Fillet of veal in puff pastry

Recipe by V-ZUG Ltd.



Preparation
Cooking time
Portions 4

Preparation

1 fillet of veal, about 650 g

2 tbsp oil

Salt

Pepper

Season the fillet of veal with salt and pepper and sear on all sides in a frying pan with the oil. Remove the fillet and leave it to cool.

60 g ceps, dried

Soak the ceps in hot water.

1 onion

4 sage leaves

100 ml white wine

250 ml full cream

Salt

Pepper

Squeeze all the water out of the ceps and finely dice them.

Peel and finely dice the onion. Cut the sage leaves into thin strips.

Sauté the onions and ceps in the frying pan. Add the sage and stir briefly, then deglaze with the white wine and leave to reduce a little.

Add the full cream and leave on a low heat to reduce down until not much liquid is left.

1 roll of puff pastry, rolled out into a rectangular shape

150 g air-dried ham, rashers

Lay the slices of air-dried ham out on your work surface, overlapping the slices, until you get a rectangular shape in which you can wrap the fillet. Spread two-thirds of the cep mixture onto the air-dried ham. Lay the fillet on the air-dried ham, cover with the remaining cep mixture and wrap the air-dried ham around the fillet.

Place the fillet on the puff pastry, fold the shorter edge over the fillet, then roll it up lengthways, brush the edge of the pastry with water and press it down to seal.

Cover the baking tray with baking paper and lay the fillet on to it with the pastry seam facing down. Decorate with any remaining pastry.

Put the baking tray into the cold cooking space. Bake.

Accessories

Baking tray

Additional information

Created on	27.02.2023