| Sodium | 304mg |

Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat
Within
4 Days