



UCCOOK

German-Style Beef & Creamy Polenta

with sauerkraut & a fresh salad

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	634kJ	3161kJ
Energy	152kcal	756kcal
Protein	8.7g	43.2g
Carbs	11g	53g
of which sugars	2.2g	10.9g
Fibre	1.2g	6g
Fat	5.5g	27.6g
of which saturated	2.7g	13.6g
Sodium	97mg	486mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50ml	100ml	Polenta
50ml	100ml	Crème Fraîche
10ml	20ml	Wholegrain Mustard
1	1	Spring Onion <i>rinse, trim & finely slice</i>
160g	320g	Beef Sirloin
10ml	20ml	Beef Stock Mix <i>5ml [10ml] Beef Stock & 5ml [10ml] Cornflour</i>
1	1	Onion <i>peel & finely slice ½ [1]</i>
20g	40g	Green Leaves <i>rinse</i>
20g	40g	Radish <i>rinse & slice into thin rounds</i>
10ml	20ml	Lemon Juice
25g	50g	Sauerkraut

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Blender

Butter

1. LOADED POLENTA Bring a pot with 250ml [500ml] of water to a boil. Slowly whisk in the polenta until there are no lumps. Reduce the heat and cook until the polenta is soft and creamy, 5-6 minutes (whisking often). Remove the pot from the heat and stir through a knob of butter, the crème fraîche, mustard (to taste), spring onion (to taste), and seasoning. Loosen with a splash of warm water if it's too thick just before serving.

2. JUICY 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. BEEF GRAVY Combine the beef stock mix with 100ml [200ml] of water. Return the pan to medium heat with a drizzle of oil if necessary. Fry the onion until soft, 3-4 minutes. Mix in the beef stock mixture and simmer until warmed through and the gravy has thickened, 3-4 minutes (stirring occasionally).

4. JUST BEFORE SERVING In a salad bowl, combine the green leaves, the radish, the lemon juice (to taste), a drizzle of olive oil, and season.

5. GUTEN APPETIT! Dish up the polenta, side with the sliced beef, and spoon over the gravy. Garnish with the sauerkraut and serve alongside the crisp salad. Well done, Chef!

Chef's Tip Polenta thickens as it cools. Keep it warm or stir in a bit of hot water or milk to loosen before serving.