



CREATION

Creating Wines of Distinction

Creation Merlot, Cabernet Sauvignon, Petit Verdot

**Grainy Mustard Glazed Ostrich Fan Fillet with Soft Polenta, Tomato
'Smoor', Butternut Purée and Red Wine Jus**
By Chef William Carolissen from Mosaic Farm

Ostrich Fillet

Get good quality ostrich fan fillet – 150 g per person recommended

Method

Heat a heavy-base or griddle pan until very hot. Add 1 teaspoon of good quality oil or baste fillet with olive oil. Place the fillets in the pan and seal both sides. Turn meat twice on each side until done as preferred. Use tongs for turning, not a fork, to prevent loss of meat juices. Once the meat is sealed, sprinkle with salt and pepper and remove from heat.

Put fillet in a preheated oven (250° C) for 2-3 minutes.

Mustard Glaze (to coat ostrich fillet when done)

1 cup whole grain mustard mixed with 2 tablespoons honey

Tomato 'Smoor'

1 brown onion chopped	110 g caster sugar
1 red pepper chopped	85 g brown sugar
1/4 cup olive oil	juice of 1/2 lemon
2 garlic cloves chopped	4 red chillies chopped
thumb size ginger chopped	1/2 cinnamon stick
2 teaspoons sea salt	1 clove
7 large tomatoes, deseeded skin removed and chopped	

Method

In a medium size pot, heat the olive oil and add all ingredients. Cook down to a light syrupy consistency.

Butternut Purée

2 cups cubed butternut
100 g butter
1/2 cinnamon stick
foil

Method

Put butternut, butter and cinnamon in a small pot. Tightly cover with foil and cook on lowest possible heat until soft. Remove cinnamon stick and blend until smooth with electric blender.

Polenta

1 cup polenta
4 cups water
1/2 teaspoon salt
1/2 cup cream
50 g butter

Method

Cook polenta with water and salt on medium heat, stirring constantly for about 20 minutes until soft. Remove from heat and cover with a lid or foil. When ready to dish, heat slowly and fold butter and cream into polenta. Serve while still warm.

Red Wine Sauce

500 g stock bones slow roasted in oven

3 l water

1 cup mirepoux (chopped leeks, celery, carrots, onion and garlic)

2 cups red wine

Method

Cook together and reduce by $\frac{3}{4}$. Strain and reduce further to sauce consistency (should coat the back of a spoon).

