

UCCOOK

Potato au Gratin & Ostrich Steak

with caramelised onion & a baby marrow ribbon salad

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Fan Faves: Serves 3 & 4

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 3 [Serves 4]

2	2	Onions <i>peel & roughly slice 1½ [2]</i>
15ml	20ml	Cake Flour
150ml	200ml	Low Fat Fresh Milk
2	2	Garlic Cloves <i>peel & grate</i>
90g	120g	Cheddar Cheese
600g	800g	Potato <i>rinse, peel & thinly slice into rounds</i>
300g	400g	Baby Marrow <i>rinse, trim & peel into ribbons</i>
60g	80g	Green Leaves <i>rinse & roughly shred</i>
30ml	40ml	Lemon Juice
60g	80g	Pitted Green Olives <i>drain & roughly chop</i>
480g	640g	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, 10-12 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 30g [40g] 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), 30-35 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!