

Crispy herb coated sweetbreads with roesti muffins

Walter Klose



Preparation Crumb coating and Sweetbreads

Vacuum-seal the milk, water, sweetbreads, spices and garlic in a boil-proof vacuum bag. Place the bag containing the sweetbreads in the oven and steam at 100°C for 8 mins. Place immediately in ice-cold water and cool quickly, then place in the fridge for 24 hrs. Finely chop the herbs and mix with the breadcrumbs. Remove the sweetbreads from the stock and pat dry, remove the membranes and small veins. Cut the sweetbreads into 5 mm slices, toss in flour and shake off the excess. Whisk the egg and first toss the floured sweetbreads in the egg and then in the herb breadcrumbs. Heat the clarified butter in a pan and carefully add the sweetbreads. Add the regular butter and slowly fry the sweetbreads for approx. 3 minutes at medium heat until crispy.

Rezept für 4

Ingredients Sweetbreads

200 ml milk
200 ml water
400 g veal heart
sweetbreads (water well or soak in milk bath for 24 hours) bay leaf, juniper berries, clove, rosemary, peppercorns
1 garlic clove

Ingredients Crumb coating

150 g breadcrumbs
Parsley, rosemary, thyme, chives
50 g flour
2 eggs
Clarified butter and regular butter

Ingredients Roesti muffins with bacon and Appenzel cheese

300 g Type A potatoes (Charlotte)
1 egg
15 g Appenzel cheese, grated
20 g diced bacon
Nutmeg, salt, pepper



Preparation Roesti muffins with bacon and Appenzell cheese

Cook the potatoes until soft and leave to cool completely, peel. Grate the potatoes using a roesti grater. Carefully mix the potatoes with the cheese and bacon, season to taste with the spices. Press the mixture into a lightly buttered muffin tin and bake with Hot air at 180°C for approx. 25 mins., serve immediately.

Preparation Glazed pearl onions

In a pan, caramelize the sugar with a little lemon juice. Pour in the orange juice and add the veal stock, season with a little salt. Cook the pearl onions in the stock until soft. Remove the pearl onions and reduce the stock a little, thicken with the cornflour to create a syrupy stock. Return the pearl onions to the stock and leave to cool. Heat briefly to serve.

Preparation Sherry jus

Mix all of the ingredients together and simmer gently for approx. 5 mins. Pass through a fine sieve. Add a little more vinegar as desired. Thicken with knobs of butter.

Anrichten

To the video!

Ingredients Glazed pearl onions

8 Stk. pearl onions
50 g sugar
a little lemon juice
20 ml orange juice
100 ml veal stock
salt
cornflour

Ingredients Sherry jus

100 ml reduced veal jus
10 ml sherry vinegar
10 ml sherry
10 g chopped shallots
bay leaf
10 ml Noilly Prat
20 g butter