



UCCOOK

Deetlefs Cherry Ostrich

with polenta fries

Hands-on Time: 50 minutes

Overall Time: 60 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Deetlefs Winery

Wine Pairing: Deetlefs Wine Estate | Deetlefs Estate Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	786kJ	4718kJ
Energy	188kcal	1128kcal
Protein	8.6g	51.4g
Carbs	17g	102g
of which sugars	5.1g	30.5g
Fibre	1.3g	7.8g
Fat	8.1g	48.4g
of which saturated	3.3g	19.8g
Sodium	447mg	2686mg

Allergens: Cow's Milk, Egg, Allium, Sulphites, Tree Nuts, Alcohol

Spice Level: None

Eat Within 5 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Polenta
25ml	50ml	Grated Italian-style Hard Cheese
50ml	100ml	Crème Fraîche
5ml	10ml	Cornflour
1	1	Onion <i>peel & finely slice ½ [1]</i>
3g	5g	Fresh Thyme <i>rinse</i>
75ml	150ml	Wine Sauce <i>(60ml [120ml] Red Wine & 15ml [30ml] Balsamic Reduction)</i>
50g	100g	Cherries
15g	30g	Almonds <i>roughly chop</i>
20g	40g	Green Leaves <i>rinse</i>
20g	40g	Danish-style Feta <i>drain</i>
150g	300g	Free-range Ostrich Chunks

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Cling Wrap
Butter

1. POLENTA: PHASE ONE Boil the kettle. Place 30ml [60ml] of polenta in a shallow bowl and set aside for step 5. Prepare a flat dish lined with cling wrap or baking paper. Place a pot over high heat with 250ml [500ml] of boiling water and ¼ [½] tsp of salt. Once boiling, slowly whisk in the remaining polenta until there are no lumps. Reduce the heat and cook until the polenta is soft and creamy, 5-8 minutes (whisking often). Use a spoon when it gets too thick to whisk. Remove the pot from the heat and stir through a knob of butter, the cheese, and the crème fraîche. Immediately pour into the lined dish and spread out evenly in a single layer, 1.5-2cm thick. Gently press down with a spoon to ensure it's compressed. Pop in the fridge to cool for at least 20-25 minutes.

2. CHERRY, WINE & THYME SAUCE In a small bowl, add 5ml of cold water and the cornflour. Mix until there are no lumps. Place a pot over medium heat with a drizzle of oil. When hot, fry the onion until turning golden, 5-6 minutes (shifting occasionally). In the final 1-2 minutes, add the thyme. Mix in the wine sauce and the cornflour slurry. Simmer until it has reduced by half (stirring occasionally). Add the cherries, break them up with a wooden spoon and cook for 1-2 minutes. Remove from the heat and discard the thyme stalks. Add a knob of butter and seasoning. Set aside and cover to keep warm. You may need to reheat the sauce before serving.

3. ALL THE ALMONDS Place the almonds in a large pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. FETA SALAD In a salad bowl, combine the green leaves, the almonds, the feta and a drizzle of olive oil. Set aside.

5. POLENTA: PHASE TWO Once the polenta has cooled, gently flip it out onto a chopping board and remove the lining. Using a sharp knife, slice the polenta into rectangular "fries". Roll the fries in the reserved, uncooked polenta until evenly coated. Return the large pan to high heat with 2-3cm of oil. When hot, cook the fries in batches until crispy, 2-3 minutes (shifting as they colour). Drain on paper towel.

6. O YUM OSTRICH Place another 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 (shifting occasionally). Remove from the pan. Season and set aside.

7. STUNNING SUPPER Serve the juicy ostrich and top with the cherry sauce. Side with the crispy polenta fries and the light salad. Grubs up, Chef!