



GRILLED ELAND RUMP STEAKS WITH STICKY RED ONIONS

(Serves 4)

*4 x 200g eland rump steaks (or any other preferred steaks)
coarsely-ground black pepper
1 fresh avocado, sliced and 12 rocket leaves, to garnish*

FOR THE STICKY ONIONS:

*3 small red onions, sliced
butter and olive oil, to sauté
1 cup red wine vinegar
30g treacle sugar
salt and pepper to taste
small bunch fresh basil, roughly chopped*

1. To make the sticky onions, sauté the onions with a little butter and olive oil. When they become translucent, add the vinegar, sugar, salt and pepper.

Cook until the mix has a syrupy consistency. Test it by letting it run from a spoon; it should be almost honey-like when hot. Once ready, add the basil.

2. Pepper the steaks on both sides and grill to your preference. Leave the meat to rest before serving.

3. To serve, place some warm sticky onions on a plate with the steak on top. Arrange some avocado slices and rocket leaves on top of the meat. Place a few Parmesan sweet potato wedges and aubergine cannelloni alongside. Enjoy with a glass of red wine.

PARMESAN SWEET POTATOES

(Serves 4)

*400g plain flour
400g finely-grated Parmesan cheese
pinch of salt
2 large or 4 small sweet potatoes,*

*peeled and cut into wedges
oil, for frying*

1. Mix the flour, Parmesan and salt in a bowl. (You can store the rest of the flour mixture in an airtight container in the freezer until the next time.)
2. Boil the potato wedges for 4 minutes; they should be almost soft, not mushy.
3. Using a slotted spoon, transfer them straight into the flour mixture. If they cool down before you coat them, the flour mixture won't stick. (Once coated, you can set them aside until you need to cook them.) Heat the oil and fry the wedges until golden brown.

AUBERGINE CANNELLONI

(Serves 4)

*2 large aubergines
oil for light frying (avocado oil is ideal)
handful young spinach leaves
40g ricotta cheese
oregano and salt and pepper, to taste
400g tin chopped tomatoes
40g Parmesan cheese, grated*

1. Cut the aubergines lengthwise into slices half a centimetre thick. Lightly fry the slices on both sides.
2. Cook the spinach in a pan with a drop of oil, stirring until soft (about a minute). Add the ricotta cheese and some of the pepper to taste.
3. Preheat the oven to 220°C. Place a tablespoon of spinach filling on one end of a piece of aubergine and roll lengthwise. Repeat this step until you have used all the ingredients.
4. Place the little aubergine packages next to each other in an ovenproof dish. Pour the chopped tomatoes, oregano and seasoning over them, sprinkle with Parmesan and bake for about 10 minutes.

Cooks' note: Cannelloni are traditionally made with pasta, but we make these without any pasta to be a perfect vegetable accompaniment. ▷