



OSTRICH STEAK AND EGG



Makes 5-7 Omelets

Ingredients

- 1 Highland Farm Premium Ostrich Egg
- 1 pound Highland Farm Ostrich Steak or Ostrich Fan
- 3 tablespoons olive oil
- 1 cup fresh spinach
- 2 red bell peppers, sliced
- 2 cloves garlic, diced
- salt and pepper to taste
- ¼ cup parmesan cheese
- 1 cup gorgonzola cream sauce

Omelet Preparation:

Mix together ostrich egg, spinach, peppers, garlic, parmesan cheese, salt and pepper in a large bowl. Heat an omelet skillet on medium high heat. Add half the olive oil to the skillet. Use a ladle to add desired amount of mix, for one omelet, to the skillet. After 1 minute create a fold by lifting one side of the omelet and flipping it onto the other half. Cook for another 2 min each side. Move omelet to a plate and add sliced ostrich steak and gorgonzola cream sauce. Repeat for all other omelets.

Steak Preparation:

Season ostrich steaks to taste. Heat a skillet or grill to high heat. If using a skillet add the other half of olive oil. Sear ostrich steaks for 2 min each side. Remove steaks when temperature reaches 155°F (medium rare) and let them rest for 5 min. Slice steaks against the grain and add to top of Ostrich egg omelet.