



# UCOOK

## Café Au Lait Sauce & Ostrich

with creamy mash & a radish salad

Savour the unique flavour of ostrich steak in a rich café au lait sauce. Paired with creamy potato mash and a fresh salad for a decadent and satisfying meal.

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**Hands-on Time:** 40 minutes

**Overall Time:** 45 minutes


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**Serves:** 4 People


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**Chef:** Rhea Hsu

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 Adventurous Foodie

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 Laborie Estate | Laborie Merlot 2021

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## Ingredients & Prep

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800g	Potato <i>rinsed, peeled &amp; cut into bite-sized chunks</i>
40g	Hazelnuts
60ml	Red Wine Vinegar
80g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
80g	Radish <i>rinsed &amp; thinly sliced</i>
500g	Button Mushrooms <i>wiped clean &amp; roughly sliced</i>
20ml	Beef Stock
2	Ground Coffee Sachets
200ml	Crème Fraîche
640g	Free-range Ostrich Steak
10g	Fresh Thyme <i>rinsed</i>

## From Your Kitchen

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

**1. MAKE THE MASH** Place the potato pieces into a pot of salted water. Bring to the boil and cook until soft, 20-25 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, and seasoning. Just before serving, toss through the rinsed salad leaves and the sliced radish.

**4. MUSHIES** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced 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 250ml of boiling water, the stock, and the ground coffee. Simmer until slightly reduced, 3-5 minutes. Add the fried mushrooms and ½ the toasted 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, and cover.

**6. OSTRICH** Return the pan to 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 rinsed thyme. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

**7. DIVE IN!** Plate up the succulent ostrich 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!

## Nutritional Information

Per 100g

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Energy	420kJ
Energy	100kcal
Protein	7.5g
Carbs	8g
of which sugars	1.5g
Fibre	1.7g
Fat	5.4g
of which saturated	2.5g
Sodium	28mg

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## Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook  
within 3  
Days