



Switch to ... Ostrich
Recipe Book

LEAN, TASTY RED MEAT





In today's health-conscious world ostrich meat has become part of a balanced diet and allows the meat lover the pleasure of a great steak or fillet in the full knowledge that it is, in fact, a healthy choice. The health properties and versatility of KLEIN KAROO ostrich meat makes it the ideal choice for home cooks and chefs when preparing great – tasting, nutritious meals every day of the week.

OSTRICH: LEAN, TASTY RED MEAT

- Low in cholesterol – Just 0,062 g per 100 g meat
- Low in fat – Less than 2,0 % per 100 g meat
- Low in kilojoules – Only 387 kJ per 100 g meat
- Rich in protein – A high 20,5 % per 100 g meat
- Rich in iron – A high 3,2 mg per 100 g meat
- Rich in taste – KLEIN KAROO ostrich meat

KLEIN KAROO Ostrich Meat is the ideal choice for the weight conscious. Sportsmen, sportswomen and people with an active lifestyle benefit greatly from the high iron content, which also creates the rich red colour.

THE KLEIN KAROO OSTRICH PRODUCT RANGE

KLEIN KAROO in Oudtshoorn offers a wide range of ostrich meat products prepared from choice cuts. The KLEIN KAROO **ostrich vacuum pack range** consists of 500 g packs of ostrich fillet, steak, mince, goulash, sausage, kebabs and burgers. Try these ostrich recipes or replace the meat in your favourite recipe with one of these KLEIN KAROO ostrich meat products.

The **ostrich cold meat range** developed by KLEIN KAROO complements its popular range of lean, tasty ostrich meat. Ideal for cocktail parties, picnics or cold meat platters, the KLEIN KAROO ostrich **cold meat range** includes smoked fillet, ostrich bacon, ostrich ham as well as high quality Russian and Vienna sausages. This entire range is free of MSG, high in protein and made of 100% pure ostrich meat. It's definitely a cut above other deli meat products! (Please note: there is no pork in the ostrich bacon or ham.)

Another great innovation is the **marinated ostrich range**, including 500 g packs of fillet, steak and kebabs. Choose from the spicy Texan or the tasty BBQ, Garlic and Lemon flavours. It's so easy. Just take the meat from the packet and flip it into the pan or onto the barbecue fire!

The KLEIN KAROO **ostrich biltong range** consists of a variety of biltong and related products, including biltong chunks, biltong slices, droëwors and snapstix (original and mild chilli).





PREPARING OSTRICH FILLET OR STEAK

Open the vacuum – sealed KLEIN KAROO choice ostrich meat packet and leave to stand for 5 minutes. Separate individual cuts. Baste with olive oil. Heat heavy – based or griddle pan until very hot. If braaiing, the coals should be very hot. Place the fillets or steaks in the pan or on the grid and seal both sides. Once the meat is sealed, sprinkle with seasoning. Turn meat twice on each side until done as preferred. Remove from heat. Baste with olive oil. Cover and leave to rest for 3 – 4 minutes before serving.

The low fat content of ostrich may result in a slightly drier meat. Don't confuse this with toughness and remember salt and seasoning draws moisture – so be sure to season after sealing the meat. Ostrich should be cooked at the highest possible temperature for the shortest possible time. The perfect ostrich fillet or steak is pink to rare, moist and tender. Ideally, steak and fillet should be served medium rare. If overcooked (well done), ostrich meat will become dry. Enjoy the taste!

Cooking time: (depending on thickness of the cut)

Rare: 2 minutes per side

Medium rare: 3 minutes per side

Medium: 4 minutes per side



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The world's foremost supplier of ostrich meat



KLEIN KAROO
— OUDTSHOORN —
HALLMARK OF QUALITY



OSTRICH GOULASH SOUP

Serves 4 – 6

Ingredients: 650 g KLEIN KAROO Ostrich Steak * 125 g KLEIN KAROO Ostrich Bacon * 2 tablespoons oil * 1 large onion, sliced * 2 cloves garlic, crushed * 1 teaspoon paprika * 1 teaspoon caraway seeds * 40 ml flour * 5 ml brown sugar * 400 g can crushed tomatoes * 4 cups beef stock * 2 medium potatoes cut into small cubes * sour cream, to serve

