

Calf's Sweetbread with Lentils

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Rezept für 4

Ingredients for calf's sweetbread

600 g calf's sweetbread
Salt, pepper
Veal jus
Butter for frying

Ingredients for the balsamic lentils

1 carrot
1/3 celery root
2 onions
3 garlic cloves
200 g lentils
Approx. 4 dl bouillon
100 g butter
1 bay leaf
Salt

Ingredients for deep-fried salsifis

Black salsifis

To prepare the calf's sweetbread

Season the calf's sweetbread with salt and pepper and wrap in foil. Poach in water. Allow to cool, remove from the foil and fry in clarified butter. Add some fresh butter and fry until crispy. Glaze the sweetbread with a little veal jus.

To prepare the balsamic lentils

Finely dice the vegetables. Fry the garlic in olive oil until golden brown. Sauté the vegetables, season to taste with the spices and salt, deglaze with bouillon and allow to simmer gently for approx. a further 2 hours. Serving suggestion: Stir in a little balsamic reduction and garnish with chervil.

To prepare the deep-fried salsifis

Peel the salsifis and slice lengthways into thin slices. Deep-fry in rapeseed oil at 170 °C. Then allow to cool on kitchen roll.