



UCCOOK

Potjie-style Ostrich & Umngqusho

with pickled julienne beetroot

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Sophie Germanier Organic | Pinotage Organic

Nutritional Info

	Per 100g	Per Portion
Energy	395kJ	3212kJ
Energy	95kcal	768kcal
Protein	5.8g	47.3g
Carbs	13g	102g
of which sugars	2.8g	22.6g
Fibre	2.5g	20.6g
Fat	1.9g	15.1g
of which saturated	0.5g	3.7g
Sodium	102mg	828mg

Allergens: Allium, Sulphites

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150ml	300ml	Samp <i>rinse</i>
60g	120g	Red Kidney Beans <i>drain & rinse</i>
50ml	100ml	Apple Cider Vinegar
75g	150g	Julienne Beetroot
150g	300g	Free-range Ostrich Chunks
1	1	Onion <i>peel & roughly slice</i>
120g	240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
1	2	Garlic Clove/s <i>peel & grate</i>
20ml	40ml	Tomato Paste
15ml	30ml	Worcestershire Sauce
15ml	30ml	Potjie Spice <i>(5ml [10ml] Dried Thyme, 5ml [10ml] Smoked Paprika & 5ml [10ml] Medium Curry Powder)</i>
100g	200g	Cooked Chopped Tomato

From Your Kitchen

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

1. UMNGQUSHO Place the samp in a pot with 300ml [600ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and allow to simmer until cooked through, 20-30 minutes, with the lid of the pot at an angle. Drain the water on completion if necessary and return the pot to medium heat. Add the beans and a generous knob of butter. Cook until the beans are warmed through, 3-4 minutes. Remove from the heat and add seasoning.

2. PICKLING LIQUID In a salad bowl, combine the vinegar with 15ml [30ml] of sweetener. Add the beetroot, toss to combine, and set aside in the fridge. Drain the pickling liquid just before serving.

3. OSTRICH Place a pot 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 pot.

4. POTJIE-STYLE Return the pot to medium heat with a drizzle of oil. Fry the onion and carrot until golden, 6-8 minutes. Add the garlic, the tomato paste, the Worcestershire sauce, and potjie spice. Fry until fragrant, 2-3 minutes, and stir in the cooked chopped tomatoes. Add 150ml [300ml] of water. Simmer gently until thickened, 12-15 minutes. In the final 1-2 minutes, mix in the ostrich, a sweetener (to taste), and seasoning.

5. TIME TO EAT Make a bed of samp in a shallow bowl, top with the potjie-style ostrich, and side with the pickled beetroot. Isidlo sangokuhlwa silungile, Chef (Dinner is ready, Chef).