



Steamed sweetbread

Jan Hartwig



To prepare the sweetbread

Soak the sweetbread in cold, clear water for approx. 4 hrs. so that it turns white and all of the sediments have been washed away. Remove the thin layer of skin from the sweetbread with a knife and blanch it briefly in boiling salted water. Dab dry and season with salt and pepper. Brush a piece of cling film with melted butter and tightly roll up the sweetbread, making sure that no bubbles appear. Roll up the sweetbread roll in foil and steam in the combi-steam cooker for approx. 15 mins. at 90 °C. Remove the sweetbread from the foil and cling film, and fry in foaming butter. Slice and season once more.

To prepare the roscoff onion puree

Thinly slice the onions and fry in a pan with the butter until golden. Add the double cream and milk, and reduce. Cook the onions until very soft, season to taste with vinegar. As soon as the liquid separates from the fat in the pan, pour the entire contents of the pan into the Thermomix and puree until smooth. Season to taste with salt, pepper and sherry.

Rezept für 4

Ingredients for the sweetbread

25 g veal sweetbread, cleaned
salt, pepper
butter
cling film and aluminium foil

Ingredients for the roscoff onion puree

4 Roscoff onions
10 ml balsamic vinegar
40 g double cream
40 g butter
40 g milk
10 ml sherry
salt, pepper

Ingredients for the vin jaune sauce

300 ml vin jaune
25 ml double cream
a little cold butter
200 ml chicken stock
juice of one lemon
30 g light mirepoix
salt
pepper

Ingredients for the fried porcini mushrooms

8 firm porcini mushrooms

Ingredients for the marcona almonds

100 g Marcona almonds

**To prepare the vin jaune sauce**

Sauté the mirepoix in a little butter and add the vin jaune. Reduce to a third and top up with the stock and double cream. Reduce to half the amount and pass through a sieve. Blitz in the Thermomix and season to taste with salt, pepper and lemon juice.

To prepare the fried porcini mushrooms

Remove any soil or dirt from the mushrooms and cut in half. Using a knife, score a lattice pattern on the inside of the mushrooms and fry (cut side down) until golden brown. Season with a pinch of salt and pepper.

To prepare the marcona almonds

Roast the almonds in the oven for 15 mins. at 160 °C until golden brown and then quarter.

Anrichten

Place the onion puree in the middle of the plate and set the sweetbread on top. Arrange the mushrooms all around and scatter the almonds on the plate. Froth up the vin jaune sauce and serve on the plate. Garnish with edible flowers.