



HERB-STUFFED BREAST OF VEAL



Makes 6 servings

INGREDIENTS:

1.2 kg breast of veal with cut pocket
(order from your butcher)
200 g veal bones, chopped up
Salt
Pepper, freshly ground
½ bunch mixed herbs for Frankfurt green herb sauce (chervil, borage, lemon balm, burnet, parsley, sorrel and chives in equal parts, approx. 100 g in total)
4 slices bread for toasting
125 ml milk, warm
½ organic lemon
3 shallots
3 egg yolks
25 g clarified butter
1 bunch soup vegetables
600 ml meat stock
150 ml cream

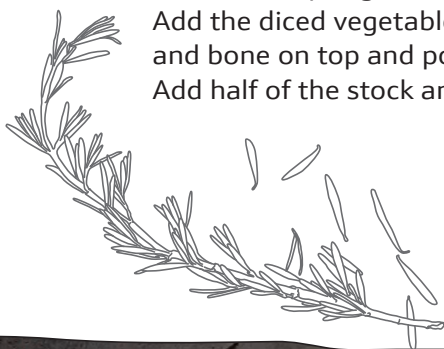
PREPARATION:

Rinse the breast of veal briefly in cold water and pat dry. Rub with salt and pepper inside and out.

Rinse the mixed herbs, shake dry and chop finely. Cut the bread into cubes and soak in milk. Wash the half organic lemon in hot water and grate the zest.

Peel the shallots and cut into very small pieces. Squeeze out the excess liquid from the softened bread and mix with the chopped herbs, diced shallots, egg yolk and lemon zest. Season with salt and pepper to taste. Stuff the breast of veal with the mixture and sew up. Sear the meat and bone in hot clarified butter on all sides.

Trim the soup vegetables and cut into pieces approx. 2 cm in size. Add the diced vegetables to the universal pan, place the meat and bone on top and pour over the remaining frying fat. Add half of the stock and cook as indicated.





IN ADDITION:

Kitchen string
Needle

ACCESSORIES:

Universal pan

NUTRITIONAL INFORMATION:

286 kcal, 1.4 g carb, 13 g F, 40 g P

Take out the cooked joint, cover and leave to rest for 5 minutes. In the meantime, strain the meat juices with the vegetables through a sieve into a saucepan. Then add the rest of the stock and reduce by boiling with the cream. Slice the meat and serve with the sauce.

SETTING PROCEDURE:

Volume of water in tank: 200 ml
Universal pan, level 2
Top/bottom heating
180-190 °C
Added steam, high
Cooking time: 90-100 minutes