



Potato Rösti with Ostrich Steak Strips

Servings: 4
Total Time: 2 hrs
Cooking Time: 1 hr (Potato Rösti)
 15 mins (Ostrich Steak)



METHOD

For the Potato Rösti

Boil the unpeeled potatoes in enough water to cover them for 10-15 mins until cooked but still firm. Drain & allow to cool.

Fry the onion with the green onion seasoning in the butter & olive oil for 5 mins until soft. When the potato has cooled enough to handle, coarsely grate the potatoes with their skins into a large mixing bowl (discard the last part of the skin).

Add the onion to the mixing bowl, sift in the flour, break in the egg and season with salt & pepper. Blend well with a fork.

Heat a large frying pan until very hot & add half the butter & oil to coat the bottom of the pan. Add the potato mixture & flatten it to fill the pan. Turn the heat down to medium, cook until brown & firm then slide the rösti from the pan onto a dinner plate.

Re-heat the pan, add the remaining butter & oil to cover the bottom of the pan and then invert the rösti into the pan to cook and brown the other side. Keep warm.

If preferred, make 4 individual röstis.

For the Steak Strips

Diagonally cut the steaks at a 45° angle into 1½-2cm strips. Smother with the olive oil & barbeque spice. Heat a frying pan until very hot and sear the steak quickly on both sides. Remove quickly from the heat and leave in the warm pan to rest until serving.

For the Horseradish Sauce

In a bowl, mix the cream, horseradish & green onion seasoning together well.

To serve, divide the rösti into 4 & place a portion on each plate. Drizzle with steak juices & top with horseradish sauce, steak strips, radishes & rocket.

INGREDIENTS

For the Potato Rösti

500g medium potatoes
 1 medium onion, peeled & diced
 2 tsp green onion seasoning
 1 Tbsp butter
 1 Tbsp light olive oil or coconut oil
 2 Tbsp self-raising/cake flour (12g carbs)
 1 egg
 salt & pepper, to taste



1 Tbsp butter
 1 Tbsp light olive oil

For the Steak Strips

500g ostrich steak (or fillets)
 1 Tbsp light olive oil
 1 tsp barbeque spice

For the Horseradish Sauce

250g sour cream or crème fraîche
 2 Tbsp freshly grated horseradish
 (or bottled prepared horseradish)
 ½ tsp green onion seasoning



For Garnish

20g fresh rocket
 140g radishes, trimmed & quartered



Use sweet potatoes instead of standard potatoes.

VARIATIONS

- * Use baby tomatoes instead of radishes.
- * Substitute the ostrich steak with kudu, beef or lamb steak.
- * Top the rösti with smoked salmon, cream cheese & finely chopped chives.