Method: Cut meat into small cubes. Heat the oil in a large heavy – based pan; brown the meat and bacon in small batches and set aside. Add the onion to the pan and cook for 5 minutes until soft. Add the garlic, paprika and flour and cook for another minute. Add the caraway seeds, undrained crushed tomatoes, sugar, stock and meat and stir well. Bring to the boil, reduce the heat and simmer until meat is tender. Add the potatoes and simmer for a further 30 minutes, until the potatoes and meat are very tender. Serve piping hot. Decorate with a dollop of sour cream and a pinch of paprika. – Tersia de Wet



OSTRICH STEAK STARTER

Serves 6

Ingredients: 3 KLEIN KAROO Ostrich Steaks (± 100 g each, 20 – 25 mm thick) * 2 tablespoons olive oil * sea salt and coarsely ground black pepper

Method: Season both sides of the steak with salt and pepper. Place in refrigerator for 1 hour. Remove from fridge; allow to sit at room temperature for another hour before cooking. Heat the olive oil over high heat until it starts to smoke. Pat steaks dry and brown for 3 – 7 minutes depending on how you like it done. Remove the steaks and transfer to a platter. Cut into thin slices and serve immediately. Serve with monkey gland sauce.

MONKEYGLAND SAUCE

Ingredients: 2 tablespoons oil * 1 large onion, diced * 2 cloves garlic, finely crushed * ½ cup water * 410 g can whole peeled tomatoes * 1 cup tomato sauce * ½ cup Worcestershire sauce * ¾ cup fruit chutney * ¼ cup brown sugar * 2 tablespoons vinegar * 1 teaspoon Tabasco sauce

Method: Heat oil in heavy – bottomed pot and sauté onions and garlic until soft. Add remaining ingredients and simmer for 30 minutes. – Tersia de Wet



OSTRICH FILLET WITH GREEN PEPPERCORN AND BRANDY SAUCE

Serves 4

Ingredients: 500 g KLEIN KAROO Ostrich Steak * seasoning of your choice

Method: Baste with olive oil. Heat heavy – based or griddle pan until very hot. If you are having a braai, the coals should be very hot. Place the steaks in a pan or on a grid and seal both sides. Once the steak is sealed, sprinkle with seasoning. Turn meat twice on each side until done as preferred. Remove from heat. Baste with oil. Cover and leave to rest for 3 – 4 minutes before serving. Serve with vegetables in season and a green pepper corn sauce.

GREEN PEPPERCORN AND BRANDY SAUCE

Ingredients: 2 cups heavy or whipping cream * 3 tablespoons canned green peppercorns, rinsed under cold water * 1 cup reduced beef stock * ½ cup brandy * salt and freshly ground black pepper to taste.

Method: In a large saucepan, combine the heavy or whipping cream and green peppercorns. Bring to a simmer over medium – high heat, stirring occasionally to prevent boiling over. Cook for about 10 minutes until reduced to coat the back of a spoon (approximately 1 cup). Add the beef stock and brandy, and cook until thickened. Season with salt and black pepper. Remove from the heat and keep warm until served.

– Tersia de Wet



OSTRICH FILLET KANNALAND STYLE

Serves 4 – 6.

Ingredients: 1 kg KLEIN KAROO Ostrich Fillet * 1 – 2 teaspoons ground black pepper * 30 g parmesan cheese, thinly sliced

Method: Grill ostrich fillet in pan or on open fire. Seal fillets first before rubbing meat with black pepper. Braai until rare or medium rare. Remove from fire and place in a casserole. Leave until cold. Place in the fridge for 5 – 8 hours. In the meantime, prepare the herb sauce and then cut the fillets into paper – thin slices.

HERB SAUCE

Ingredients: ¼ cup light olive oil (or cooking oil) * ¼ cup virgin olive oil * 2 tablespoons white wine vinegar * 2 tablespoons French mustard * 2 tablespoons mayonnaise * ¼ cup finely chopped parsley * 1 teaspoon finely chopped thyme * 2 teaspoons finely chopped marjoram.

