

Mild spices veal tataki, Parmigiano Reggiano gremolata sauce

Recette pour 24

Description

Fresh and classic Italian recipe! Especially with the gremolata, this is an absolute sure shot in the summer.

L'idée déco

The ultimate key here is the gremolata, as it has to have the utmost quality products in it. Make sure that they are not only local, but fresh and if possible, seasonal.

Ingrédients

Veal tataki

- 240 Gr Veal (shoulder)
- 5 Ml Paprika
- 5 Ml Cinnamon powder
- 5 Ml Cumin powder
- 5 Ml Ground coriander

- Vegetable oil
- Salt and pepper

Gremolata sauce

- 1 Clove(s) Garlic
- 4 Sprig(s) Parsley
- 4 Sprig(s) Mint
- 1 Unit(s) Lemon
- 15 Ml Pine nuts
- 20 Gr Parmigiano reggiano
- 60 Ml Olive oil

- Vegetable oil
- Salt and pepper

Garnish

- 20 Gr Parmigiano reggiano

- Vegetable oil
- Salt and pepper

Préparations

Temps de préparation **30 mins**

Mise-en-place

Zest and juice the lemon. Mix the spices together. Cut the meat in long rectangular log of 4cm x 4cm. Use a peeler to make Parmesan shavings.

Veal tataki

Roll the meat in the spice mix then salt and pepper. Drizzle a little bit of vegetable oil in a hot pan and sear the meat on each side for about 30 seconds. Slice the tataki the thinnest you can.

Gremolata

Roast the pine nuts in a pan until they get golden. Using a knife, chop the parsley, mint, pine nuts, olive oil, zest and a dash of lemon juice and season with salt and pepper.

To serve

Place your salad lengthwise and serve a few slices of tataki on top. Use the gremolata sauce to create a design on your plate and decorate with a few parmesan shavings.

Bon appétit!