

Veal sweetbreads, beer sauce, parsnip purée and sautéed mushrooms

Recette pour 4 personnes

Description

Butter fried sweetbreads, with a trois-pistoles beer sauce enhanced by chocolate, served with a parsnip purée and sautéed mushrooms.

Ingrédients

Sweetbreads

- 640 Gr Sweetbreads
- 1 Tbsp Coffee beans
- 1 Unit(s) French shallot
- 1 Clove(s) Garlic
- 150 Ml Trois pistoles beer
- 150 Ml Veal stock
- 20 Gr Dark chocolate
- 5 Ml Cardamom
- 5 Ml Sichuan pepper
- 5 Ml Nutmeg

- Vegetable oil
- Salt and pepper

Parsnip purée

- 300 Gr Parsnip
- 1 Unit(s) White onion
- 300 Ml Chicken stock
- 30 Gr Butter
- 25 Ml 35% cooking cream

- Vegetable oil
- Salt and pepper

Sautéed mushrooms

- 150 Gr Button mushrooms
- 75 Gr Oyster mushroom
- 75 Gr Shiitake
- 50 Gr Butter
- 1 Clove(s) Garlic
- 4 Sprig(s) Parsley

- Vegetable oil
- Salt and pepper

Préparations

Temps de préparation **45 mins**

Getting the sweetbreads ready

Let the sweetbreads soak in a mix of cold water and 50ml of white vinegar for about 4 hours. Rinse and remove the big veins.

In a large stockpot with salted cold water, add the sweetbreads. Bring to a boil on high heat and as soon as it boils, remove the sweetbreads and put them straight into an ice bath.

Once cooled, remove the membrane.

Preparation

Finely dice the shallots, garlic and parsley.

Brush and chop the mushrooms.

Peel and slice the parsnip.

Peel and dice the onion.

Cooking the sweetbreads

In a frying pan, roast the coffee beans and spices for 3 minutes, then set aside.

Lightly flour the sweetbreads and sear them in a hot pan with vegetable oil and a bit of butter. Once seared on both sides, transfer to a baking sheet to finish cooking in the oven.

In the same frying pan you cooked the sweetbreads, sweat the shallots and garlic as well as the coffee and spice mix. Deglaze with the beer and then reduce by half. Next, add the stock and reduce by half again.

Strain the sauce with a fine mesh sieve, then bring back to a boil and add the chocolate bit by bit, mixing with a handblender.

Parsnip purée

In a saucepot with a bit of olive oil and butter, sweat the onions until they are lightly caramelized then add the parsnip and cover with stock. Bring to a boil, then reduce the heat and let cook for roughly 30 minutes. Take the cooked parsnip and place it in a blender or food processor. Blend until smooth, while adding cream to reach the desired consistency. Check for seasoning and set aside.

Sautéed mushrooms

In a hot frying pan on medium-high heat, sauté the mushrooms with a bit of butter and olive oil. Once about

half cooked, add the garlic. Continue cooking, once fully cooked (soft but not too mushy) add the parsley and remove from heat.

Plating

On a round plate, make a comma with the parsnip purée and then place a few pieces of sweetbreads on top of the purée. Place the desired amount of sauce on top, and use to decorate the plate. Finish with the sautéed mushrooms.

Bon appétit!