

Québec veal, celery root puree, butternut squash virgin sauce, candied pearl onions |

Recipe for 4 servings



Description

Beautiful roasted Quebec veal cutlet with its aromatic garnish.

Creamy celery purée accompanied by a gourmet sauce made with squash and olive oil.

Note

The virgin sauce is also used a lot in summer on grilled meat and with fish.

The toppings that make it up can vary according to each person.

Ingredients

Veal

- 4 Unit(s) Veal scallop
- Salt and pepper
- Vegetable oil
- Olive oil

Celeriac Purée

- 500 Gr Celeriac
- 35 Ml Canola oil
- 150 Gr White onion
- 50 Gr Butter
- 1 Liter(s) Chicken stock
- Salt and pepper
- Vegetable oil
- Olive oil

Squash virgin sauce

- 150 Gr Italian tomatoes
- 150 Gr Butternut squash
- 30 Gr Pine nuts
- 100 Ml Olive oil
- 50 Gr French shallot
- 2 Sprig(s) Parsley
- 6 Sprig(s) Chives
- 2 Tbsp White balsamic vinegar

Cipollini onion

- 100 Gr Frozen pearl onions
- 100 Ml White wine
- 4 Sprig(s) Thyme
- 1 Tbsp Butter
- 1 Leaf(ves) Bay leaf
- 2 Clove(s) Garlic
- 20 Ml Olive oil
- Salt and pepper

- Salt and pepper
- Vegetable oil
- Olive oil
- Vegetable oil
- Olive oil

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **425 F°**

Preparation

Prepare the chicken stock.

Peel the celeriac and cut into cubes.

Peel and chop the onion.

Peel the garlic.

Peel the squash and cut into little cubes (brunoise).

Quebec milk fed veal

Season the veal and then sear it in a hot frying pan with a thread of oil. Make sure to sear on all sides for about a minute.

Let rest for 2 minutes before serving.

Celeriac purée

In a medium sauce pot on medium heat with a thread of oil, sweat the onions until lightly caramelized. Add the celeriac and chicken stock and stir. Cook for around 20 minutes, or until the celeriac is soft. Next, place in a blender with the cubes of butter. Season accordingly.

Squash virgin sauce

Quarter the tomatoes and then remove the seeds and skin. Next cut the tomato flesh into a fine brunoise (little cubes). Set aside. Remove the leaves from the parsley stalks and finely chop them, finely chop the chives as well. Set aside. Toast the pine nuts in a frying pan with a thread of oil for about 2 minutes and set aside. In a medium sauce pot of salted boiling water, blanch the squash for about 2 minutes, making sure not to overcook the cubes. Strain and pass under cold water to stop from overcooking. Mix all of the elements together then add the olive oil and balsamic vinegar. Season with sea salt and fresh cracked pepper.

Small onions

In a hot frying pan with a thread of oil, sauté the small onions for a few seconds then add the crushed garlic. Wet with white wine and add the bay leaf and thyme. Season with salt and pepper and gently simmer for 10 minutes covered. Next, uncover and continue to reduce until most of the liquid has evaporated. In a hot frying pan with a thread of oil and a bit of butter, sauté the confit onions to give them a nice caramelization. Set aside.

Plating

Place the veal on a round plate and a nice spoonful of purée on either side. Place the confit small onions here and there. Finally, place a generous helping of the squash virgin sauce on top and

around the meat.

Bon appétit!