



# UCCOOK

## Potato au Gratin & Ostrich Steak

with caramelised onion & a baby marrow ribbon salad

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Morgan Otten

**Wine Pairing:** Stettyn Wines | Stettyn Family Range Merlot

Nutritional Info	Per 100g	Per Portion
Energy	350kJ	2619kJ
Energy	84kcal	626kcal
Protein	7g	52.6g
Carbs	8g	61g
of which sugars	2.2g	16.6g
Fibre	1.3g	9.8g
Fat	2.7g	19.9g
of which saturated	1.1g	8.4g
Sodium	78mg	583mg

**Allergens:** Cow's Milk, Gluten, Allium, Wheat, Sulphites

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel &amp; roughly slice ½ [1]</i>
5ml	10ml	Cake Flour
50ml	100ml	Low Fat Fresh Milk
1	1	Garlic Clove <i>peel &amp; grate</i>
30g	60g	Cheddar Cheese
200g	400g	Potato <i>rinse, peel &amp; thinly slice into rounds</i>
100g	200g	Baby Marrow <i>rinse, trim &amp; peel into ribbons</i>
20g	40g	Green Leaves <i>rinse &amp; roughly shred</i>
10ml	20ml	Lemon Juice
20g	40g	Pitted Green Olives <i>drain &amp; roughly chop</i>
160g	320g	Free-range Ostrich Steak

## From Your Kitchen

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

**1. CARAMELISED ONIONS** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and set aside.

**2. READY THE ROUX** Place a pot over medium heat with 10g [20g] of butter. Once melted, vigorously mix in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk and the garlic. Once the milk is incorporated, add ½ the cheese. Season and remove from the heat. Mix through the potato and the caramelised onions. Add a splash of water or milk (optional) if the sauce is too thick.

**3. ASSEMBLE THE GRATIN** Lightly grease an ovenproof dish and spread out the potato and caramelised onion mixture. Scatter over the remaining cheese. Roast in the hot oven until the potatoes are soft (when poked with a knife), 25-30 minutes. In the final 5 minutes, turn the heat up to grill to brown the cheese.

**4. FRESHNESS** In a salad bowl, toss together the baby marrow, the green leaves, the lemon juice (to taste), the olives, a drizzle of olive oil, and seasoning. Set aside.

**5. OH-YUM OSTRICH** Place a clean pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

**6. RESTAURANT QUALITY MEAL** Plate up the juicy ostrich slices alongside the creamy potato gratin. Serve the fresh salad on the side and get ready to dive in!