

# UCCOOK

## French Ostrich Au Poivre

with lyonnaise potatoes

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Flight Centre

**Wine Pairing:** Creation Wines | Creation Syrah Grenache

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 371kJ    | 2834kJ      |
| Energy             | 89kcal   | 678kcal     |
| Protein            | 5.8g     | 44.2g       |
| Carbs              | 8g       | 61g         |
| of which sugars    | 2g       | 15.1g       |
| Fibre              | 1.5g     | 11.2g       |
| Fat                | 3.6g     | 27.6g       |
| of which saturated | 1.6g     | 12.6g       |
| Sodium             | 84mg     | 640mg       |

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

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                           |
|----------|------------|---------------------------------------------------------------------------|
| 200g     | 400g       | Potato<br><i>rinse, peel (optional) &amp; cut into 1cm thick rounds</i>   |
| 10g      | 20g        | Sunflower Seeds                                                           |
| 80g      | 160g       | Baby Tomatoes<br><i>rinse &amp; cut in half</i>                           |
| 1        | 1          | Onion<br><i>peel &amp; roughly slice ½ [1]</i>                            |
| 2,5ml    | 5ml        | Crushed Black Peppercorns                                                 |
| 5ml      | 10ml       | Beef Stock                                                                |
| 50ml     | 100ml      | Fresh Cream                                                               |
| 150g     | 300g       | Free-range Ostrich Fillet                                                 |
| 7.5ml    | 15ml       | NOMU Roast Rub                                                            |
| 10ml     | 20ml       | White Balsamic Vinegar                                                    |
| 10g      | 20g        | Fresh Basil<br><i>rinse &amp; pick</i>                                    |
| 100g     | 200g       | Cucumber<br><i>rinse &amp; cut into bite-sized pieces on the diagonal</i> |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Paper Towel  
Butter  
Sugar/Sweetener/Honey  
Seasoning (salt & pepper)

**1. PERFECT POTATO** Place the potato in a pot of salted water. Bring to a boil and cook until soft, 3-4 minutes. Drain, season, and cover.

**2. ON THE SUNNY SIDE OF THE SEED** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium-high heat with a drizzle of oil. When hot, char the baby tomatoes until blistered, 3-4 minutes. In the final minute, add a sweetener (to taste) and seasoning. Remove from the pan and set aside.

**3. LOVELY LYONNAISE** Once the potatoes are cooked, return a pan to medium heat with a drizzle of oil and knob of butter. When hot, add ½ the boiled potatoes and ½ the onion. Fry for 4-5 minutes (shifting occasionally). Add the remaining potato and onion, another drizzle of oil, and another knob of butter. Lower the heat and fry until all the onions are golden and all the potatoes are starting to crisp, 5-10 minutes. Remove from heat, season and cover to keep warm.

**4. PEPPER SAUCE** Place a pan over medium heat with a knob of butter. Once melted, stir in the peppercorns, the beef stock, and 50ml [100ml] of water. Simmer until the sauce is almost evaporated. Stir in the cream and simmer until the sauce has thickened slightly, 6-8 minutes. Remove from the heat and cover to keep warm.

**5. O-YUM OSTRICH** Place a 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 and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

**6. GREEN & RED SALAD** In a bowl, combine the vinegar and a generous drizzle of olive oil. Add the basil, the cucumber, the sunflower seeds, the baby tomatoes and seasoning.

**7. FOOD'S READY!** Plate up the basted fillet and serve with a delicious helping of lyonnaise potatoes. Serve with the salad and the pepper sauce on the side. Perfection, Chef!