

Blanquette of veal with white sauce and tomato confit rice Pilaf

Recette pour 4 personnes

Description

Veal, cooked gently in an aromatic jus, finished off with a rich sauce and a classic rice pilaf.

L'idée déco

For a change and a bit more flavour, you can finish the sauce with old-style mustard.

Ingrédients

Blanquette

- 800 Gr Veal (shoulder)
- 1 Unit(s) Onion
- 2 Unit(s) Carrot
- 1 Leaf(ves) Bay leaf
- 2 Sprig(s) Thyme
- 3 Unit(s) Cloves
- 20 Unit(s) Frozen pearl onions
- 200 Gr Button mushrooms
- 45 Gr Butter
- 30 Gr Wheat flour

Sauce

- 2 Unit(s) Egg yolk
- 100 Ml Cream 35%
- 1 Tbsp Lemon juice

Rice

- 250 Ml White rice
- 500 Ml Chicken stock
- 1 Unit(s) Onion
- 2 Tbsp Butter

Confit tomatoes

- 2 Unit(s) Italian tomatoes
- 1 Clove(s) Garlic
- 1 Sprig(s) Thyme
- 100 Ml Olive oil

Préparations

Temps de préparation **120 mins**

Préchauffez votre four à 350 F°

Preparation

Cut the veal into cubes. Cut the carrots and onions for the veal into large pieces. Finely slice the button mushrooms. Finely chop the onion for the rice. Remove the seeds from the tomatoes and cut them into small cubes. Warm the olive oil with the garlic and thyme to infuse it.

Veal blanquette

Place the veal in a pot, cover with cold water and bring to a boil. Filter and set the meat aside.

Place the carrots, onion, bay leaf, cloves and meat in a pot, cover with water and cook on medium for about 1h30mins at a gently boil.

In another pot, sweat the onions and mushrooms with butter, being careful not to color them and then sprinkle with the flour.

Remove the meat, the carrots and 500ml of the cooking liquid from the first pot and add it to the one with the onions and mushrooms. Let this cook for about 10 minutes. In a bowl, whisk together the eggs yolks with the cream and the lemon juice. Add a tiny bit of the cooking juice to this mix and then pour the whisked mix onto the meat. Cook a little bit without bringing to a boil.

Rice pilaf

In a medium sauce-pot, sweat the onions gently in butter until you reach a nice golden coloration. Season with salt and pepper. Add the rice and continue to cook while stirring for about 5 minutes. Add the stock and bring to a boil. Cover and then transfer to the oven to finish cooking, about 18 minutes. Next, remove from the oven. Stir and let rest for about 5 minutes, check for seasoning and then add the tomatoes at the end.

Confit tomatoes

Place the diced tomatoes in the garlic and thyme infused oil. Bring to a boil and then let them confit off the heat, they should be ready in 10 minutes or so.

Bon appétit!