Veal steak with morels

Receta de V-ZUG AG

Preparación
Tiempo de cocción
Porciones 4

Preparation

2 veal steaks, each about 300 g

Take the veal steaks out of the refrigerator at least 1 hour before cooking and pat dry with kitchen paper.

30 g morels, fresh

olive oil

2 sprigs of rosemary

30 ml cognac

1 tbsp butter

Salt

Pepper

Halve the morels and wash well. Heat the olive oil in a pan, sauté the morels and deglaze with cognac.

Season the veal steaks with salt and pepper. Put into a vacuum bag together with the sprigs of rosemary, morels and butter and vacuum seal on level 3.

Put the bag on the wire shelf in the cold cooking space. Cook.

Vacuisine 58 °C durante 1 H 30 Min.

Oil

Take the veal steaks out of the bag, pat dry with kitchen paper, season and sear on all sides in hot oil. Remove from the pan and allow to rest for 2 to 3 minutes.

Fleur de sel

Cut the veal steaks into 5-mm thick slices, sprinkle with a little fleur de sel and serve with the morels.

Consejos

Cut the veal steaks against the grain. Make a sauce out of the meat juices and the morels.

Sear the veal steaks before cooking to give them a roasted flavour.

If using dried morels, soak them in warm water before cooking.

Accesorios

Vacuum bag

Wire shelf

Información complementaria

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