



UCOOK

Ostrich Au Poivre

with French fries & a crème fraîche
peppercorn sauce

There's nothing quite like the combo of steak, creamy pepper sauce, crispy chips, and fresh salad. Here, this classic is at its best with ostrich fillet lathered in a French-style au poivre sauce of rainbow peppercorns, garlic, and crème fraîche.


Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett

 Easy Peasy

 Steenberg Vineyards | Stately Cabernet
Savignon/Shiraz

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Ingredients & Prep

200g	Potato <i>peeled (optional) & cut into skinny, 1cm thick chips</i>
15g	Almonds
5ml	Rainbow Peppercorns
2,5ml	Beef Stock
15ml	Salad Dressing <i>(10ml Willow Creek Cabernet Sauvignon Vinegar & 5ml Honey)</i>
50g	Cucumber <i>sliced into half-moons</i>
20g	Radish <i>rinsed & sliced into thin rounds</i>
20g	Green Leaves <i>rinsed</i>
1	Garlic Clove <i>peeled & grated</i>
30ml	Crème Fraîche
150g	Free-range Ostrich Fillet

From Your Kitchen

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

1. CHIP! CHIP! HOORAY! Preheat the oven to 200°C. Generously cover the base of a roasting tray with oil. Add in the potato chips, season well with salt and pepper, and toss until coated. Spread out in a single layer and roast in the hot oven for 30-35 minutes.

2. IT'S PREP TIME Boil the kettle. Place the almonds in a pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle. Coarsely crush the peppercorns using a pestle and mortar or the back of a large, sturdy knife. Dilute the stock with 60ml of boiling water. Set the stock and peppercorns aside.

3. ALL CRUNCHED UP In a small bowl, whisk together the salad dressing, 1 tbsp of olive oil, and seasoning. Place the cucumber half-moons, radish rounds, rinsed green leaves, and ½ of the chopped almonds in a bowl. Toss through the dressing to taste and set aside for serving.

4. LET'S GET SAUCY When the chips reach the halfway mark, gently shift and drain any excess oil — lose it or reuse it! Return to the oven for the remaining time until cooked and crispy. Return the pan to a medium heat with a drizzle of oil. When hot, sauté the grated garlic and crushed peppercorns for 30-60 seconds until fragrant. Stir in the stock and simmer for 2-3 minutes until slightly reduced. Remove from the heat, whisk in the crème fraîche, and season to taste. If too thin, return to a low heat and simmer until thickened, stirring occasionally. Transfer to a bowl, cover to keep warm, and set aside for serving.

5. THE STEAKS ARE HIGH When the chips have 10-15 minutes remaining, wipe down the pan and return it to a medium heat with another drizzle of oil. Pat the steak dry with paper towel. When the pan is hot, fry for 8-10 minutes, shifting and turning until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) During the final 1-2 minutes, baste with a knob of butter (optional). Remove from the pan on completion and set aside to rest for 5 minutes before thinly slicing and lightly seasoning.

6. ET VOILÀ! Lay out the juicy slices of ostrich and smother in the creamy peppercorn sauce. Side with the crispy chips and the salad, and sprinkle over the remaining chopped almonds. You just can't beat the classics!

Nutritional Information

Per 100g

Energy	531kJ
Energy	127Kcal
Protein	8.3g
Carbs	10g
of which sugars	2.7g
Fibre	1.6g
Fat	5.9g
of which saturated	2.2g
Sodium	129mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days