



Veal from Gstaad

warm vegetable salad - red wine jus

Ingredients

for 6 persons

Saddle of veal

600 g saddle of veal from Gstaad, 1 sprig of thyme, sprig of rosemary, 1 clove of garlic Salt, pepper, 20 ml extra virgin olive oil

Sauce

100 g Mire poix (carrots, celery, leek) 100 g shallots, 100 ml dry red wine, 50 ml Madeira, 200 g veal bones, 500 ml veal stock, 1 sprig thyme, 1 sprig rosemary, 1 bay leaf, 1 clove garlic, 20 ml olive oil

Veal shoulder braised

300 g veal shoulder, 100 g mire poix (celery, carrot, leek) 100 g shallots, 20 g olive oil, 100 ml red wine, 50 ml truffle stock, 1 sprig thyme, 1 sprig rosemary, 1 garlic clove, 1 bay leaf Salt, pepper 250 ml veal stock

Warm vegetable salad

40 g bush beans / runner beans
6 small carrots, 6 navettes
6 pcs. mini leek, 6 pcs. patisson,
6 cherry tomatoes, 1 finely diced shallot,
1 teaspoon chopped chervil, 10 g butter, 50 ml vegetable stock Salt, pepper

Preparation

Saddle of veal

Season the saddle of veal with salt and pepper and fry in a pan with the olive oil. Brown on both sides, adding the thyme, rosemary and garlic as it roasts. Cook in a preheated oven at 140°C for 20 minutes. Remove, wrap in aluminium foil and leave to rest and relax in a warm place (e.g. next to the cooker) for 15 min.

Sauce

Fry the veal bones, shallots and Mire poix vegetables in olive oil, deglaze with red wine and Madeira and fill up with the veal stock. Add the thyme, rosemary, bay leaf and garlic. Let the sauce simmer for 1 h over a low heat. Use this basic sauce to top up the braised veal shoulder.

Veal shoulder braised

Season the veal shoulder with salt and pepper and fry it together in the olive oil in a pan. When the shoulder is browned, remove it and sauté the finely chopped mire poix vegetables and shallots in the pan. Deglaze with the red wine, add the truffle stock and the veal stock. Add the thyme, rosemary, bay leaf and garlic. Simmer with the veal shoulder for 10 minutes. Then cook in the oven for about 2 - 3 hrs. Reduce the sauce by 3/4 after cooking.

Warm vegetable salad

Clean the vegetables, wash them and cut them into equal pieces or leave them whole. Fry the shallots and garlic in a little butter until translucent. Add the chopped beans, fill with the vegetable stock and season with salt and pepper. When the vegetables are cooked, add the quartered cherry tomatoes.

Preparation

Arrange the vegetables on the plate. Slice the pink roasted saddle of veal and place on top of the beans. Also slice the braised veal shoulder and place it on top. Pour in the reduced veal jus.