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Ostrich in Commandaria and Apricot

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Ingredients

- 1kg ostrich fillet (cut into strips, across the grain)
- 1/3 cup olive oil
- 1/2 tsp paprika
- 1/2 tsp cinnamon powder
- 4 pieces cinnamon bark
- 6 pieces cloves (whole)
- Pinch of nutmeg
- 4 bay leaves
- 1 cup commandaria (or port wine)
- 200g dried apricots (halved)
- 2 large red onions (cut into thick slices)
- Salt
- 1/2 tsp cracked black pepper

Execution

Combine all ingredients and marinate overnight.
Heat a non-stick pan or wok at a high temperature and add a little olive oil.
In a single layer, place the ostrich (strained) into the pan and allow to seal.
Do not stir until sealed.
Turn and leave until done to your liking (I suggest it rare as you don't to dry it out).