



# UCOOK

## Cheesy Onion Bread & Ostrich Stew

with leeks & chunky carrots

It's difficult to beat the aroma of freshly baked bread floating from the oven, especially if it's made with buttermilk, cheese & spring onion, Chef! This homely and heavenly bread will be served with a rich ostrich, red wine, and veggie medley stew. Garnished with toasted seeds.

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**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Jade Summers

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Adventurous Foodie

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Strandveld | Grenache

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## Ingredients & Prep

1L	Flour Mix <i>(990ml Cake Flour &amp; 10ml Bicarbonate of Soda)</i>
500ml	Buttermilk
200g	Grated Mozzarella & Cheddar Cheese
2	Spring Onions <i>rinse, trim &amp; finely slice</i>
600g	Free-range Ostrich Chunks
80g	Mixed Seeds <i>(40g Pumpkin Seeds &amp; 40g Sunflower Seeds)</i>
400g	Leeks <i>trim at the base, rinse &amp; cut in half lengthways</i>
480g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
2	Bell Peppers <i>rinse, deseed &amp; cut 1½ into bite-sized pieces</i>
10g	Fresh Thyme <i>rinse &amp; pick</i>
125ml	Tomato Paste
125ml	Red Wine

## From Your Kitchen

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

**1. FRESHLY BAKED BREAD** Preheat the oven to 220°C. Lightly grease and flour a cake or loaf tin. In a large bowl, combine the flour mix, and a pinch of salt. Add the buttermilk, the grated cheese, and the chopped spring onion (to taste). Mix until it forms a sticky dough. (Mix until just combined - don't overmix!) Add an extra splash of water if the dough is not coming together. Place on a floured surface and shape into a round ball big enough for the greased tin. (You don't need to knead the dough!) Place into the greased tin and cut a deep cross in the top of the dough with a sharp knife. Pop in the hot oven and bake until browned and cooked through, 25-30 minutes. Allow to cool before slicing.

**2. 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, 3-4 minutes (shifting occasionally). Remove from the pan. Season and set aside.

**3. TOASTED SEEDS** Place the mixed seeds in a pot over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. ADD SOME VEGGIES** Roughly chop the halved leeks. Return the pot to medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the chopped leeks, and the diced carrots until soft, 3-4 minutes (shifting frequently). Add the chopped peppers and fry until lightly charred, 4-6 minutes (shifting occasionally).

**5. THYME FOR THE WINE** In the final minute, add the picked thyme, the tomato paste, the wine and fry until the wine has evaporated and fragrant, 1-2 minutes. Add 400ml of water and simmer until slightly thickening, 8-10 minutes. Add a sweetener and seasoning. In the final minute, add the fried meat and remove from the heat.

**6. SHEW, WHAT A STEW!** Bowl up the ostrich stew and garnish with the toasted seeds. Serve with the sliced cheesy onion bread on the side. Enjoy, Chef.

## Nutritional Information

Per 100g

Energy	515kJ
Energy	123kcal
Protein	6.6g
Carbs	15g
of which sugars	2.6g
Fibre	1.7g
Fat	3.9g
of which saturated	1.5g
Sodium	98mg

## Allergens

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

Eat  
Within  
4 Days