



UCOOK

Ostrich Steak & Mulled Wine Sauce

with smashed baby potatoes & green beans


At UCOOK, we think it's always time to spread festive cheer through food, and this recipe will definitely share the merriness. A butter & rosemary infused ostrich steak is generously drizzled with a spicy & sweet mulled wine sauce. Happily sharing the plate as sides are smashed oven roasted baby potatoes and a hazelnut, green bean & onion medley.


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Rhea Hsu

 Adventurous Foodie

 Waterford Estate | Waterford Antigo

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Ingredients & Prep

500g	Baby Potatoes <i>rinsed</i>
1	Red Onion <i>peeled & sliced into wedges</i>
200g	Green Beans <i>rinsed, trimmed & halved</i>
20g	Hazelnuts <i>roughly chopped</i>
100ml	Red Wine
7g	Whole Spice Mix <i>(2 Star Anise, 1 Cinnamon Stick & 4 Cloves)</i>
10ml	Cornflour
40ml	Orange Juice Mix <i>(20ml Orange Juice & 20ml Maple Syrup)</i>
20ml	NOMU Beef Stock
5g	Fresh Rosemary <i>rinsed</i>
320g	Free-range Ostrich Steak

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. POTATOES Preheat the oven to 200°C. Place the rinsed baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 10-15 minutes. Drain and set aside.

2. ONIONS & BEANS Spread out the onion wedges on a roasting tray. Coat in oil and season. Roast until cooked through, 25-30 minutes. Place the halved green beans in a bowl and toss with a drizzle of oil and seasoning. After the onion has been in for 10 minutes, scatter over the dressed green beans and roast for the remaining time. When there are 5 minutes remaining, scatter over the chopped hazelnuts.

3. WINE SAUCE Boil the kettle. Place the wine and spice mix in a saucepan over medium heat. Simmer until reduced by half, 1-2 minutes. In a small bowl, add 10ml of cold water and the cornflour. Mix until there are no lumps. Add the orange juice mix, beef stock, cornflour slurry and 100ml boiling water to the spiced wine. Reduce until thickened, 1-2 minutes. Cover and set aside to allow the whole spices to infuse.

4. SMASHED POTATOES Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, press down, splitting the skin, but keeping them in one piece. Drizzle with oil, scatter over ½ the rinsed rosemary sprigs, and season. Roast in the hot oven until crispy, 15-20 minutes.

5. OSTRICH STEAK Place a 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 and the remaining rosemary sprigs. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

6. FINISH UP Return the pot of mulled wine sauce to a medium heat. Bring it up to a simmer until heated through, 1-2 minutes. Loosen with a splash of water if it is too thick. Remove the whole spices, discard and season.

7. MERRY FOR DINNER! Plate up the steak slices and drizzle over the mulled wine sauce. Side with the smashed baby potatoes and the roasted nuts & veggies.

Nutritional Information

Per 100g

Energy	366kJ
Energy	87kcal
Protein	6.4g
Carbs	11g
of which sugars	3.7g
Fibre	1.7g
Fat	1.7g
of which saturated	0.3g
Sodium	141mg

Allergens

Allium, Tree Nuts, Alcohol

Cook
within
4 Days