



UCCOOK

French Beef Au Poivre

with lyonnaise potatoes

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Boschendal | Nicolas

Nutritional Info	Per 100g	Per Portion
Energy	486kJ	3563kJ
Energy	116kcal	853kcal
Protein	6.4g	46.8g
Carbs	9g	65g
of which sugars	2.1g	15.5g
Fibre	1.8g	13.3g
Fat	4.7g	34.2g
of which saturated	2.1g	15.1g
Sodium	91mg	669mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel (optional) & cut into 1cm thick rounds</i>
10g	20g	Sunflower Seeds
1	2	Tomato/es <i>rinse & slice into half-moons</i>
1	1	Onion <i>peel & roughly slice ½ [1]</i>
2.5ml	5ml	Crushed Black Peppercorns
5ml	10ml	Beef Stock
50ml	100ml	Fresh Cream
160g	320g	Beef Rump
7.5ml	15ml	Nomu Does Everything
10ml	20ml	White Balsamic Vinegar
20g	40g	Artichoke Quarters <i>drain & roughly chop</i>
20g	40g	Green Leaves <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter
Sugar/Sweetener/Honey

1. PERFECT POTATO Place the potato in a pot of salted water. Bring to a boil and cook until soft, 3-4 minutes. Drain, season, and cover.

2. ON THE SUNNY SIDE OF THE SEED Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium-high heat with a drizzle of oil. When hot, char the tomato/es until blistered, 3-4 minutes. In the final minute, add a sweetener (to taste) and seasoning. Remove from the pan and set aside.

3. LOVELY LYONNAISE Once the potatoes are cooked, return a pan to medium heat with a drizzle of oil and knob of butter. When hot, add ½ the boiled potatoes and ½ the onion. Fry for 4-5 minutes (shifting occasionally). Add the remaining potato and onion, another drizzle of oil, and another knob of butter. Lower the heat and fry until all the onions are golden and all the potatoes are starting to crisp, 5-10 minutes. Remove from heat, season and cover to keep warm.

4. PEPPER SAUCE Place a clean pan over medium heat with a knob of butter. Once melted, stir in the peppercorns, the beef stock, and 50ml [100ml] of water. Simmer until the sauce is almost evaporated. Stir in the cream and simmer until the sauce has thickened slightly, 6-8 minutes. Remove from the heat and cover to keep warm.

5. O-YUM BEEF 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 NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

6. GREEN SALAD In a bowl, combine the vinegar and a generous drizzle of olive oil. Add the artichokes, the green leaves, the sunflower seeds, the tomato/es, and seasoning.

7. FOOD'S READY! Plate up the basted steak and serve with a delicious helping of lyonnaise potatoes. Serve with the salad and the pepper sauce on the side. Perfection, Chef!