



Eat Within 4 Days

UCCOOK

Ostrich Stew & Cheesy Onion Bread

with leeks & chunky carrots

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Niñída | Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	515kJ	5296kJ
Energy	123kcal	1267kcal
Protein	6.6g	68.4g
Carbs	15g	150g
of which sugars	2.6g	27.2g
Fibre	1.7g	17.7g
Fat	3.9g	39.6g
of which saturated	1.5g	14.9g
Sodium	98mg	1005mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750ml	1000ml	Flour Mix (742,5ml [990ml] Cake Flour & 7,5ml [10ml] Bicarbonate of Soda)
375ml	500ml	Buttermilk
150g	200g	Grated Mozzarella & Cheddar Cheese
2	2	Spring Onions <i>rinse, trim & finely slice</i>
450g	600g	Free-range Ostrich Strips
60g	80g	Mixed Seeds (30g [40g] Pumpkin Seeds & 30g [40g] Sunflower Seeds)
300g	400g	Leeks <i>trim at the base, rinse & cut in half lengthways</i>
360g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into bite-sized pieces</i>
8g	10g	Fresh Thyme <i>rinse & pick</i>
90ml	125ml	Tomato Paste
90ml	125ml	Red Wine

From Your Kitchen

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

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 cheese, and the 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, 1-2 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 pot and set aside.

4. ADD SOME VEGGIES Roughly chop the leeks. Return the pot to medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the leeks, and the carrots until soft, 2-3 minutes (shifting frequently). Add the peppers and fry until lightly charred, 4-6 minutes (shifting occasionally).

5. THYME FOR THE WINE In the final minute, add the thyme, the tomato paste, the wine and fry until the wine has evaporated and fragrant, 1-2 minutes. Add 300ml [400ml] of water and simmer until slightly thickening, 8-10 minutes. Add a sweetener (to taste) 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.