



UCOOK

Weber's Beer-marinated Ostrich

**with a baby tomato and green leaf salad
& a truffle vinaigrette**


Take your Weber braai game to the ultimate level with ostrich steak and a fancy salad doused in truffle vinaigrette. Served with finger-licking good garlic bread, you can't go wrong with this one. Weather not playing along? It's a stove-top only recipe too! No excuses - you have to try it!


Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Adventurous Foodie

 Waterford Estate | Waterford The Library
Collection Edition: I-Tie 2017

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

Ingredients & Prep

160g	Free-range Ostrich Steak
1 bottle	Non-alcoholic Beer
10ml	NOMU Italian Rub
1	Lemon <i>½ zested & cut into wedges</i>
1	Garlic Clove <i>peeled & grated</i>
4g	Fresh Parsley <i>rinsed & finely chopped</i>
1	Sourdough Baguette <i>sliced in half lengthways</i>
20g	Green Leaves <i>rinsed</i>
40g	Danish-style Feta <i>drained</i>
5ml	Crispy Onions
100g	Baby Tomatoes <i>rinsed & halved</i>
15ml	Truffle Vinaigrette <i>(2,5ml Truffle Zest, 10ml White Wine Vinegar, 2,5ml Dijon Mustard)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Tinfoil (for Weber)
Paper Towel

1. DON'T WAIT - MARINATE! Pat the ostrich dry with paper towel. In a bowl, combine 150ml of the beer, the rub, ½ the lemon zest, a drizzle of oil, and seasoning. Add the ostrich steak and toss until coated. Cover and set aside to marinate for at least 15 minutes.

2. NO LOAFING AROUND In a small bowl, combine the grated garlic, ½ the chopped parsley, the remaining lemon zest, a squeeze of lemon juice, seasoning, and 20ml of oil. Place the halved baguette, cut-side down, on a chopping board and cut 4 horizontal incisions along the top of the baguette - don't cut all the way through! Smear each incision with the garlic oil. If you're using the Weber, wrap the bread in tinfoil.

3. WEBER BRAAI OPTION Once the coals are ready on the Weber and your grid is cleaned down, place the wrapped garlic bread over a cooler area of the coals. Braai for 10-15 minutes until browned and heated through, turning every 5 minutes. Place the marinated ostrich steak (reserving the marinade in the bowl) over the hottest area of the coals. Braai for 4-5 minutes for rare, 5-7 minutes for medium-rare, or 7-8 minutes for medium. Flip and baste the steak with the reserved marinade every 2 minutes. Remove from the grid and rest for 5 minutes. Season and thinly slice.

4. STOVE-TOP OPTION If you're cooking on the stove-top, place a pan or griddle pan over medium-high heat with a drizzle of oil. When hot, fry the steak (reserving the marinade in the bowl) for 2-3 minutes per side or until browned all over and cooked to your preference. In the final 1-2 minutes, add the reserved marinade and baste the steak. Remove from the pan and rest for 5 minutes before slicing and seasoning. While the steak is resting, return the pan to a medium-high heat. When hot, add the garlic bread and brown for 5-8 minutes, flipping every 5 minutes.

5. YOU'RE SUCH A TRUFFLE MAKER! In a salad bowl, combine the rinsed green leaves, the drained feta, the crispy onions, the halved baby tomatoes, the truffle vinaigrette (to taste), a drizzle of oil, and seasoning. Set aside.

6. LEKKER DINNER Plate up the ostrich slices. Sprinkle over the remaining parsley. Side with the dressed salad, the garlic bread, and any remaining lemon wedges. Cheers, Chef!



Chef's Tip

If you're using a charcoal Weber, prepare enough coals for a hot fire. Alternatively, you can also use a Weber Genesis Gas braai to cook this tasty meal.

Nutritional Information

Per 100g

Energy	505kj
Energy	121kcal
Protein	8.9g
Carbs	14g
of which sugars	2g
Fibre	1.5g
Fat	3.5g
of which saturated	1.6g
Sodium	273mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days