

UCOOK

Ostrich & Potato au Gratin

with caramelised onion & a baby marrow ribbon salad

This potato au gratin bake is the best you'll ever make, Chef! A French classic, you can't go wrong with a cheesy, creamy roux coating potatoes & caramelised onion covered with a grilled-cheese crust. This is accompanied by juicy, browned ostrich slices and a refreshing green salad with olives & baby marrow ribbons. Can we get a 'voilà'?

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Morgan Otten

 Fan Faves

 Waterford Estate | Waterford Chardonnay

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1	Onion <i>peel & roughly slice ½</i>
5ml	Cake Flour
50ml	Low Fat Fresh Milk
1	Garlic Clove <i>peel & grate</i>
30g	Cheddar Cheese
200g	Potato <i>rinse, peel & thinly slice into rounds</i>
100g	Baby Marrow <i>rinse, trim & peel into ribbons</i>
20g	Green Leaves <i>rinse & roughly shred</i>
10ml	Lemon Juice
20g	Pitted Green Olives <i>drain & roughly chop</i>
160g	Free-range Ostrich Steak

From Your Kitchen

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

1. CARAMELISED ONIONS Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 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 10g 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 grated garlic. Once the milk is incorporated, add ½ the grated cheese. Season and remove from the heat. Mix through the potato rounds 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 & caramelised onion mixture. Scatter over the remaining grated cheese. Roast in the hot oven until the potatoes are soft (when poked with a knife), 25-30 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 ribbons, the shredded leaves, the lemon juice (to taste), the chopped 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!

Nutritional Information

Per 100g

Energy	362kJ
Energy	87kcal
Protein	7.5g
Carbs	8g
of which sugars	2.1g
Fibre	1.3g
Fat	2.9g
of which saturated	1.2g
Sodium	83mg

Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Cook
within
4 Days