

FILLET OF VEAL

with cassoulet of winter vegetables & parsnip crisps

1 fillet of rose veal
1 swede
2 carrots
2 potatoes
1 onion
1 tin cannellini beans
¼ bottle white wine
1 sprig thyme
1 bulb of garlic
¼ packet butter
3 parsnips
Vegetable oil
Salt and pepper

Method

Dice the carrot, potato and swede and cook in salted water until al dente. Finely dice the onion and garlic. Put this in a hot pan and lightly colour. Add the white wine and reduce by three quarters. Prepare the veal by removing all sinew. Season well with salt and pepper and put in a hot pan. Colour all sides and place in a preheated oven at 185°C for 7 minutes. Remove and let it rest in a warm place for a further 9 minutes. Add the chopped vegetables to the white wine. Add the cooked cannellini beans and leave on a low heat till needed.

Use a potato peeler to peel the parsnip and put them in preheated oil to fry. This will take about 4 minutes. Then remove and season well with salt.

To finish the dish, whisk in some butter to the vegetable mix. Put this on the base of the plate and sprinkle fresh chopped herbs over it. Slice the veal and put on the top. Finish by putting the parsnip crisps on the top.