



UCOOK

KWV's Spicy Beef & Homemade Roosterkoek

with pickled onion & green leaves

What's more South African than making braai-inspired bread? This classic gets a culinary upgrade with NOMU Roast Rub-spiced beef slices, fresh greens, pickled onion, a spicy hit of fresh chilli and chimichurri sauce. This becomes the fulfilling filling for freshly made, homemade, hot-out-of-the-oven roosterkoek.

Hands-on Time: 60 minutes

Overall Time: 70 minutes

Serves: 4 People

Chef: KWV Winery

Adventurous Foodie

KWV - The Mentors | KWV The Mentors
Canvas

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

Ingredients & Prep

80ml	White Wine Vinegar
2	Onions <i>peel & finely slice</i>
40ml	NOMU Roast Rub
40ml	Cake Flour
1L	Roosterkoek Mix
1 unit	Instant Yeast
640g	Free-range Beef Rump
80g	Green Leaves <i>rinse</i>
160ml	Pesto Princess Chimichurri Sauce
2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
200g	Cucumber <i>rinse & cut into half-moons</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. PICKLED ONION Preheat the oven to 220°C. In a bowl, combine the vinegar, 20ml of sweetener, and seasoning. Toss through the sliced onion and set aside to pickle. Drain right before serving.

2. ROOSTERKOEK DOUGH In a bowl, combine ½ the NOMU rub with a generous drizzle of oil. Place the roosterkoek mix in a separate bowl and 10ml of yeast. Gradually add lukewarm water enough to form a dough. Knead the dough until smooth and elastic. Add to a greased bowl and cover with a cling wrap or damp cloth. Let it rise in a warm place, 20-25 minutes.

3. RISE AND SHINE Once risen, punch the dough down and shape it into 8 small flat rounds or ovals. Place them onto a greased baking tray, and brush with the rub & oil mix. Bake in the hot oven until golden brown and cooked through, 20-25 minutes.

4. BUTTER-BASTED STEAK Place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak, fat-side down, until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter and the remaining NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. FILL WITH FLAVOUR Cut open and butter the roosterkoek (be careful not to cut all the way through!) before filling with the steak slices, ½ the pickled onions, ½ the rinsed green leaves, the chimichurri sauce, and the sliced chilli (to taste).

6. SIDE SALAD In a salad bowl, toss together the remaining green leaves, the cucumber half-moons, the remaining pickled onion, a drizzle of olive oil, and seasoning.

7. TASTE THE TRADITION Plate up the filled roosterkoek and side with the salad. Drizzle over any remaining chimichurri and scatter over any remaining chilli (to taste). Dig in, Chef!



Chef's Tip

If you have the time, prepare the dough earlier to give it time to rise, making the dinner preparation quicker when it's time to cook.

Nutritional Information

Per 100g

Energy	846kJ
Energy	202kcal
Protein	9.9g
Carbs	28g
of which sugars	3.7g
Fibre	2.6g
Fat	3.5g
of which saturated	0.8g
Sodium	304mg

Allergens

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

Eat
Within
4 Days