

OSTRICH IN HERB SAUCE



Ingredients (serves 2 people):

Ostrich

400 g of ostrich mignon and cut 2 cm thick Olive oil to taste

Wheat flour needed

4 baby potatoes

Rosemary leaves to taste

Sauce

1/2 stalk of flatbread cube

1/2 diced carrot

Provence herbs to taste

1 diced celery stalk

Olive oil to taste

Salt to taste

Black pepper to taste

1 tbsp unsalted butter

1 glass of red wine

Preparation:

1. For the sauce mash all ingredients in a food processor.
2. Cook over low heat until reduced by half.
3. Add 1 tablespoon wheat flour to thicken the sauce and 1 tablespoon butter.
4. For ostrich seasoning with salt, Provence herbs and black pepper to taste
5. Pass the meat in butter on both sides.
6. Fry each side for 2 minutes.
- 7, Meat should be ready to serve or use the cooking table found on the Tips and Tricks page.
8. Quickly heat the Provence herb sauce over the meat.
9. Garnish with rosemary sprigs.
10. Serve with salted and steamed baby potatoes.