Fillet of veal with dates and bacon

Opskrift af V-ZUG Ltd



Tilberedning
Tilberedningstid
Portioner 4

fillet of veal

800 g fillet of veal

8 sprigs of thyme

Put the veal fillets with the thyme into a vacuum bag and vacuum seal on level 3. Place the vacuum bag in the perforated cooking tray and put it into the cold cooking space. Cook.

Vacuisine 54 °C i 1 Timer 20 Min.

2 tbsp Oil

100 g bacon rashers

50 g dates

Salt

Pepper

Remove the stones from the dates and chop them into strips. Cut the bacon into strips.

Take the veal fillets out of the vacuum bag and pat dry. Put the oil in a frying pan, briefly sear the fillets on all sides in hot oil and season with salt and pepper.

Add the strips of bacon and date to the fillets in the pan and fry all together.

Cover the meat and allow it to rest for a while before carving. Serve the meat with the bacon, dates and white wine sauce.

White wine sauce

2 shallots

200 ml white wine

1 bay leaf

400 ml veal stock

60 g butter

Peel and dice the shallots. Put the white wine, shallots and bay leaf in a pan and reduce the liquid by a half. Add the veal stock and reduce the mixture to about 300 ml. Add the butter, remove bay leaf and season the sauce. Mix the sauce with a blender.

Tilbehør

Perforated stainless steel tray

Vacuum bag

Yderligere oplysninger

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