



UCOOK

Café Au Lait Sauce & Ostrich

with creamy mash & a radish salad


Savour the unique flavour of ostrich steak in a rich café au lait sauce. Paired with creamy potato mash and a fresh salad for a decadent and satisfying meal.


Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Adventurous Foodie

 Laborie Estate | Laborie Merlot 2021

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Ingredients & Prep

200g	Potato <i>rinsed, peeled & cut into bite-sized chunks</i>
10g	Hazelnuts
15ml	Red Wine Vinegar
20g	Salad Leaves <i>rinsed & roughly shredded</i>
20g	Radish <i>rinsed & thinly sliced</i>
125g	Button Mushrooms <i>wiped clean & roughly sliced</i>
5ml	Beef Stock
1	Ground Coffee Sachet
50ml	Crème Fraîche
160g	Free-range Ostrich Steak
3g	Fresh Thyme <i>rinsed</i>

From Your Kitchen

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

1. MAKE THE MASH Place the potato pieces into a pot of salted water. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. HAZELNUTS Boil the kettle. Place the hazelnuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and roughly chop. Set aside.

3. SALAD In a bowl, combine the vinegar, a drizzle of olive oil, a sweetener, and seasoning. Just before serving, toss through the rinsed salad leaves and the sliced radish.

4. MUSHIES Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced mushrooms until soft and golden, 4-5 minutes (shifting as they colour). Remove from the pan and season.

5. CAFÉ AU LAIT SAUCE Place a saucepan over medium heat with 100ml of boiling water, the stock, and ½ the ground coffee. Simmer until slightly reduced, 3-5 minutes. Add the fried mushrooms and ½ the toasted hazelnuts. Remove from the heat and stir through the crème fraîche. Loosen with a splash of water if the sauce is too thick. Season, add a sweetener, and cover.

6. OSTRICH Return the pan to 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 rinsed thyme. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

7. DIVE IN! Plate up the succulent ostrich slices and pour over the café au lait sauce. Side with the mash and the radish salad. Sprinkle over the remaining hazelnuts. Well done, Chef!

Nutritional Information

Per 100g

Energy	420kJ
Energy	100kcal
Protein	7.5g
Carbs	8g
of which sugars	1.5g
Fibre	1.7g
Fat	5.4g
of which saturated	2.5g
Sodium	28mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days