

OSTRICH

in a creamy sauce with mushrooms

Serves 4

INGREDIENTS

2-3 tablespoons olive oil
1 onion, chopped
1 garlic clove, chopped
4 ostrich fillet steaks, about 175g (6oz) each
2 glassed of dry white wine
60g (2oz) butter
225g (8oz) mixed mushrooms, sliced
2 garlic cloves, chopped
150ml (5floz) double cream
4 teaspoons wholegrain mustard
Sea salt and freshly ground black pepper



- 1** Heat 2 tablespoons olive oil in a frying pan over a medium heat. Add the onion, and sauté for 3-4 minutes until soft. Add the garlic, and sauté for a further minute or so. Remove to a bowl and set aside.
- 2** Add a little more oil and the butter to the pan. When it is bubbling, quickly sear the ostrich steaks until golden brown on both sides, then reduce the heat and let them sizzle for about 8 minutes on each side until medium-rare. Remove to a warm plate, and leave to rest for 5 minutes.
- 3** Pour one glass of wine or ther-abouts into the pan and deglaze, using a wooden spoon to scrape up any bits from the bottom. Let it bubble for a few minutes until it reduces and thickens. Set aside but keep warm.
- 4** Heat some more olive oil in a clean pan, add the mushrooms and sauté for 3-4 minutes until starting to brown. Add the garlic, and sauté for 30 seconds or until the garlic turns white and opaque. Stir in the cream, mustard and a glass of wine. Season with salt and black pepper. Leave to simmer for 6-8 minutes until the liquid has reduced slightly.
- 5** Finally serve the steaks on a bed of the mushrooms, with the red wine sauce drizzled over. Accompany with creamed potatoes to soak up the juices, and add some texture and crunch with steamed broccoli florets tossed with toasted sunflower seeds.