

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

Recipe for 4



Description

Quebec grown milk fed veal surloin, celeriac purée, squash virgin sauce and mediterranean confit cipollini onions

Note

Virgin sauce can be used with fish and meat. A very versatile recipe that can be adapted for many situations. Feel free to experiment with different vegetables instead of the squash and tomatoes.

Ingredients

Veal

- 1 Unit(s) Boneless veal
- Salt and pepper
- Vegetable oil
- Olive oil

Celeriac Purée

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

Squash virgin sauce

- 1 Unit(s) Italian tomatoes
- 0.50 Unit(s) Butternut squash
- 75 Gr Pine nuts
- 175 Ml Olive oil
- 1 Unit(s) French shallot
- 2 Sprig(s) Parsley
- 6 Sprig(s) Chives
- 3 Tbsp White balsamic vinegar
- Salt and pepper
- Vegetable oil

Cipollini onion

- 8 Unit(s) Cipollini onion
- 250 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
- Vegetable oil
- Olive oil

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- 0 Berries 3 peppers
- Salt and pepper
- Vegetable oil
- Olive oil

Preparation

- Preparation time **45.00 mins**
- Preheat your **Oven** at **425.00 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.

Place the veal on an ovenproof pan and finish cooking it by placing in the oven for about 7 minutes.

Let rest for 5 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.

Cipollini

In a hot frying pan with a thread of oil, sauté the cipollinis 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 20 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 cipollinis here and there. Finally, place a generous helping of the squash virgin sauce on top and around the meat.

Bon appétit!