

Blanquette of veal, supreme sauce, bacon, mushrooms, pearl onions |

Recipe for 4 servings

Description

A classic recipe of French cuisine that calls for sharing and pleasure.

Note

This is what's known as expansion cooking, which means that the flavors are diffused into the broth used to cook the meat (cooking in a liquid).

The supreme sauce is a velvety sauce that we cream, the velvety sauce is a white roux, moistened with a poultry stock.

Ingredients

Blanquette

- 800 Gr Veal (shoulder)
- 1 Unit(s) Onion
- 2 Unit(s) Carrot
- 0.50 Unit(s) Leek white
- 1 Leaf(ves) Bay leaf
- 2 Sprig(s) Thyme
- Salt and pepper

Set up

- 1 Tbsp Chives
- 0.50 Unit(s) Lemon zests
- Salt and pepper

Suprême sauce

- 45 Gr Butter
- 45 Gr Flour
- 750 Ml Cooking broth
- 1 Unit(s) Egg yolk
- 75 Ml Cream 35%
- 1 Tbsp Lemon juice
- Salt and pepper

Garnish

- 4 Slice(s) Bacon
- 120 Gr Button mushrooms
- 100 Gr Frozen pearl onions
- Salt and pepper

Preparation

- Preparation time **120 mins**
- Preheat your at **0 F°**

Preparation

Blanquette

Cut the veal into cubes. Cut the carrots and onion for the blanquette into large cubes.

Bouillon

Peel and halve the onion, cut the leek in half lengthwise (run it under cold water) and chop. Peel the carrots and cut into thirds or fourths, depending on size (they'll be easier to retrieve later).

Toppings

Cut the mushrooms into quarters. Cut the bacon into small sticks (lardons), or use frozen spring onions (simpler).

Assembly

Finely chop the chives, and squeeze out the lemon zest and juice (for the sauce).

Veal blanquette

Cover the veal cubes with cold water and bring to the boil. Simmer for 10 min, skimming regularly. Add the carrots, leek, onion, bay leaf and thyme. Continue cooking gently for an hour, making sure the meat is cooked through.

In a frying pan, brown the lardons, add the mushrooms, then the spring onions, and simmer for a few minutes. Once well browned, stop cooking and keep the garnish on the counter.

Collect the meat, carrots and 750 ml of the cooking broth (the carrots will go into the garnish, while the broth will be used to make the sauce).

Supreme sauce

Once the sauce is hot but not boiling, add the mixture, stir gently and adjust the seasoning if necessary.

Add the garnish to the sauce (chop the cooked carrots, mushrooms, onions and bacon), mix and add the veal cubes.

Set up

Serve in a pretty serving dish in the middle of the table.

Sprinkle with lemon zest and freshly chopped chives.

Bon appétit!