

Traditional Veal Stew or Blanquette de veau

Serves 4 :

Preparation and cooking time : 1h30

Ingredients:

- 1kg veal, cubed
- 1/2 lemon
- 1 carrot
- 1 onion
- 1 clove
- 1 'bouquet garni' (parsley, thyme, bayleaf)
- Salt and pepper

Ingredients for the sauce :

- 30g butter or margarine
- 30g flour
- ½ litre veal stock

Method :

First of all, rub the pieces of meat with the lemon so they remain white. Put them in a large saucepan with plenty of cold water, the carrot, the clove studded onion, the 'bouquet garni', salt and pepper. Bring to the boil and simmer without a lid for 1 1/4 hour. Remove the scum during cooking.

Sauce :

30 minutes before the end of the cooking, mix the butter and the flour over a gently heat. Add ½ litre of the cooking stock. Stir it with a wooden spoon until boiling point. Then allow to simmer gently for 10 minutes.

Drain the meat and place it on a warm dish. Pour the sauce over. If possible, sprinkle some chopped parsley on top.

A "blanquette" can be served with rice, cauliflower, celery hearts, mushrooms or potatoes which are cooked in the stew for 30 minutes.

Top tip : veal tendron is a soft part of veal.

Recommended wines with this dish :

- Red wine: Haut-Médoc or Margaux

- White wine : Saint-Aubin (Bourgogne)