

Green Bird Farm Ostrich Cook Book

Cooking with ostrich meat

Ostrich Meat has a very low fat content and for this reason, it is best to cook over a high heat to seal the meat, then reduce heat and cook as a Beef Steak according to the cut.

The fillet is wonderful just cooked on its own to appreciate the full natural flavour. The great thing about fillet is that it can be cooked to your taste, and can even be eaten raw (as Carpaccio) so a little pink in the middle is ideal and will maximise your enjoyment of ostrich. Over cooking to very well done will ruin the steak and convert it to leather in the same way overcooking to very well done will do for any meat!

Ostrich Steaks are excellent with your favourite marinade, with cranberry jelly or redcurrant sauce being particularly good.

Cooking times will always depend on the thickness of the steak, but as a guide: Fry for approx. 3 minutes per side – check during cooking with a knife by cutting open slightly. If grilling under a gentle heat, cook for approx. 6 minutes each side and check with a knife as per above.

1. Honey Soy Ostrich Fillet Steak



- 1kg Ostrich fillet steak, cut to portions (around 200g each)
- 2 tbsp of honey
- 1 tsp of light soy
- 10g of grated ginger
- 10g of chillies finely chopped without seeds
- 5g of lime zest
- 5g of lime juice
- 1 clove of garlic finely chopped

Mix all ingredients in a bowl, add whole fillet steaks and allow to marinade overnight. The next day, separate the steaks from the marinade and cook to your liking on a high heat (e.g Medium-Rare). Seer both sides of the steak and as you fry the fillets gradually pour the Marinade over. Allow to rest for 5 minutes before serving.

2. Apricot and Ostrich Kebabs



- 500g ostrich fillet or rump steak
- 75ml apricot jam
- 1 lemon, juice
- 1 orange, juice
- 3ml ground black pepper
- 3ml minced ginger
- 5ml beef stock powder
- generous handful fresh coriander
- Eating apricots

Cube ostrich and place in a shallow dish. Mix remaining ingredients, except apricots, together and pour over meat. Allow meat to marinate for about 30 minutes.

Meanwhile soak wooden skewers in cold water for at least 20 minutes - this helps prevent the wood burning during cooking.

Alternately thread the meat and apricots onto each skewer, allowing 2 skewers per person. Preheat the grill (or make a braai) and cook the kebabs, basting regularly for 3-4 minutes per side. Serve with boiled baby potatoes or brown rice and a mixed salad.

3. Ostrich and Avocado Salad



- 500g Ostrich Fillet.
- 30ml (2 tbsp) butter.
- 250g (9 oz) shrimps or prawns, peeled de-veined and boiled.
- 15ml (1 tsp) parsley flakes.
- 5ml (1 tsp) grated Parmesan cheese.
- 2ml (½ tsp) mixed spices.
- Lettuce.
- 1 avocado, peeled, pitted and sliced.
- 3 fresh pears, pared and sliced (apples may also be used).
- Poppy-seed dressing or choice of dressing.

Slightly flatten the fillet between two sheets of wax paper using a wooden or rubber mallet, and cut it into 2.5cm thick slices. Melt the butter in a skillet, and add the ostrich, shrimps, parsley, cheese and spices. Sauté until the meat and shrimps are cooked. Drain on paper towel and blot any excess butter. Place in the refrigerator to cool. Arrange lettuce leaves on individual salad plates. Place meat, shrimp, avocado slices and pear slices on top of the lettuce. Drizzle on dressing and serve cold.

4. Herb Marinated Ostrich Steak



1 Large ostrich steak (1 kg)

2/3 cup balsamic vinegar

1/4 cup olive oil

2 tbs garlic, finely chopped

1 tbs rosemary, crushed

1 tbs thyme (leaves)

1 tsp freshly ground black pepper\

Combine marinade ingredients in plastic bag; add meat, turning to coat. Close bag securely and marinate in refrigerator one hour, turning occasionally.

Remove meat from marinade; discard marinade. Place meat on rack in broiler pan so that surface of meat is three to four inches from heat. Broil 26 to 31 minutes for medium-rare to medium doneness, turning once. Carve into slices and serve.