

**Ingredients (serve 6):**

- Total 900g/31.74oz veal meat :
- . 300g/10.58oz middle-cut breast
- . 300g/10.58oz brisket
- . 300g/10.58oz boned shoulder
- . 100g/3.52oz carrots
- . 150g/5.29oz onions
- . 150g/5.29oz leeks
- . 1 bouquet garni
- . 80g/2.51oz butter
- . 60g/2.11oz flour
- . 150g/5.29oz button mushrooms
- . 5g/0.17oz fresh tarragon
- . 2 egg yolks
- . 1 dl cream
- . Juice of ½ lemon
- . 2 cloves
- . Salt and pepper

# Blanquette of veal with tarragon

**Preparation time:** 10 minutes

**Cooking time:** 1 h 40

## Preparation

Bring 3 litres water to the boil. Plunge the meat into the boiling water and cook for 5 minutes after the water comes to the boil again. Drain and cool the meat with cold water.

Bring another 3 litres water to the boil in a saucepan. Then add the onion spiked with the cloves, the carrots and leeks chopped into large pieces. Add the bouquet garni and lastly the meat. Allow to simmer 1 hour 30 minutes, skimming the top regularly. Remove the meat from the stock.

Rinse and chop the mushrooms. Place them in a pan with the remaining butter, salt and white pepper. Cook for 2 minutes.

## Sauce:

Make a roux by gently cooking 60g/2.11oz butter and 60g/2.11oz flour in a small saucepan for 3 minutes.

Simmer 1 l of the stock in a pan and add the roux to thicken.

Cook for 5 minutes. Add the cream and simmer for a further 3 minutes. Check the seasoning and then thicken with the egg yolks. Add the meat and the mushrooms mixing delicately and warming slowly (the sauce must not boil now).

## Preparation

Add the lemon juice and tarragon.  
Serve with pilaf rice.

*My cheese selection*

**BANON**

ALPES - HAUTE PROVENCE GOAT

B&G



*«My favorite wine:  
Pouilly-Fuissé, rich and floral»*

## TASTING NOTES

*White flowers aromas on the nose  
with flinty notes. Harmonious on  
the palate with a floral finish.*

Comments

