



LAINSTON HOUSE

AN EXCLUSIVE HOTEL

HERB CRUSTED ROASTED FILLET OF ROSE VEAL

With crushed parsnips, lemon scented bean & vegetable fricassee

Ingredients (serves two)

2x 180g rose veal fillet steaks
Splash of rapeseed oil

Bean & vegetable fricassee

100ml Chicken stock,
Small can of cannelloni beans
1 leek (chopped small dice)
1 onion (chopped small dice)
2x small (chopped small dice) [[Katy please advise ingredient]]
¼ of a small swede (chopped small dice)
1 lemon
100ml white wine
30gm Butter
Seasoning

Crushed parsnips

3x medium parsnips
20g butter
20 ml cream
10ml water
Seasoning

Herb crust

1 clove garlic
3x sprigs parsley
Small bunch chives
2 sprigs rosemary
Splash rapeseed oil
2x tbsls breadcrumbs
Seasoning
Puree all the ingredients in the food processor
Add the breadcrumbs last

Method

Peel and roughly cut the parsnips place all the ingredients in a pan together and simmer until all the liquid is absorbed and the parsnips are soft, then season to taste. In the meantime sear off the veal steaks in a hot pan until they are caramelised all over. Take them out of the pan and place them on a tray and put into a moderate oven. In the same pan, sweat off your vegetables for about 3 minutes. Then de-glaze the pan with the white wine. Simmer for a further 4 minutes and then add chicken stock. Keep simmering. At this point take the veal fillets out of the oven and place a good spoonful of the herb crust over the top of each fillet. Put back into the oven to finish off for a further 4 minutes (or to your liking). Then to finish the fricassee, a squeeze of lemon and stir in two or three knobs of butter season to taste. Serve in a pasta bowl crushed parsnip in the middle of the bowl fricassee around and the herb crusted veal fillet on top of the crushed parsnip enjoy