



# Crispy herb coated sweetbreads with roesti muffins



## 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 Appenzell cheese

300 g Type A potatoes  
(Charlotte)  
1 egg  
15 g Appenzell 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