Method: Mix first three ingredients well and divide equally. Pour into two small bowls. Add mustard and mayonnaise to one bowl oil/vinegar and mix with a small wire whisk. Do not use an electric blender – it may cause the sauce to curdle. Pour this sauce on the base and near the rim of the platter. Place the thinly sliced ostrich fillet (overlapping) on top of the sauce in the platter. Whisk herbs and remaining oil/vinegar mix together and pour over meat. Decorate with slivers of parmesan. Serve hot or cold with a variety of breads and salad. – Alet Coetzee



OSTRICH KEFTA

Serves 4

Ingredients: 1 kg KLEIN KAROO Ostrich Mince * 1 onion, finely chopped * 2 cloves garlic, finely chopped * 2 tablespoons finely chopped fresh flat – leaf parsley * 2 tablespoons finely chopped fresh coriander leaves * ½ teaspoon cayenne pepper * ½ teaspoon ground pepper * ½ teaspoon ground ginger * ½ teaspoon ground cardamom * 1 teaspoon ground cumin * 1 teaspoon paprika

Sauce: 2 tablespoons olive oil * 1 onion, finely chopped * 2 cloves garlic, finely chopped * 2 teaspoons ground cinnamon * 1 teaspoon paprika * 2 x 425 g cans chopped tomatoes * 2 teaspoons harissa * 4 tablespoons chopped fresh coriander leaves * 2 tablespoons apricot jam

Method: Preheat the oven to a moderate 180 °C (350 °F/Gas 4). Lightly grease two baking trays. Place the ostrich mince, onion, garlic, herbs and spices in a bowl and mix together well. Season with salt and pepper. Roll tablespoons of the mixture into balls and place on the prepared trays. Bake for 18 – 20 minutes, or until browned. Meanwhile, to make the sauce, heat the oil in a large saucepan, add the onion and cook over medium heat for 5 minutes, or until soft. Add the garlic, cumin, cinnamon and paprika, and cook for 1 minute, or until fragrant. Stir in the tomato, harissa and apricot jam and bring to the boil. Reduce the heat and simmer for 20 minutes, then add the meatballs and simmer for 10 minutes, or until cooked through. Stir in the coriander, season well and serve. – Tersia de Wet



MOROCCAN-STYLE SHEPHERD'S PIE

Serves 6

Ingredients for the meat base: 2 tablespoons butter * 1 onion, diced * 1 kg KLEIN KAROO Ostrich Mince * 1 carrot, grated * 2–4 tablespoons tomato purée * 2 tablespoons tomato sauce * 4 tablespoons red wine * 1 teaspoon chilli flakes * 2 garlic cloves, chopped * 2 teaspoons ground cumin * 50 ml chutney * salt and freshly ground black pepper.

For the topping: 6 potatoes, peeled and diced * 4 broccoli heads, cut into florets * 60 g butter * salt and freshly ground black pepper * chives to garnish

Method: Preheat the oven to a moderate 180 °C (350 °F/Gas 4). For the meat base, heat the butter in a large frying pan and when it begins to foam, add the diced onion and the ostrich mince. Sauté for 6 – 8 minutes or until brown. Add the grated carrot, tomato purée, tomato sauce, red wine and chilli flakes. Stir well and raise the heat to a rapid simmer. Cook for a further 2 – 4 minutes. Add the garlic, cumin and chutney and season to taste. Leave to simmer for 5 minutes longer.

For the topping, boil the potatoes in plenty of water for 6 – 8 minutes. Add the broccoli florets and cook for a further 4 – 6 minutes. Drain into a bowl, then mash with the butter and season to taste. To assemble the dish, place meat on bottom of a pre-sprayed ovenproof dish. Top with the potato and broccoli mash. Place in oven, uncovered, until heated through (± 20 minutes). Serve garnished with chives.

