

Ostrich and Chips

Serves 1

100g ostrich steak
1 jacket potato for chips
1 quail's egg
1 punnet of cress
Oil for cooking
Salt and pepper
Good quality beef stock, reduced

Method

Season the steak with salt and pepper, leave to one side until needed
Cut the potato into perfect baton chips, approximately 5 cm long and ½ cm square. Blanch them in warm oil at approximately 140 °C to 150 °C for 2-3 minutes until soft. Take out the chips and turn up the heat to about 180 °C to 190 °C to finish off the chips and make them crispy.
Pan fry the ostrich in hot oil for 2-3 minutes each side for rare steaks, a further minute for medium or 2 minutes for well done.
Take the ostrich steak out of the pan and rest it for two minutes.
Put the egg in the pan and fry until cooked.

Stack the chips like Tenga blocks.
Slice the ostrich and fan out on the plate.
Place the egg in the middle of the plate and scatter the cress around.
Spoon on the reduced stock for extra moisture.

Ostrich, fondant potato, carrot and asparagus with raspberry jus

Serves 1

200 g ostrich fillet
1 jacket potato
A little oil for frying
1 carrot cut into ribbons
3 sticks of asparagus
6-8 raspberries
Good quality beef stock, reduced
1 bottle of Black Sheep Beer

Method

For the fondant potato, cut the bottom and top off the potato to make a flat form. Using a ring cut out to shape. Pan fry in a little oil until golden then pour in the beer. Cook in the oven at 180 °C for 40 – 50 minutes.
Pan fry the ostrich for 2 minutes each side, then place in the oven for 2 minutes, for a rare steak.
Blanch the asparagus and carrot ribbons for 3 minutes in salted water.

Tip to save time and energy only use enough water to cover your vegetables, the same applies when taking a bath! Simply crush the raspberries in the reduced beef stock and serve.

Place the fondant potato on the plate
Thinly slice the ostrich and arrange the vegetables as you like.
Drizzle the sauce around them.

Clotted Cream Eton Mess

Serves 1

Small amount of meringue (1 nest)
100g clotted cream
8 raspberries
4 strawberries hulled and halved
1 orange zested and juiced

Method

Mix all the ingredients together and serve in a glass. You can even drizzle on some coulis if you have some.