



UCOOK

Ostrich Stew & Cheesy Onion Bread

with leeks & chunky carrots

It's difficult to beat the aroma of freshly baked bread floating from the oven, especially if it's made with buttermilk, cheese & spring onion, Chef! This homely and heavenly bread will be served with a rich ostrich, red wine, and veggie medley stew. Garnished with toasted seeds.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Jade Summers

Adventurous Foodie

Vilafonté | Seriously Old Dirt 2021

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

250ml	Flour Mix <i>(247,5ml Cake Flour & 2,5ml Bicarbonate of Soda)</i>
125ml	Buttermilk
50g	Grated Mozzarella & Cheddar Cheese
1	Spring Onion <i>rinse, trim & finely slice</i>
150g	Free-range Ostrich Chunks
20g	Mixed Seeds <i>(10g Pumpkin Seeds & 10g Sunflower Seeds)</i>
100g	Leeks <i>trim at the base, rinse & cut in half lengthways</i>
120g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
1	Bell Pepper <i>rinse, deseed & cut ½ into bite-sized pieces</i>
3g	Fresh Thyme <i>rinse & pick</i>
30ml	Tomato Paste
30ml	Red Wine

From Your Kitchen

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

1. FRESHLY BAKED BREAD Preheat the oven to 220°C. Lightly grease and flour a cake or loaf tin. In a large bowl, combine the flour mix, and a pinch of salt. Add the buttermilk, the grated cheese, and the chopped spring onion (to taste). Mix until it forms a sticky dough. (Mix until just combined - don't overmix!) Add an extra splash of water if the dough is not coming together. Place on a floured surface and shape into a round ball big enough for the greased tin. (You don't need to knead the dough!) Place into the greased tin and cut a deep cross in the top of the dough with a sharp knife. Pop in the hot oven and bake until browned and cooked through, 25-30 minutes. Allow to cool before slicing.

2. O-YUM OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes (shifting occasionally). Remove from the pan. Season and set aside.

3. TOASTED SEEDS Place the mixed seeds in a pot over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. ADD SOME VEGGIES Roughly chop the halved leeks. Return the pot to medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the chopped leeks, and the diced carrots until soft, 2-3 minutes (shifting frequently). Add the chopped peppers and fry until lightly charred, 3-4 minutes (shifting occasionally).

5. THYME FOR THE WINE In the final minute, add the picked thyme, the tomato paste, the wine and fry until the wine has evaporated and fragrant, 1-2 minutes. Add 100ml of water and simmer until slightly thickening, 6-8 minutes. Add a sweetener and seasoning. In the final minute, add the fried meat and remove from the heat.

6. SHEW, WHAT A STEW! Bowl up the ostrich stew and garnish with the toasted seeds. Serve with the sliced cheesy onion bread on the side. Enjoy, Chef.

Nutritional Information

Per 100g

Energy	515kJ
Energy	123kcal
Protein	6.6g
Carbs	15g
of which sugars	2.6g
Fibre	1.7g
Fat	3.9g
of which saturated	1.5g
Sodium	98mg

Allergens

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

Eat
Within
4 Days