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Ingredients

For 4 people

4 slices of veal shank (each approx. 250 g, 3 cm thick)
2 carrots
1 leek (15 cm)
1 celery stalk
1 small piece of celeriac
1 parsley root
2 onions
6 veal bones
2 medium sized tomatoes
3 tbsp. olive oil
1 tbsp. tomato puree
150 ml white wine
2 tsp. lemon juice
1 hand full of parsley
1 organic lemon
1 tbsp. clarified butter
4 allspice corns
3 pepper corns
2 bay leaves
salt
Pepper

Preparation

Rub the sliced veal shanks with olive oil, season with salt and pepper and vacuum each piece with a slice of organic lemon and a little parsley. Cook for 29 hours at 61 °C in the **fusionchef** sous vide water bath.

Roast the raw bones on a baking tray for approx. 30 minutes in a fan assisted oven at 185 °C.

Chop the carrots, leek, celery, celeriac, parsley root, onions and tomatoes and briefly roast in a pan on a medium heat. Add the roasted bones and cover with water.

Add the allspice, pepper, bay leaves and pepper corns and simmer for 2 hours on a low heat.

Sieve and collect the stock. Take the bones, bay leaves, allspice and pepper corns out and fry the drained vegetables in a pan.

Take the veal slices out of the water bath and open the bag in such a way so as no juice is lost. Blanche the vegetables with a splash of white wine, Sous Vide juice and the remaining stock. Bring the liquid to the boil and reduce to about 1/3.

Fry the veal slices in a grill pan with the butter for 15 seconds on either side until you get a roasting smell.

Serve the veal slices at the same time as the vegetables.

This recipe was kindly provided by Jens Glatz.