– Tersia de Wet



HOMEMADE OSTRICH BURGERS

Serves 6

Ingredients: 500 g KLEIN KAROO Ostrich Mince * 1 onion, chopped and fried * 1 clove garlic, crushed * 1 tablespoon capers, chopped * two anchovy fillets, chopped * 1 teaspoon Worcestershire sauce * 1 slice whole – wheat bread, crumbled and soaked in * ¼ cup water * 1 egg, beaten * salt and milled pepper to taste * oil for cooking * 6 soft rolls * 3 tomatoes, sliced * fresh lettuce

Method: To make the burgers, knead together the mince, onion, garlic, capers, anchovy fillets, Worcestershire sauce, bread, egg and seasoning. Shape the ostrich mixture into 6 patties. Moisten with oil and pan fry or grill until nicely browned. Sandwich between split soft rolls along with sliced tomatoes and lettuce. – Tersia de Wet

Alternatively, use KLEIN KAROO Ostrich Burgers. There are 4 lean, tasty ostrich patties per 500 g pack.



OSTRICH TRIANGLES

Makes 28

Ingredients: 250 g KLEIN KAROO Ostrich Mince * 2 tablespoons oil * 1 large onion * 3 small cloves of garlic, crushed * 1 tablespoon ground coriander * 1 tablespoon cumin * 1 tablespoon turmeric * 1 teaspoon masala * 1 teaspoon salt * ½ teaspoon pepper * juice of ½ lemon * 2 tablespoons brown sugar * 1 tablespoon apricot jam * ½ cup chopped coriander leaves * 4 rounds feta cheese, crumbled * ¼ cup pine kernels, roasted * 1 box phylo pastry (14 sheets) * 125 g melted butter or cooking oil

Method: Preheat oven to 190 °C. Heat oil in frying pan. Add the onion and garlic and fry until light brown. Lower heat and add the three spices. Cook for 1 minute. Add the ostrich minced meat and stir. Add the salt, pepper lemon juice, brown sugar and apricot jam. Remove from stove and let cool. Roast ¼ cup pine kernels in a pan over low heat or in oven. Add pine kernels, coriander leaves and feta cheese to the meat mixture and season to taste. Place pastry sheet on work surface and brush with melted butter. Top with another sheet, brush with butter and cut lengthwise into four strips. To keep pastry moist, cover with damp tea cloth. Place 3 level teaspoons of meat at the end of each strip. Fold pastry over to form a triangle and to cover filling. Keep folding until end of strip. Brush triangle with butter and place on oven tray. Repeat process with remaining pastry and filling. Bake 15 – 20 minutes until golden brown. Serve hot with Wellington's sweet chilli sauce. – Alet Coetzee



OSTRICH CURRY

Serves 4 – 6

Ingredients: 1 kg KLEIN KAROO Ostrich Steak or Goulash * 2 tablespoons oil * 2 onions, finely chopped * 2 cloves garlic, crushed * 2 small green chillies, finely chopped * 5 cm piece ginger, grated * 1½ teaspoons turmeric * 2 teaspoons ground cumin * 3 teaspoons ground coriander * ½ – 1 teaspoon chilli powder * 1 – 1½ teaspoons salt * 425 g can crushed tomatoes * 125 ml coconut cream

Method: Cut the meat into cubes. Heat the oil in a large heavy – based frying pan (with lid). Add the onion and cook, stirring frequently, over medium high heat for 10 minutes until golden brown. Add the garlic, chillies and ginger and stir for a further 2 minutes, taking care not to burn it. Mix together the turmeric, cumin, coriander and chilli powder in a small bowl. Stir to a smooth paste with 2 tablespoons water and add to the frying pan. Stir constantly for 2 minutes, taking care not to burn it. Add the meat a handful at a time, stirring well to coat with spices. It is important to make sure that all the meat is well coated and browned. Add salt to taste and stir in the undrained tomatoes. Bring to the boil, cover and reduce the heat to low. Simmer for 45 – 60 minutes until the ostrich is tender. Stir in the coconut cream 30 minutes before the end of the cooking time. – Tersia de Wet



OSTRICH KEBABS WITH PEANUT SAUCE

Makes 6

Ingredients: 500 g KLEIN KAROO Ostrich Fillet/Steak, cubed OR KLEIN KAROO Ostrich Kebabs (dissembled) * 300 g small brown mushrooms * pieces of green and red peppers * 150 ml coconut milk * 50 ml beef stock * 30 ml chopped fresh coriander * 30 ml brown sugar * 20 ml red curry paste (Thai) * 50 ml fish sauce (Thai) * 20 ml oil * 5 ml lightly crushed coriander seeds

Method: Place the cubed ostrich meat, wiped mushrooms and chopped peppers in a marinade dish. Combine the remaining ingredients and pour over the meat. Marinate for 2 – 3 hours. Now thread meat, mushrooms and peppers alternately onto skewers. Grill over glowing coals for ± 5 minutes – the meat should be medium rare.

