



UCOOK

Haute Cabrière Ostrich Steak Tataki

with sauteed pak choi & an Asian-style dressing

Haute Cabrière brings to you a perfectly cooked ostrich tatakai, basted in a balsome Asian dressing of soy sauce, sesame oil, rice wine vinegar, and pickled ginger; it sits atop mounds of sticky nori-laced sushi rice and is served with fresh sauteed pak choi. Sprinkled over with sesame seeds, chives and fresh lemon. What a dish!

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Thea Richter

 Easy Peasy

 Haute Cabrière | Pinot Noir Unwooded

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Ingredients & Prep

480g	Free-range Ostrich Steak
2	Nori Sheets <i>finely torn into tiny pieces</i>
187,5ml	Asian Dressing <i>(75ml Low Sodium Soy Sauce, 37,5ml Sesame Oil & 75ml Rice Wine Vinegar)</i>
2	Lemons <i>zested & cut into wedges</i>
8g	Fresh Chives <i>rinsed & finely chopped</i>
45g	Pickled Ginger <i>drained & finely chopped</i>
30ml	Mixed Sesame Seeds
30ml	Wasabi Powder
225ml	Sushi Rice
450g	Pak Choi <i>rinsed thoroughly & trimmed at the base</i>
45ml	Kewpie Mayo

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. RICE, RICE BABY! Rinse the rice under cold water until it runs clear — this prevents the rice from becoming stodgy. Place in a lidded pot, over medium-high heat with 750ml of fresh, salted water. Once boiling, reduce the heat and simmer for 15-20 minutes until the water has been absorbed and the rice is tender. On completion, remove from the heat, fluff up with a fork and stir through ½ of the torn nori to taste.

2. TOAST THOSE SEEDS! Place the sesame seeds in a large pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. YES, WORK IT NOW! In a bowl, mix together the Asian dressing, the remaining torn nori, the chopped pickled ginger, some lemon zest to taste and 3 tbsps of water. Mix until fully combined and set aside for step 4. Place the mayo in a separate bowl and mix in the wasabi powder to taste until well combined. Loosen with water in 5ml increments until drizzling consistency.

4. TATAKI IT UP, PEOPLE! Return the pan to a medium heat with a drizzle of oil. Pat the ostrich steaks dry with paper towel. When the pan is hot, fry the steaks for 2-3 minutes until browned and cooked to preference, shifting and turning as it colours. (The time frame recommended will yield a rare result). In the final minute, add in the Asian sauce and baste the steaks until coated. Remove the steaks from the pan on completion and set aside. Allow to rest for 5 minutes before thinly slicing. Return the sauce to the bowl, cover to keep warm.

5. PERFECT THAT PAK CHOI! Wipe down the pan and place on a high heat. Rub the trimmed pak choi leaves in oil. Once the pan is hot, place the leaves in the pan and fry for 2-3 minutes, shifting occasionally. You may need to do this step in batches. On completion, the pak choi should be soft but the stems should still have a slight crunch. Remove from the pan, squeeze over some lemon juice and season.

6. DINNER! YES! GO! Plate up a big helping of the nori-laced sushi rice. Top with the sliced ostrich steak and drizzle over the Asian sauce and some wasabi mayo. Side with the sautéed pak choi, sprinkle over the toasted sesame seeds and chopped chives and serve with a lemon wedge. Dig in!



Chef's Tip

If you'd like your steak done medium-rare, cook it for an additional 2-3 minutes. Save on prep time by pulsing roughly torn shards of your nori in a food processor until it reaches fine flakes.

Nutritional Information

Per 100g

Energy	623kJ
Energy	149Kcal
Protein	9.1g
Carbs	13g
of which sugars	0.8g
Fibre	1.2g
Fat	5g
of which saturated	0.9g
Sodium	253mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within
4 Days