



# UCCOOK

## Beef Rump & Cheesy Potato Bake

with caramelised onion & a sun-dried tomato salad

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Morgan Otten

**Wine Pairing:** Stettyn Wines | Stettyn Family Range  
Cabernet Sauvignon

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 492kJ    | 3201kJ      |
| Energy             | 118kcal  | 766kcal     |
| Protein            | 8.1g     | 52.7g       |
| Carbs              | 10g      | 64g         |
| of which sugars    | 2.4g     | 15.3g       |
| Fibre              | 1.6g     | 10.4g       |
| Fat                | 4.1g     | 26.5g       |
| of which saturated | 1.8g     | 11.5g       |
| Sodium             | 62mg     | 405mg       |

**Allergens:** Sulphites, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                             |
|----------|------------|-------------------------------------------------------------|
| 2        | 2          | Onions<br><i>peel &amp; roughly slice 1½ [2]</i>            |
| 15ml     | 20ml       | Cake Flour                                                  |
| 150ml    | 200ml      | Low Fat UHT Milk                                            |
| 2        | 2          | Garlic Cloves<br><i>peel &amp; grate</i>                    |
| 90g      | 120g       | Grated Cheddar Cheese                                       |
| 600g     | 800g       | Potato<br><i>rinse, peel &amp; thinly slice into rounds</i> |
| 30ml     | 40ml       | Lemon Juice                                                 |
| 60g      | 80g        | Green Leaves<br><i>rinse</i>                                |
| 60g      | 80g        | Sun-dried Tomatoes<br><i>roughly chop</i>                   |
| 480g     | 640g       | Beef Rump                                                   |
| 8g       | 10g        | Fresh Rosemary<br><i>rinse</i>                              |

## From Your Kitchen

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

**1. CARAMELISED ONIONS** Preheat the oven to 200°C. 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 (to taste). 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 a shallow 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. FOR FRESHNESS** In a salad bowl, combine the lemon juice with a drizzle of olive oil and mix to emulsify. Add the green leaves and sun-dried tomatoes, and toss to coat.

**5. OH-YUM RUMP** 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 and the rosemary. Remove from the pan, discard the rosemary, and rest for 5 minutes before slicing and seasoning.

**6. RESTAURANT QUALITY MEAL** Plate up the juicy beef slices alongside the creamy potato gratin. Serve the fresh salad on the side and get ready to dive in!