



Sweetbread with a pistachio crumb and parsley pesto



Rezept für 4

Ingredients for the sweetbread

500 g sweetbread
1 onion
3 cloves
1 bay leaf
10 black peppercorns

Ingredients for the pesto

150 g parsley leaves
40 g pistachios, lightly toasted
50 ml pistachio oil
100-150 ml sunflower oil
2 pinches of salt
1 pinch of sugar
1 pinch of ground cloves

Ingredients for the crumb

4 tbsp butter
2 tbsp breadcrumbs
4 tbsp chopped pistachios
3 tbsp chopped parsley

Ingredients for the lettuce

1 baby lettuce
2 slices of toast bread, cut into cubes
1 tbsp olive oil
1 handful of parsley leaves
2 tbsp lemon juice
Salt and ground black pepper

To prepare the sweetbreads

Soak the sweetbreads in water for 2 hrs. Blanch twice in salted water. Season the onion with the bay leaf and cloves. Bring 2 l of water to the boil along with 2 tsp of salt, the peppercorns and the onion. Add the sweetbreads and leave to infuse for 20 mins. Return to the boil, leave to cool in the stock. Break into walnut-sized pieces.

To prepare the pesto

Briefly blanch the parsley in boiling salted water and rinse in cold water. Squeeze out the excess liquid using a tea towel and mix with the remaining ingredients to form a smooth paste.

To prepare the crumbs

Heat the butter in a pan until it froths, add the breadcrumbs, pistachios and parsley. Add the sweetbreads and fry until golden brown, season with salt and pepper.

**To prepare the lettuce**

Prepare and wash the lettuce. Toast the bread cubes in a pan with the olive oil, add 1 tbsp of the pesto and mix thoroughly.

Anrichten

Plate up the lettuce, croutons and sweetbread.

Top with the pesto and lemon juice, garnish with parsley.