

Veal Shank with Red Wine and smashed Potatoes sous vide

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Ingredients

Ingredients for 4 guests:

Veal shank (sous vide):

4x (aprox 400gr each) Veal Shank, in 3cm width rounds
200 g Carrots, 2cm cubes
150 g Celery, 2cm cubes
200 g Onion, 2cm cubes
150 g Leeks, 2cm width rounds
4 Garlic cloves
2 cups Red wine
2 Tbsp. Tomato extract
Salt

Smashed potatoes (sous vide):

1 kg Potatoes, peeled and cut in 3cm cubes
250 ml Cream
200 g Butter
1 Tbsp. Salt
Nutmeg

Crispy Bacon

Preparation

Veal shank (sous vide):

Evaporate Wine Alcohol in a small saucepan over low heat. We previously evaporated the alcohol since, in the absence of oxygen and inside the vacuum bag it does not evaporate and would bring unpleasant flavors to the preparations. Season the Veal Shank with Salt and pepper and place in a bag with the rest of the ingredients and Vacuum Pack. Cook sous vide in the **fusionchef** water bath at 85 °C for 8 hours. Remove from the bag and separate The Veal Shank, The Cooking Juice and The Vegetables. Reserve the Veal Shank in a warm Place for 5 min. Strain the sauce and reduce Colar la salsa y reduce up to 1/3 of the initial volume, to achieve a rich and unctuous texture. Sauté the vegetables in a hot pan with a tablespoon of butter and chopped fresh rosemary

Smashed potatoes (sous vide):

Vacuum pack all the ingredients in a bag. Cook sous vide in the **fusionchef** water bath at 95 °C for 1,5 hours. Smash well while still in the bag. Remove from the bag and emulsify with a whisk, by hand.

This recipe was kindly provided by Ricardo Maffeo.