



UCCOOK

Café Au Lait Sauce & Venison

with creamy mash & a radish salad

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Groote Post Winery | Groote Post Salt of the Earth Red blend

Nutritional Info

	Per 100g	Per Portion
Energy	442kJ	2651kJ
Energy	106kcal	634kcal
Protein	10.1g	60.6g
Carbs	8g	45g
of which sugars	1.3g	8g
Fibre	1.6g	9.6g
Fat	4.6g	27.7g
of which saturated	2.2g	13.5g
Sodium	144mg	865mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse & cut into bite-sized pieces</i>
10g	20g	Hazelnuts <i>roughly chop</i>
15ml	30ml	Red Wine Vinegar
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Radish <i>rinse & thinly slice</i>
125g	250g	Button Mushrooms <i>wipe clean & roughly slice</i>
5ml	10ml	Beef Stock
1	1	Ground Coffee Sachet
50ml	100ml	Crème Fraîche
160g	320g	Free-range Venison Rump
3g	5g	Fresh Thyme <i>rinse</i>

From Your Kitchen

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

1. MAKE THE MASH Place the potato into a pot of salted water. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. HAZELNUTS Boil the kettle. Place the hazelnuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and roughly chop. Set aside.

3. SALAD In a bowl, combine the vinegar, a drizzle of olive oil, a sweetener (to taste), and add seasoning. Just before serving, toss through the salad leaves and the radish.

4. MUSHIES Return the pan to medium-high heat with a drizzle of oil. Fry the mushrooms until soft and golden, 4-5 minutes (shifting as they colour). Remove from the pan and season.

5. CAFÉ AU LAIT SAUCE Place a saucepan over medium heat with 100ml [150ml] of boiling water, the stock, and ½ [all] the ground coffee. Simmer until slightly reduced, 3-5 minutes. Add the mushrooms and ½ the hazelnuts. Remove from the heat and stir through the crème fraîche. Loosen with a splash of water if the sauce is too thick. Season, add a sweetener (to taste), and cover.

6. VENISON Return the pan to medium-high heat with a drizzle of oil. Pat the venison dry with paper towel. Sear the venison until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter and the thyme. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

7. DIVE IN! Plate up the succulent venison slices and pour over the café au lait sauce. Side with the mash and the radish salad. Sprinkle over the remaining hazelnuts. Well done, Chef!