

Roasted veal with Foie Gras and Artichokes

by Chef François Mermilliod



Serves: 4 px

Preparation time: 30 minutes

Cooking time: 45 minutes

INGREDIENTS

| | | | | |
|----------|--------------|--|-------------|--|
| 800 g | Veal | | Netherlands | |
| 150 g | Foie gras | | France | |
| 500 g | Artichokes | | Belgium | |
| 20 g | Herbs | | Austria | |
| 200 ml | Beer | | Germany | |
| 50 ml | Monte Iblei | | Italy | |
| to taste | Piranska sol | | Slovenia | |
| 100 g | Butter | | Ireland | |
| 20 g | Thyme | | Local | |

PREPARATION

- 01 Peel the artichokes, remove the hairy choke in the centre and cook in boiling water with lemon juice and salt for 10 minutes. Drain and cool in an ice bath.
- 02 Clean the black trumpet mushrooms by quickly plunging them into water to remove any sand. Drain and dry carefully.
- 03 Trim the veal and season generously with salt.
- 04 Sear the whole veal in a very hot pan until golden brown on all sides. Transfer to a tray, add half of the butter and thyme on top, and roast in a 210°C oven for 8–12 minutes. Remove and allow to rest for 10 minutes.
- 05 Using the same pan, flambé with Armagnac and let it reduce slightly. Add a splash of beer and allow it to reduce to intensify the flavour, then add the veal stock. Reduce the sauce and finish with the remaining butter for a glossy texture.
- 06 Cut the artichokes in half and sear them in a hot pan with olive oil. Add the mushrooms and cook for 30 seconds. Deglaze the vegetables lightly with a small splash of beer and let it evaporate, enhancing their flavour. Season to taste.
- 07 Slice the veal and arrange on a plate with the artichokes, mushrooms and the sauce. Serve immediately.

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