



WCOOK

Sesame-crusted Ostrich Steak

with gochujang potato wedges

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Delheim Wines | Delheim
Shiraz/Cabernet Sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	583kj	3711kj
Energy	139kcal	888kcal
Protein	7.6g	48.6g
Carbs	9g	56g
of which sugars	2.2g	13.7g
Fibre	1.6g	10g
Fat	3g	18.8g
of which saturated	0.6g	3.5g
Sodium	141mg	896mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Sesame,
Wheat, Sulphites, Soy, Shellfish, Sugar
Alcohol (Sweetener)

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

600g	800g	Potato <i>rinse & cut into wedges</i>
30ml	40ml	Lemon Juice
300g	400g	Cucumber <i>rinse & peel into ribbons</i>
150g	200g	Edamame Beans
75ml	100ml	Tonkatsu Sauce <i>(30ml [40ml] Oyster Sauce, 30ml [40ml] Tomato Sauce & 15ml [20ml] Worcestershire Sauce)</i>
45ml	60ml	Mixed Sesame Seeds
30ml	40ml	Gochujang
480g	640g	Free-range Ostrich Steak
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
150ml	200ml	Kewpie Mayo

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Sugar/Sweetener/Honey

Butter

Seasoning (salt & pepper)

1. CRISPY WEDGES Boil the kettle. Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. PICKLED CUCUMBER & PLUMP BEANS In a bowl, add the lemon juice (to taste), 3 [4] water, seasoning, and a sweetener (to taste). Mix until the sweetener is fully dissolved. Add the cucumber, toss until fully combined, and set aside. Submerge the beans in boiling water for 2-3 minutes until plump and heated through. Drain on completion.

3. SAUCES & SESAME SEEDS In a bowl, combine the tonkatsu sauce, seasoning, and 3 [4] tsp of a sweetener. Set aside. Place the mixed sesame seeds in a shallow dish or plate and set aside. Loosen the gochujang with a drizzle of oil.

4. FANCY OSTRICH STEAK 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. Remove from the pan and set aside to rest for 5 minutes. Roll the ostrich through the sesame seeds until well coated. Gently slice and season.

5. GO GO GOCHUJANG When the potato wedges have 10 minutes remaining, remove the tray from the oven and coat the potato wedges in the gochujang paste – use it to taste, it's spicy! Return to the oven for the remaining roasting time until cooked through and crisping up. Drain the pickling liquid from the cucumber and toss with the beans, and the salad leaves.

6. KOREAN-JAPANESE FUSION FEAST Plate up the spicy potato wedges and side with the sesame ostrich. Drizzle the tonkatsu sauce over the ostrich. Serve the pickled cucumber salad on the side. Sprinkle over any remaining sesame seeds, and side with the mayo for dipping. Wow, Chef!