

loin of veal

wrapped in home cured speck, accompanied with Parsley Mash, Roast Capsicum, Walnut and Rocket Salad (Serves 4)

VEAL

4 small loins of Veal
6 slices speck (you may substitute it with Smoky Bacon, Pancetta or Parma Ham)

Method

Before you begin preparing your dish, wrap the veal loins in speck, cling-film them tightly and refrigerate for a couple of hours.

LOIN OF VEAL

Pre-heat your oven to 200°C
Use a shallow pan, preferably one that you can put into your oven (or a baking tray). Sear the loins in a pan and remember to season them with salt and pepper. Put the pan with the loins in a hot oven for approximately 15 minutes. Remove the pan from the oven and let the loins rest for 5 minutes before you slice them into medallions.

MASH

Ingredients

4 large sized potatoes
1 small bunch of chopped parsley
Unsalted butter
Salt and pepper

Method

Steam or boil the potatoes until soft. Mash them up, to ensure there are no lumps, push it through a sieve with the back of a wooden spoon or spatula to get a smooth texture. Add a knob of butter with some salt and pepper to taste and the 2 tablespoons of chopped parsley. Blend it all together well.

THE SAUCE FOR THE VEAL LOINS

Ingredients

500ml of beef stock
100ml thickened cream or mascarpone
200ml white wine

Method

Add the beef stock and white wine together, let it simmer and reduce. Once you have a nice thin syrupy reduction, stir in a drop of cream or mascarpone just before serving.

HOMEMADE SALAD DRESSING

Ingredients

2 tablespoons of Dijon mustard
100ml olive oil
500ml soya or canola oil
100ml white wine vinegar

50ml malt vinegar

Salt and pepper to taste

Using a large mixing bowl, combine all the ingredients together using a whisk.

THE SALAD

1 packet of rocket leaves
¼ cup roughly chopped walnuts
1 whole red capsicum

To roast the capsicum, de-seed it and cut it into thin strips.

Roast it in a roasting pan or baking tray in a pre-heated oven (180°C). Sprinkle some olive oil over it, so it doesn't stick to the pan whilst roasting, or use a non stick pan. This should take approximately 10 minutes. Let it cool down before adding it to your salad.

Take the rocket leaves, roughly chopped walnuts and thinly sliced roasted red capsicum and mix together, and slowly add your desired amount of dressing. Add salt and pepper to taste.

PLATING UP

Put the plates into a warming draw or warm oven to ensure you meal stays nice and hot.

Once the plates are hot to the touch, begin plating with the mash. Put a bit of mash in a deep cutter so you get a nice round tall shape to it on the plate, or shape it yourself using a spatula. Place the sliced wrapped veal in a fan shape in front of the mash.

Using the deep cutter again, put the salad into it to get a tower effect of leaves next to the mash. Lastly, spoon on the sauce over the veal loin and add your desired garnish to finish off the presentation. You could drizzle some olive oil over the whole dish if you wish, this gives it a clean classic look.



We are incredibly aware of brands and what they stand for, and of quality and integrity in all kinds of products, but we seem to have forgotten that it's completely normal and healthy to be fussy about what meat we buy.

When most people buy meat it doesn't even cross their mind where their meat comes from, let alone how it has been fed, looked after, slaughtered or butchered.

The difference it makes to the quality is incredible. So next time you go and purchase meat at your local butchery, don't be afraid to ask where the meat comes from and whether it's organic or free range. Good quality red meat should be marbled nicely, with thin threads of white or creamy coloured fat spread throughout the meat. This is what you want, as the fat will melt and keep the meat moist during cooking.

Veal cuts mirror those of beef but are smaller, leaner and more tender. It is best cooked medium, not rare, but take care not to dry it out during the cooking process ...

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