



UCOOK

Homemade Ostrich Pot Pie

with handmade shortcrust pastry & red wine

Hold onto your hats (and forks), because this recipe will knock your socks off. We're talking tender, juicy ostrich in a rich, red wine gravy with leeks, mushrooms, carrots, and peas. Topped with a flaky, golden homemade pastry crust. Trust us, this is one pot pie you don't want to miss.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

Adventurous Foodie

Vilafonté | Seriously Old Dirt 2021

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

Ingredients & Prep

200ml	Cake Flour
50g	Butter <i>cut into small cubes</i>
100g	Leeks <i>trim at the base, cut in half lengthways, rinse & finely slice</i>
120g	Carrot <i>rinse, trim, peel & finely dice</i>
150g	Free-range Ostrich Chunks <i>cut into bite-sized pieces</i>
125g	Button Mushrooms <i>wipe clean & roughly slice</i>
10ml	NOMU Provençal Rub
50ml	Red Wine
7,5ml	NOMU Beef Stock
50g	Peas
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Cling Wrap
Egg/s
Milk
Rolling Pin

1. MIX THE DOUGH Preheat the oven to 200°C. Boil a kettle. Place 160ml (about $\frac{2}{3}$) of the flour in a bowl. Using your fingers, rub the butter cubes into the flour. The final mixture should look like coarse breadcrumbs. In a separate bowl, whisk 1 egg and a pinch of salt. Using a fork, mix in $\frac{1}{2}$ of the egg into the flour mixture. Using your hands, bring the dough together. You don't want to over knead the mixture! Wrap in cling wrap and set aside in the fridge.

2. FAB FILLING Place a pot over medium-high heat with a drizzle of oil. When hot, fry the sliced leeks and diced carrots until soft, 3-4 minutes (shifting occasionally). Add the ostrich pieces, the sliced mushrooms, and the NOMU rub. Fry until fragrant, 2-3 minutes (shifting occasionally). Add 1 tbsp of the remaining flour and the wine. Mix until the flour is incorporated. Add the beef stock and 100ml of boiling water. Simmer, uncovered, until the ostrich is soft and the sauce has reduced, 3-4 minutes. If the meat is not soft, add an extra splash of water and continue simmering until soft. In the final minute, mix through the peas and seasoning.

3. GOLDEN PASTRY Sprinkle some of the remaining flour on a flat surface. Remove the pastry from the fridge and place on the sprinkled flour. Dust a rolling pin (or bottle) and roll out the dough until it's thin. Spoon the pie filling into a small, deep oven-proof dish. Carefully lay the rolled out shortcrust pastry on top of the pie filling, trim off any excess, and push down the edges to seal. Lightly brush the top of the pastry with milk and use a knife to pierce a few holes in the pastry. Bake in the hot oven until the pastry is golden and cooked through, 20-25 minutes.

4. PIE TIME! Serve up a hearty helping of ostrich pot pie. Scatter over the chopped parsley and it's time to eat!



Chef's Tip

If you're feeling fancy, use a fork to crimp the edges of the pastry to create a pretty pattern! If you have any leftover egg after making the pastry, use it to brush the top of the pastry before baking.

Nutritional Information

Per 100g

Energy	680kj
Energy	163kcal
Protein	6.9g
Carbs	16g
of which sugars	2.2g
Fibre	2g
Fat	7.6g
of which saturated	3.5g
Sodium	160mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Alcohol, Cow's Milk

Eat
Within
3 Days