



UCCOOK

Potjie-style Ostrich & Umngqusho

with pickled julienne beetroots

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Fan Faves: Serves 3 & 4

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 3	[Serves 4]	
450ml	600ml	Samp <i>rinse</i>
180g	240g	Red Kidney Beans <i>drain & rinse</i>
150ml	200ml	Apple Cider Vinegar
225g	300g	Julienne Beetroot
450g	600g	Free-range Ostrich Chunks
2	2	Onions <i>peel & roughly slice</i>
360g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
3	4	Garlic Cloves <i>peel & grate</i>
60ml	80ml	Tomato Paste
45ml	60ml	Worcestershire Sauce
45ml	60ml	Potjie Spice <i>(15ml [20ml] Dried Thyme, 15ml [20ml] Smoked Paprika & 15ml [20ml] Medium Curry Powder)</i>
300g	400g	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 900ml [1.2l] of salted water. Cover with a lid and bring to a boil. Reduce the heat and allow to simmer for 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, 4-5 minutes. Remove from the heat and add seasoning.

2. PICKLING LIQUID In a salad bowl, combine the vinegar with 45ml [60ml] 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 450ml [600ml] of water. Simmer gently until thickened, 20-25 minutes. In the final 2-3 minutes, mix in the ostrich, a sweetener (to taste), and seasoning.

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