



QCOOK

Beef Rump & Potato au Gratin

with caramelised onion & a cucumber ribbon salad

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: Morgan Otten

Wine Pairing: Waterford Estate | Waterford Grenache Noir

Nutritional Info	Per 100g	Per Portion
Energy	444kj	3242kj
Energy	106kcal	776kcal
Protein	7.1g	52g
Carbs	8g	59g
of which sugars	1.7g	12.1g
Fibre	1.2g	9g
Fat	3.6g	26.2g
of which saturated	1.5g	11.3g
Sodium	91mg	663mg

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 <i>peel & roughly slice 1½ [2]</i>
15ml	20ml	Cake Flour
150ml	200ml	Low Fat UHT Milk
2	2	Garlic Cloves <i>peel & grate</i>
90g	120g	Grated Cheddar Cheese
600g	800g	Potato <i>rinse, peel & thinly slice into rounds</i>
300g	400g	Cucumber <i>rinse, trim & peel into ribbons</i>
30ml	40ml	Lemon Juice
60g	80g	Pitted Green Olives <i>drain & roughly chop</i>
480g	640g	Beef Rump
8g	10g	Fresh Thyme <i>rinse</i>

From Your Kitchen

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

1. CARMELISED 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, toss together the cucumber, lemon juice (to taste), olives, a drizzle of olive oil, and seasoning. Set aside.

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 thyme. Remove from the pan, discard the thyme, 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!