

Simmental veal with morels from the Auvergne mountains

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To prepare the fillet of veal

Cut the pork belly into thin slices, then place on cling-film, slightly overlapping the slices to form a rectangle the same length as the fillet of veal. Finely crush the 50 g of morels, then cook in a non-stick frying pan with the knob of butter. Season with salt and pepper. Arrange the morels on the rectangle of pork belly and add a few thyme leaves. Season the fillet of veal with salt and pepper, place in the middle of the rectangle and roll it tightly using the cling-film.

Rezept für 4

Ingredients

1 veal fillet, 480 g
 200 g salted pork belly
 50 g morels, halved and washed
 1 knob of butter
 Several thyme leaves
 Salt, pepper
 2 cl peanut oil

Ingredients for the morel sauce

200 g morels, halved and washed
 ½ shallot, chopped
 ½ clove of garlic, crushed,
 in 5 cl peanut oil
 5 cl white port
 5 cl Madeira
 4 dl cream
 Knob of butter
 1 dash of lemon juice
 Salt, pepper

Ingredients for the garnish

1 dash of peanut oil
 Seasonal vegetables
 Fleur de sel
 Four peppercorn blend



To prepare the morel sauce

Briefly fry the morels in a pan with a little butter. Season then add the shallots and a spoon of garlic oil. Brown. Deglaze with the port and Madeira and reduce to three-quarters. Add the cream and cook for 5 minutes. Adjust the seasoning then add a knob of butter and a dash of lemon juice.

To prepare the garnish

Preheat the oven to 90°C on the steam setting and cook for about 12 minutes. Check the temperature in the middle has reached 45°C. Remove from the oven and let stand for 15 minutes. Remove the film, tie with 8 pieces of string and roast in a non-stick pan with a dash of peanut oil to obtain an attractive colour. Remove to a wire shelf. Preheat the oven to 200°C on the top/bottom heat setting. Just before serving, place in the oven for 4 minutes. Cut into 4 medallions, season each slice with fleur de sel and four peppercorn blend and serve immediately. Serve with seasonal vegetables and a few morels. Serve with the hot sauce.

Anrichten

Cooking level

With preheating

12 minutes | steam setting 90°C

4 minutes | top/bottom heat setting 200°C