The Ostrich Satay goes well with the delicious Peanut Sauce and a helping Mealie Pap Deluxe.

(Turn to inside back page for these recipes.) – Tersia de Wet

Alternatively, use Marinated KLEIN KAROO Ostrich Kebabs. There are 4 kebabs per 500 g pack.



OSTRICH SUSHI

Makes about 30

Ingredients: 125 g rare KLEIN KAROO Ostrich Fillet or Steak * 1 cup short grain white rice * 2 cups water * 2 tablespoons rice vinegar * 1 tablespoon salt * 3 – 4 sheets of Nori * Wasabi to taste (optional) * 1 small Lebanese cucumber, peeled * ½ small avocado * ¼ cup pickled ginger * Soy sauce for dipping

Method: Wash rice in cold water and drain well. Place rice and water in medium-sized pan. Bring to boil, reduce heat and simmer uncovered for 4 – 5 minutes or until all the water is absorbed. Cover, reduce heat to very low and cook for another 4 – 5 minutes. Remove pan from heat and cool. Stir combined vinegar, sugar and salt into rice. Place one sheet of Nori on a piece of greaseproof paper on a flat surface. Place a quarter of the rice along one end of the Nori, leaving a 2 cm border around the three sides. Spread a very small amount of wasabi down the centre of the rice. Cut the rare ostrich meat into thin strips, and the cucumber and the avocado into small pieces. Place the pieces of ostrich meat, cucumber, avocado and ginger over the wasabi. Using the paper as a guide, roll up firmly from the bottom, enclosing in the rice the ingredients placed in the centre. Press Nori to seal edges. Use a sharp flat-bladed or electric knife to cut the roll into 2,5 cm rounds. Repeat the process with remaining ingredients. Serve sushi with small shallow bowls of soy sauce, or extra wasabi mixed with soy sauce, for dipping. – Conrad de Wet



SMOKED OSTRICH FILLET SALAD

Enough for 2 people (left)

Ingredients: 125 g KLEIN KAROO Smoked Ostrich Fillet * salad ingredients of your choice * salad dressing of your choice

Method: Decorate platter with salad ingredients. Arrange smoked ostrich fillets on top and serve. Allow 3 fillets per person.

OSTRICH BILTONG SALAD

Six portions (right)

Ingredients: 180 g KLEIN KAROO Ostrich Biltong * balsamic vinegar * salad ingredients of your choice * salad dressing of your choice

Method: Marinate ostrich biltong overnight in Balsamic vinegar. Allow 30 g biltong per person. Decorate platter with salad ingredients. Arrange marinated biltong on top and serve. – Alet Coetzee



BREAKFAST PIZZAS WITH OSTRICH BACON

Serves 6

Ingredients: 12 – 18 slices of KLEIN KAROO Ostrich Ham or Bacon * 6 ready-made small pizza bases
* 2 tablespoons olive oil * 12 – 18 small tomatoes, halved * dried oregano * olive oil * 6 eggs * salt and ground black pepper * extra tomato and onion mix (optional)

Method: Place pizza bases on well-oiled baking pans. Moisten the bases with oil and extra tomato and onion mix. Put the Ostrich Bacon and halved tomatoes on top. Add a sprinkling of oregano. Drizzle with olive oil. Bake at a fierce 240 °C near the bottom of the oven for 10 – 15 minutes or until the base is cooked and browned. Meanwhile, fry eggs until just set and then place one egg on top of each cooked pizza. Season with salt and ground black pepper. Serve immediately. – Tersia de Wet



