

**Carl says, or was it George??**

## **Ostrich Wellington**

Ostrich meat is rich and full of flavour. As a treat, the lads at work put me in charge of buying all the Ostrich, thus presenting the opportunity to have a bit of an experiment with something that I had never done before –

I decided to create an Ostrich Wellington. The cynic in me says that this is just a posh name for a Pasty that restaurants use to bump up the price of a dish - that being said regardless of your views this is tasty and substantial.

### **Ingredients**

2 Ostrich Fillets

1 finely chopped onion & a clove of garlic (finely chopped)

1 dozen chestnut mushrooms finely chopped 1 tablespoon of tomato puree half a glass of wine Large as you can sample it before adding to the recipe!!

Chopped rosemary 1 dozen or so leaves of spinach

Readymade puff pastry (one sheet) Cheated on that one!!

### **Method**

Start by sealing the ostrich in a very hot non stick pan. As there is little or no fat in ostrich meat it may be necessary to rub the meat with a little olive oil first.

Set the meat to one side - there is no need for more than a few seconds to seal the meat all around.

#### **Now make a mushroom pate.**

Using the same pan, sauté the onions, mushrooms and garlic. When soft add the rosemary and tomato puree.

Cook out the puree for a minute then add the red wine, season with salt and pepper. Let this reduce down to a thick consistency and set to one, side.

#### **Now the layering of the wellington.**

Roll out the puff pastry (the brand that I use needs to be out of the fridge for half an hour before using)\*. Place a layer of spinach on one half of the pastry, put the ostrich fillet on top and then spoon over the mushroom pate trying to keep a consistent thickness over the meat. Fold over the half of the puff pastry that has not been layered on.

Brush the edge of the pastry with some egg wash to make the sealing of the pastry easier.

Seal using a basic crimp. Bush with egg wash on the top and place on greaseproof paper. In a baking tray cook in a pre-heated oven until the pastry is cooked - mine was about 30 mins at 200 degrees.

I served this with crushed potatoes and spinach.

**Result** .Fantastic. Try it for yourself soon.