



UCOOK

Beef Rump & Emmental Sauce

with crumbed mushrooms & a side salad

This dish is a real treat for the taste buds! Tender beef rump is smothered in a rich emmental sauce, with crispy crumbed mushrooms on the side. A simple cucumber & green leaf salad provides a lovely fresh crunch to the dish. It's a ten out of ten from us!

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Adventurous Foodie

 Paserene | The Shiner Red Blend

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Ingredients & Prep

1	Garlic Clove <i>peeled & grated</i>
25ml	Cake Flour
60ml	Low Fat Fresh Milk
30g	Emmental Cheese <i>grated</i>
50ml	Panko Breadcrumbs
125g	Mushrooms <i>stems trimmed</i>
160g	Free-range Beef Rump
10ml	Red Wine Vinegar
20g	Salad Leaves <i>rinsed & roughly shredded</i>
30g	Artichoke Hearts <i>drained & cut into quarters</i>
50g	Cucumber <i>cut into half-moons</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. YUMMY, CHEESY, SAUCY Place a saucepan over medium heat with 10g of butter. When the butter starts to foam, add the grated garlic and fry for 30-60 seconds, shifting constantly. Add 5ml of the flour and fry for 1-2 minutes, shifting constantly. Remove the saucepan from the heat, and gradually stir in the milk, making sure there are no lumps. Return the sauce to a medium heat, mix through the grated emmental cheese and stir until melted. Loosen with a splash of water and season.

2. OH CRUMBS! In a shallow dish, whisk 1 egg. Prepare two more shallow dishes: one containing the remaining flour (seasoned lightly) and the other containing the breadcrumbs. One at a time, lightly coat the mushrooms in the flour first, then in the egg, and lastly in the crumb. Dust off any excess in between coatings.

3. MUSH-VROOM Place a deep pan over a medium heat with 1-2cm of oil. When hot, fry the crumbed mushrooms for 2-3 minutes, flipping halfway, until the crumb is golden. Drain on paper towel and season.

4. RAISE THE STEAKS 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, for 3-5 minutes until crispy. Then, fry for 2-4 minutes per side, or until cooked to your preference. In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. LAST TOUCH! Reheat the sauce over a medium heat for 1-2 minutes, stirring occasionally. Loosen with a splash of water, if necessary. In a salad bowl, combine the vinegar, a drizzle of olive oil, a sweetener of choice, and seasoning. Toss through the salad leaves, the artichoke quarters, and the cucumber half-moons.

6. PLATE IT UP Plate up the steak slices and spoon over some of the emmental sauce. Garnish with the chopped parsley. Side with the crumbed mushrooms and the dressed salad. Serve with the remaining emmental sauce for dunking. Enjoy, Chef!



Chef's Tip

If the sauce forms a skin on top, give it a mix right before serving.

Nutritional Information

Per 100g

Energy	554kJ
Energy	132kcal
Protein	10.2g
Carbs	9g
of which sugars	1.5g
Fibre	2g
Fat	4g
of which saturated	1.9g
Sodium	60mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days