



UCCOOK

Paul Cluver's Sirloin & Cherry Sauce

with smashed potatoes

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Paul Cluver

Wine Pairing: Paul Cluver | Village Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	519kj	2766kj
Energy	124kcal	662kcal
Protein	8.3g	44.3g
Carbs	9g	49g
of which sugars	2.7g	14.5g
Fibre	0.8g	4.2g
Fat	2.6g	13.6g
of which saturated	1.2g	6.2g
Sodium	492mg	2623mg

Allergens: Cow's Milk, Allium, Sulphites, Alcohol

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potatoes <i>rinse</i>
3g	5g	Fresh Thyme <i>rinse & roughly chop</i>
1	1	Garlic Clove <i>peel & grate</i>
5ml	10ml	Cornflour
65ml	130ml	Wine Sauce <i>(15ml [30ml] Balsamic Vinegar & 50ml [100ml] Red Wine)</i>
50g	100g	Frozen Cherries
3g	5g	Fresh Rosemary <i>rinse, pick & finely chop</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
10ml	20ml	Red Wine Vinegar
20g	40g	Danish-style Feta <i>drain</i>
160g	320g	Beef Sirloin

From Your Kitchen

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

1. SMASHED POTATOES Preheat the oven to 220°C. Place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 10-15 minutes. Drain the potatoes and give them a generous drizzle of oil. Toss them together with ½ the thyme and the garlic. Spread them on a roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle over some oil and season. Roast in the hot oven until crispy, 25-30 minutes. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. CHERRY & WINE SAUCE In a bowl, mix the cornflour with 30ml [60ml] of warm water, and set it aside. Place a pan over medium heat. Add the cherries, the wine sauce, 5ml of sweetener, and the rosemary (to taste). Using a fork, lightly crush the cherries to break their skins. Add the cornflour slurry and simmer until slightly reduced, 4-5 minutes. Remove from the heat and stir through a knob of butter. Season, set aside, and cover.

3. GOOD. BETTER. FETA SALAD. In a bowl, toss together the salad leaves, the red wine vinegar (to taste) and olive oil. Crumble over the feta, season and set aside.

4. BUTTER-BASTED SIRLOIN 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 thyme. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. A TASTY TRIUMPH Plate up the crispy smashed potatoes. Side with the steak. Generously spoon the cherry sauce over the steak and side with the salad. Dinner is served, Chef!