

French veal stew

by the Chef Alex Néel



Preparation Time: 35 minutes

Cooking Time: 2.5 – 3 hours

INGREDIENTS

1kg veal (mixture of breast & shoulder), cut into chunks
1 onion, cut into chunks
1 carrot, cut into chunks
1 leek (white part only), sliced
1 small celery stalk, sliced
2 cloves
1 garlic clove
bouquet garni (1 bay leaf, 4 sprigs thyme, 3 sprigs parsley)

Garnish:

24 small pickling onions
24 small button mushrooms (Champignons de Paris)
1 tbsp butter
1 tbsp all-purpose flour
1 cup heavy cream
1 tbsp fresh lemon juice
1 large egg yolks

PREPARATION

1. Stud the onion with the cloves. Place the veal in a casserole dish and add the carrots, onion, celery stalk, leek and bouquet garni. Add just enough water to cover the meat and vegetables. Bring to the boil, skimming the surface for the first 10 minutes of any scum. Cover and simmer gently for 40 to 50 minutes.

2. Prepare the garnish. Wash mushrooms, pat dry and cut into halves or quarters, depending on their size. Fry them with butter in a non-stick pan until they have given out all of their juices. This concentrates their flavour. Then add the lemon juice to them and set aside. Sauté the onions in a small pan with the rest of the butter until golden.

3. Discard the bay leaf and thyme stalks. Remove the meat transfer to a large serving dish, adding the mushrooms and pickling onions. You can keep the vegetables for a soup.

4. Prepare the sauce. Melt butter in a saucepan, add flour and cook for a few minutes. Then add the cooking liquid over a high heat until reduced. Meanwhile, in a bowl, hand-whisk the heavy cream and the yolks, and season with salt and pepper. Blend in 3 tablespoons of the hot stock then quickly whisk in the yolk mixture back into the stock. Stir constantly until thickened but do not boil (it will reduce its subtle flavours). Whisk until the sauce is smooth and velvety.