



Braised veal cheeks with black salsify and brussels sprout leaves



Rezept für 4

Ingredients

8 veal cheeks with skin,
silverskin and outer sinews
removed, approx. 1 kg
1.5 l veal stock
300 g roasted vegetables
(onions, leek, celery,
carrot)
1 tbsp tomato purée
Bay leaf
Juniper berries
Salt, pepper
50 g butter
Oil for frying
400 g black salsify
80 g Brussels sprout leaves
(other vegetables can be
used according to season)

To prepare

Season the veal cheeks with salt and pepper and, in a pan, sear on all sides in oil. Remove from the pan. Then add the roasted vegetables to the pan, lightly brown along with the tomato purée and pour the veal stock over them. Add the meat and seasoning and bring to the boil once (make sure the meat is covered). In a container sealed with a lid, braise on the hot air with steaming setting at 120 °C for 2.5-3 hours. Remove the veal cheeks from the pan, pass the stock through a sieve and allow it to reduce, or thicken if necessary. Put the veal back in the stock, heat through again and keep warm in the sauce until you are ready to serve. Peel the black salsify and slice thinly. Blanch in salted water and then plunge into iced water. Set aside and lightly pan-fry in butter before serving. Using a small knife, individually remove a few Brussels sprout leaves. Blanch them in salted water and then plunge into iced water. Just before serving, toss them through with the pan-fried salsify and season. Arrange veal cheeks with black salsify on the plate and pour over the gravy.



Anrichten

Cooking level

Preheated

2.5-3 hours | Hot air with steaming setting at 120 °C