GOURMET OSTRICH VIENNA / RUSSIAN HOTDOGS

Makes 10

Ingredients: 10 KLEIN KAROO Ostrich Vienna Sausages or KLEIN KAROO Ostrich Russian Sausages
* 10 fresh rolls * 3 – 4 onions, thinly sliced rings * tomato sauce * gherkins, thinly sliced sticks
* mayonnaise * homemade mustard

Method: Heat a dash of oil in frying pan and sauté onion rings until golden brown. Grill viennas / russians or just heat (grilling or cooking is optional as viennas and russians are ready to eat). Lay the table with the ingredients for this quick meal and let everyone make their own gourmet hot dog. – Tersia de Wet

A FEW EXTRAS

MERLOT SAUCE

Ingredients: 500 ml red wine * 5 ml beef stock * 250 ml sugar * 25 ml balsamic vinegar
* 1 small onion

Method: Fry the onion until golden brown. Add the red wine. Wait until it boils, and then add the rest of the ingredients. Serve with steak or fillet. – Lemien de Ridder and Elzona Deetlefs

STEAK SAUCE

Ingredients: 1 onion * ¼ teaspoon garlic * 3 l,25 ml salt * 3,75 ml pepper * 1 bay leaf
* 625 ml tomato sauce * 125 ml vinegar * 187,5 ml Worcestershire sauce * 500 ml soya sauce
* 1 cup water

Method: Bring onion, bay leaf, salt, pepper garlic and water to the boil. Then add the rest of the ingredients and leave to boil. – Lemien de Ridder and Elzona Deetlefs

PEANUT SAUCE

Makes 300 ml

Ingredients: 10 ml oil * 1 small onion, finely chopped * 1 clove garlic, crushed * 2 ml ground cumin * 3 ml curry paste (Thai) * 50 ml peanut butter * 150 ml coconut milk
* 15 ml brown sugar * 10 ml lemon juice * 10 ml fish sauce * 30 ml chopped roasted peanuts
* About 100 ml chicken stock

Method: Heat oil. Add onion and garlic, sauté lightly. Add cumin and curry pastes and cook for about 30 seconds. Stir in peanut butter, coconut milk and brown sugar. Bring to the boil and simmer for 3 minutes. Add lemon juice, fish sauce and peanuts. Bring back to the boil and dilute with stock to a pouring consistency. Make plenty of this - guests eat whatever remains with a teaspoon. – Tersia de Wet

MEALIE PAP DELUXE

Serves 4 – 6

For most South Africans, a braai just isn't the same without mealie pap. Try this tasty variation.

Ingredients: 500 ml water * 500 ml milk * 500 ml mealie meal * 2 eggs, beaten * 30 ml butter
* 1 – 2 cloves garlic, crushed * salt and black pepper * 1 x 410 g can corn kernels, drained
* 250 ml grated cheddar cheese

Method: Bring water, milk and mealie meal to the boil, stirring constantly until thick. Lower the heat and add remaining ingredients, except the cheese, and leave to simmer for 1 hour with the lid on. Add the cheese and leave for a further 10 minutes. – Tersia de Wet

WHO ARE THE COOKS, CHEFS AND BOTTLE WASHERS?

KLEIN KAROO International (Pty) Ltd Ostrich Meat thanks the following people for their effort, time, recipes and contribution towards the compilation of this recipe booklet:

- **Tersia de Wet**, hobby cook, tersia@benn-estates.com. Tersia is a passionate cook who cooks from the heart – and you can taste it!
- **Alet Coetzee**, Shades of Africa Guest House, Oudtshoorn, tel (044) 272 6430, shades@mweb.co.za. Alet, a designer and food lover, is inspired by beautiful things. Thanks for sharing your kitchen, lovely house and creative soul on the day of the photo shoot.
- **Lemien de Ridder** and **Elzona Deetlefs**, Cosmos Cuisine Restaurant, Plettenberg Bay, tel (042) 234 0323, info@cosmoscuisine.co.za, www.cosmoscuisine.co.za. Theirs was nominated as one of SA's Top 30 restaurants by Moët and Chandon. When in Plett, a must for the taste buds!
- **Conrad de Wet**, Margherita's Restaurant, Oudtshoorn, tel (044) 272 0339, conrad@benn-estates.com. He's the sushi chef!
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