



Featured Recipe

From: Ship of the Month
QE 2

Veal Medallions in a Herb Crust

(Serves 4)

Recipe by Karl Winkler

Ingredients:

For the Veal Medallions

- 8 Veal tenderloins cut into Medallions 70gr. each
- 2 tblspns Olive Oil or clarified butter to sauté the Veal Medallions
- Salt and Fresh ground Pepper to season

For the Herb Crust

- 2 Cups of Coarsely chopped fresh Chervil, Parsley, Tarragon, Basilicum
- 2 Spring Onions
- 2 Garlic Cloves
- ½ cup Soft white bread crumbs
- 150gr Soft salted butter
- Fresh Ground Pepper and a pinch of salt to taste

For the Polenta

- 300gm Instant Polenta
- 1/4Quart Chicken stock or water
- 2 tblsp Olive Oil
- 2 tblsp Fresh Grated Parmesan Cheese
- 100gm Mushrooms sliced
- 1 tblspn Butter
- 1 tblspn Chives or Spring Onions
- Salt and Pepper to taste

Entree



Preparation:

For the Veal Medallions

- Pan sear the Medallions for 2 minutes on both sides golden brown, keep rare and set aside to cool down.
- Top each medallion with the Herb puree ¼” thick spread evenly. Preheat oven to 220° and bake for 10 minutes to medium

For the Herb Crust

- Place in a Food Processor and blend until a smooth green paste forms.

For the Polenta

- Bring 1 quart of chicken stock with olive oil to simmer.
- Remove pot from the heat and quickly pour all the Polenta in to the chicken stock beating with a whisk or wooden spoon.
- Return the pot to the heat and cook for 5-6 minutes on a medium flame stirring constantly. Slice the mushrooms and sauté in the butter until all water from the mushrooms has evaporated then add the chives or spring onions.
- Chopp the Mushrooms and mix in the Polenta, turn out on to a tray and spread evenly 1 inch thick. Let the Polenta cool down. With a 2 inch round cutter cut out 8 rounds. Sprinkle with Parmesan and bake in the oven at 200°C until the Polenta is hot and the cheese has melted.

To Serve place on each Plate

2 Medallions of Veal
Sautéd cooked vegetables with a knob of butter,
2 baby Carrots
1 Broccoli floret
4 Snow Peas
1 Roast Baby Tomato
1 Polenta Round
1 Herb Bundle
and a drizzle of Veal Jus - about 2 tablespoon