Recipe

Stuffed breast of veal with shallot and pepper sauce.

Instructions

1. For the filling, cook the onions in the VarioCookingCenter® – Side Dishes Glazing 10 minutes – with the rapeseed oil until soft.
2. Mix with the chopped parsley, lemon zest, bread and mince meat. Season the filling well.
3. Cut a pocket along the length of the veal breast for the filling.
4. Place the filling into the meat pocket, tie the roast with kitchen twine and season with salt. Place the roast on a grid over a drip pan.
5. Distribute the halved shallots in the drip pan 1/1 GN. Pour in the vegetable stock and cook in the SelfCookingCenter® under Meat > Overnight roast > Searing level 2/4 > Core temperature welldone 70°C (for a minimum of 8 hours of cooking time, otherwise increase the core temperature).
6. At the end of the cooking/resting time, take the drip pan with the shallots out of the cooking cabinet, and crisp the roast on the lightest browning level.
7. Lift the roast from the roaster, remove the kitchen twine and leave to rest covered for around 10 minutes.
8. In the meantime, bring the roast juices from the drip pan to the boil in the VarioCookingCenter® – Soup Sauces boil down – add the cream and peppercorns and season. If required, thicken with some sauce thickener.

Ingredients

for around 10 persons

Brisket (Stuffed breast)
> 80 g onion
> 20 ml rapeseed oil
> 10 g fresh flat leaf parsley
> 5 g lemon zest
> 250 g minced beef
> 100 g bread rolls from the previous day (soaked in water and then the water squeezed out)
> Salt, pepper
> 2.5 kg breast of veal
> 400 g shallots
> 600 ml vegetable stock
> 200 ml cream
> 30 g green pepper corns (jar)

Each portion contains 991 kcal
> 93.2 g carbohydrates (of which 12.5 g sugars)
> 41.1 g fat
> 12.3 g fibre

The price per portion is approx. 3.80 €
Recipe – side dishes

Stuffed breast of veal with shallot and pepper sauce.

Ingredients for around 10 persons

Boiled potatoes
> 2.5 kg peeled potatoes
> Salt

Bread dumplings
> 800 g bread rolls from the previous day
> ½ l milk
> 1 bunch of parsley
> 1 onion
> 2 tbsp butter
> Salt, pepper
> 4 eggs
> Freshly ground nutmeg
> 1 tsp grated untreated Lemon zest

Instructions

Boiled potatoes

Bread dumplings
1. Slice the bread rolls into thin slices and place in a large bowl. Heat the milk and pour over the bread. Leave to soak for 20 min.
2. Wash the parsley, shake dry and finely chop the leaves. Peel the onions and dice finely. Heat the butter, and cook the onion until soft, then set aside.
3. Mix the soaked bread with the eggs, onion and parsley well. Season with salt, nutmeg and lemon zest. With moistened hands, form small dumplings and cook in salted water in the VarioCookingCenter® under Side dishes > Boil > Without basket > simmering > 15 min.

Plating/garnishing
> Cut the roast veal into 2 cm thick slices. Ladle the shallot and pepper sauce onto the plate and place the roast meat slices on top.
> Add 2 small dumplings or potatoes and serve.